



Zoom-enabled EDA Big Book Step Workshop Schedule Starting Sept 6, 2018

Day 1 / Week 1: Introduction to EDA History and the Concept of Balance

- **Welcome** 05 min
 - Introductions, Agenda
- **Introduction to EDA** 30 min
 - **EDA and other Twelve-Step Fellowships: Distinct, yet the Same**
 - Reflections on the *Preface* – why EDA exists (Annette H, Gisele B) ... 15 min
 - **Reflections on Balance**
 - Selections from Appendix B – A Perspective on Balance (AH, GB)..... 15 min
- **Panel/Q&A** 20 min
- **Wrap up/Assignments** 05 min
 - Read the EDA Big Book Preface (xi-xviii), Doctors’ Opinions (xix-xxx), and Letters of Support (xxxi-xlix)
 - Write your eating disorders log ([Workshop Worksheets](#) pages 1 and 2)

Day 2 / Week 2: Why (and how) we work the Twelve Steps of EDA

- **Welcome** 05 min
 - Introductions, Agenda
- **Preparation for taking the Steps of EDA** 15 min
 - Key points from **Doctors’ Opinions** (xix-xxx) – 5 min
 - Key points from **Letters of Support** (xxxi-xlix)– 5 min
 - Key points from **How It Works** (pages 110-115) – 5 min

To recover, we have to allow **FUNDAMENTAL TRANSFORMATION (aka spiritual awakening)** to occur within us by:

 1. Replacing self-centeredness with God-centeredness / service to the greater good
 2. Recognizing that *we cannot do this until we surrender to take responsibility for meeting our own basic needs (building self-trust through reliance on something greater than ourselves)*

How do we do this? We work the Steps!
- **Reflections on what it takes to get started working the Steps** 15 min
 - Highlights from *Gisele’s Story of Hope* (pages 51-86, Gisele B)
 - Highlights from *Free at Last* (pages 243-261, Annette H)
 - Highlights from *A Life Solution* (pages 262-270, Nuria S)
- **Panel/Q&A** 20 min
- **Wrap up/Assignments** 05 min
 - Read Chapter 1 (*Gisele’s Story of Hope*, pages 51-86), *Free at Last* (243-261), and *A Life Solution* (262-270), and Chapter Five, Step 1 (pages 110-117)
 - Write your examples of powerlessness and unmanageability ([Workshop Worksheet](#) page 3)
 - Read Chapter 2 (There is a Solution, pages 69-83) and Chapter 3 (More on Eating Disorders, pages 84-98)



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Day 3 / Week 3: Wrapping up on Step One and Starting Step Two

- **Welcome** 05 min
 - Introductions, Agenda
- **Preparation for Step One** 05 Min
 - **Reflections on Chapter Five, *Step One* (pages 110-117).** Key ideas:
 - We think we are here to be of service to something greater than ourselves—whatever that may be for us individually—regardless of anyone’s position on matters of faith. Doing so brings perspective, peace, purpose, and joy, whether we consider ourselves agnostic, atheist, believer, spiritual, or “none of the above”
 - Taking care of our own basic needs is a necessary precondition to forming relationships of trust with anyone and anything, *even something greater than ourselves.*
 - Differentiation between *powerlessness* and *unmanageability*
- **Panel/Q&A** 20 min
 - How did you reconcile yourself with the idea of powerlessness?
 - What had become unmanageable?
- **Step One** 05 min
 - Are you ready? Are we ready? Let’s take Step One together!
The rest of the Steps help us find (and retain) the peace and power to recover
- **Preparation for Step Two** 20 Min
 - Reflections on **Chapter Two** “There Is A Solution” (pages 69-83)
 - Reflections on **Chapter Three** “More About Eating Disorders” (pages 84-98)
- **Wrap up/Assignments** 05 min
 - Read Chapter 4 (We Agnostics, Atheists, and Believers; pages 99-109) and Chapter 5 Step 2 (pages 117-124)
 - Write about sanity, balance, and what gets in the way ([Workshop Worksheet](#) page 4)

Day 4 / Week 4: Wrapping up on Step Two and Starting Step Three

- **Welcome** 05 min
 - Introductions, Agenda
- **Preparation for Step Two** 25 min
 - Reflections on Chapter Four, “We Agnostics, Atheists and Believers”
 - Pages 99-104: Annette H
 - Pages 105-108: Cale O
 - Pages 108-109: Gisele B
 - Reflections on Chapter Five, “How It Works” Step Two (117-124)
- **Panel/Q&A** 20 min
 - What is your own concept of Balance?
 - What do you truly believe and trust?
 - What ideas get in the way of your belief and trust?
 - *Reliance on the ideas that work* helps restore us to sanity
- **Are you willing to believe recovery is possible for you?**..... 05 min
 - Take Step Two together!
- **Wrap up/Assignments** 05 min
 - Read Appendix B, pages 490-499, and Chapter 5 Step 3, pages 124 through 131.
 - Complete [Workshop Worksheet](#) page 5 Preparation for Step 3



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Day 5 / Week 5: Wrapping up on Step Three and Starting Step Four

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Three** 25 min
 - Reflections on **Appendix B: Balance**—not abstinence—is our goal. (490-491)
 - What would balance would look like in your life? (Sanity, not insanity!)
 - Remember, our ideas about balance can and often do change with time!
 - Reflections on Chapter 5 (124 through 131) including the 3rd Step Prayer/commitment
 - Purpose of surrender: opening ourselves up to sanity, usefulness—and a heretofore unknown freedom
 - Reflect on how using the 3rd Step Prayer/commitment can help us establish and maintain balance
 - The main point of this Step is to express our willingness to set aside our daily drama so we can be of use in the world. We may not be able to do this with much grace and agility at first, but it will get easier with practice.
 - The 3rd Step sets our intention firmly in place, so we can begin applying this idea in our daily life with greater clarity and focus.
- **Panel/Q&A** 20 min
- **Take Step Three together** 05 min
Those who wish may kneel as we say the 3rd Step Prayer and Commitment (page 131) together
- **Wrap up/Assignments** 05 min
 - After Step 3, many EDA sponsors introduce Step 10 as a way to diminish fear and resistance surrounding Step 4.
 - Step 10 readings: pages 186-192 and 517-521, ([Workshop Worksheets](#) pages 32-33)
 - Step 4 readings: Chapter 5 (pages 132-158) and Appendix D (pages 526-543)

Day 6 / Week 6: Step Four (continued) – Resentment Inventory

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Four preparation** 30 min
 - Different ways to work Step Four
 - Honesty, honoring our own truth, and using our new foundation to develop solutions
 - Reflections on selections from 132-137. **Key Points:**
 - *To establish a list of flaws in our thinking*—areas where we have been caught short in the past—so we can address these squarely and effectively.
 - *To define a new plan of action* for how we would like to respond to each familiar provocation in the future. We are planning exactly how we will “Act, Not React.”
 - Introducing the eight topics: resentment, fear, self-pity, shame, guilt/harms done, confusion, frustration, despair (pages 138-140)
 - Explain the brainstorming process and describe how to complete the inventory (pages 141-148: resentment example), focusing on the importance of the **resolutions**: what we are willing to do TODAY and what we hope we might be able to do in the future
- **Panel/Q&A** 20 min
- **Wrap up/Assignments** 05 min
 - Read [Workshop Worksheets](#) pages 6-9. Brainstorm on resentment, page 6. Asterisk the top 10 **and do the resentment inventory** on these: [Workshop Worksheets](#) pages 10-11.



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Day 7 / Week 7: Step 4 (continued) – Fear Inventory

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Four continued** 25 min
 - Reflections on EDA Big Book pages 149-154
 - Review Fear Inventory examples, EDA Big Book pages 528-531
- **Panel/Q&A** 20 min
- **Commit to take Step Four together** 05 min
- **Wrap up/Assignments** 05 min
 - Read [Workshop Worksheet](#) page 12 and brainstorm on fear. Asterisk the top 10 and do the fear inventory on these: [Workshop Worksheet](#) page 13.
 - Prep for remaining inventory sections: re-read Appendix D examples for self-pity, shame, guilt, confusion, frustration, and despair – pages 532-543. Re-read pages 137-140, 146-149, and 154-158. Read over, but do not complete [Workshop Worksheets](#) pages 14-22.

Day 8 / Week 8: Step 4 (continued) – Remaining 6 Inventory Topics

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Four continued** 30 min
 - Review EDA Big Book pages 137-140, 146-149, and 154-158, Appendix D pages 532-543, and [Workshop Worksheets](#) pages 14-22
 - Discuss self-pity, sexual conduct, shame, and guilt/harms done, confusion, frustration, and despair
- **Panel/Q&A** 20 min
- **Wrap up/Assignments** 05 min
 - Complete remaining inventory sections: [Workshop Worksheets](#) pages 14-22.
 - Prep for Step Five: read EDA Big Book pages 159-165 and [Workshop Worksheets](#) pages 23-24

Day 9 / Week 9: Wrapping up on Step 4 and Starting Step 5

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Five** 25 min
 - Reflections on EDA Big Book pages 159-165 and [Workshop Worksheets](#) pages 23-24
 - What are “our wrongs?”
- **Panel/Q&A** 20 min
- **Commit to take Step Five together** 05 min
- **Wrap up/Assignments** 05 min
 - If you have not yet done so: complete Step 5, [Workshop Worksheets](#) pages 23-24.
 - Prep for Step 6: Read EDA Big Book pages 168-172 and [Workshop Worksheets](#) pages 25-26



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Day 10 / Week 10: Wrapping up on Step 5 and Starting Step 6—Acceptance

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Six** 25 min
 - Reflection on how Steps Four and Five inform Step Six
 - Reflections on EDA Big Book pages 168-172 and [Workshop Worksheets](#) pages 25-26
 - In Step Six, we aren’t beating ourselves up for being who we are; we are reflecting back on our inventories to identify the patterns of thinking where we have gotten stuck in the past.
 - By now we know there is much about our responses to life that could stand improvement, yet we also know we cannot address everything all at once. In our experience, focusing on what is wrong sometimes just makes things worse. Further, we cannot “wish away” our life experiences (or how these have shaped us into who we are) any more easily than we can wish away our eating disorders.
 - We need not despair: Steps Six and Seven help us make peace with ourselves through **acceptance** and humble **action**.
- **Panel/Q&A** 20 min
- **Take Step Six together** 05 min
- **Wrap up/Assignments** 05 min
 - Step 7 Prep: Read EDA Big Book pages 172 halfway through page 179
 - Complete Step 7, [Workshop Worksheets](#): read page 27, then go back and finish page 26.

Day 11 / Week 11: Wrapping up Step 6 and Taking Step 7—Surrender to Taking Action

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Seven** 25 min
 - Reflection on how Step Six informs Step Seven
 - Reflections on EDA Big Book from bottom of page 172 halfway through page 179 and [Workshop Worksheets](#) page 27 (referring back to page 26)
 - We are not looking to “balance out” our character issues with opposing virtues; we are looking to find the good and necessary qualities embedded in the very same characteristics we have heretofore described as “shortcomings” and “defects:” God and the universe can use us *exactly as we are*.
 - We are committing to turn our time, talent, training, experience, and energy (putting ourselves “on the firing line of life”) to fulfill a useful purpose
 - We **embrace character-building activities** to make use of who and what we are right here in the present
- **Panel/Q&A** 20 min
- **Take Step 7 together** 05 min
 - Optional: Letting go ceremony after the workshop session
- **Wrap up/Assignments** 05 min
 - Step 8 Prep: Read EDA Big Book pages 179 through 181
 - Complete Step 8, [Workshop Worksheets](#) pages 28-29.



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Day 12 / Week 12: Wrapping up on Step 7 and Starting Step 8

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Eight** 25 min
 - Reflection on how Steps Four through Seven inform Step Eight
 - Reflections on EDA Big Book from pages 179 through 181 and [Workshop Worksheets](#) pages 28-29: “harms done”
- **Panel/Q&A** 20 min
- **Commit to Step 8 together** 05 min
- **Wrap up/Assignments** 05 min
 - Prep for Step 9: [Workshop Worksheets](#) pages 30-31.
 - Read Step 9 in EDA Big Book—pages 182 to the top of page 186—including the Ninth Step promises on page 185.
 - Make a list of amends you can make in the next two weeks, and get started
 - Also, prepare for Step 10 if you have not yet done so (many start this right after Step 3): Read EDA Big Book page 186 to halfway through 192, page 498, and pages 517-521

Day 13 / Week 13: Wrapping up on Step 8 and Starting Step 9

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Nine** 25 min
 - Reflection on how Step Eight informs Step Nine
 - Reflections on EDA Book pages 182-184 to end of second bullet
 - Together, we’ll read from the bottom of page 184 to the top of Page 186 (9th Step Promises)
 - Ninth Step promises on page 185 come true as we emerge into full recovery; it is a process, not an event!
- **Panel/Q&A** 20 min
- **Commit to Step 9 together** 05 min
- **Wrap up/Assignments** 05 min
 - Complete Step 9, [Workshop Worksheets](#) pages 30-31.
 - Make a list of amends you can make in the next two weeks, and get started
 - Step 10 Prep: Read EDA Big Book page 186 to halfway through 192, page 498, and pages 517-521



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Day 14 / Week 14: Wrapping up on Step 9 and Starting Step 10

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Ten** 25 min
 - Reflection on how Step Nine informs Step Ten
 - How working Steps Ten, Eleven, and Twelve helps us grow into full recovery
 - Reflections on EDA Big Book from page 186-halfway through 192, page 498, and pages 517-521
- **Panel/Q&A** 20 min
- **Commit to Step 10 together** 05 min
- **Wrap up/Assignments** 05 min
 - Complete Step 10, [Workshop Worksheets](#) pages 32-33.
 - Start completing a daily inventory ([Workshop Worksheet](#) pages 33) and review with someone else for two weeks to be sure you are focusing enough on resolutions and on what you are doing **right**—the positives
 - Step 11 Prep: Read [Workshop Worksheets](#) pages 34-35 and EDA Big Book Chapter 6 Step 11, pages 192-198

Day 15 / Week 15: Wrapping up on Step 10 and Starting Step 11

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Eleven** 20 min
 - Reflections on how Step Ten informs Step Eleven
 - Reflections on EDA Big Book from pages 192 through 198
- **Panel/Q&A** 20 min
- **Commit to Step 11 together** 05 min
- **Wrap up/Assignments** 05 min
 - Step 12 Prep: Read EDA Big Book Chapter 7, *Working with Others*, pages 199-237
 - Read [Workshop Worksheets](#) pages 36-37

Day 16 / Week 16: Step 12, Sponsorship, Service, and EDA Step Workshops

- **Welcome** 05 min
 - Introductions, Agenda
- **Step Twelve**..... 10 min
 - Reflections on EDA Big Book pages 199-208
- **Sponsorship in EDA** 10 min
 - Review of highlights from EDA Big Book pages 208-237
- **Panel/Q&A** 20 min
- **Commit to Step Twelve together** 05 min
- **Holding an EDA Step Workshop** 10 min
 - Pointers for workshop coordinators and facilitators
 - How the General Service Board can help
 - Working with professionals