



**EDA Big Book
Step
Workshop
Week 12 of 16
November 29, 2018**

EDA Step Workshop Week 12

Introductions

- ▶ Founders/sponsors in the room
- ▶ Sponsors on the phone



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Step 8

Agenda

- ▶ 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 on Step 8
- ▶ Take Step 8 together!
- ▶ Review Assignments for Next Week



Getting ready to take Step Eight

▶ EDA Big Book Page 179 – 181

Reflections

- In Step Four, we brainstormed to find people about whom we had hard feelings p. 180
- Step Eight requires us to use our newfound perspective to consider ways in which our own attitudes and behavior created difficulty and misery for others
- **It is critically important that we never think we are done looking at our part**
- We emerge from Step work with humility, and with new energy to set right new wrongs as we go along

Review worksheet page 28



Getting ready to take Step Eight

▶ EDA Big Book Page 179 – 181

Reflections

- We may have misgivings. Perhaps others have harmed us more than we harmed them!
- Forgiveness brought us peace, yet perhaps we cannot forgive everything. In cases of rape or battery, we contact proper authorities. p. 180
- Now that we are asked to forgive people who hurt us, we consider that perhaps they, too, were swept away by tides of emotion, and patterns of thought and behavior that they could not seem to control p. 181.
- If willingness to make amends does not come easily, we suggest prayer. We pray for their health, success, and happiness. In time, we find we have come to mean what we pray. pp. 181-182



[Review worksheet page 29](#)

Step Eight – Make your list!



- ▶ **EDA Big Book Page 179 – 181**
- ▶ We now turn back to our brainstorming lists and consider, for each person listed, the ways in which we have caused actual harm.
- ▶ **Jot down names and damages on worksheet page 28**
- ▶ Consider: financial impacts; effects on property; impacts to social and corporate standing; slander; emotional abuse; verbal abuse; physical injury; lies; negligence; and withholding of familial or spousal love.
- ▶ We suggest starting with the asterisked entries, as these are likely to be the most significant. **Stop at 15 entries!**



Complete worksheet page 28

Step Eight – Becoming Willing!

Panelists address Q&A

- ▶ I was abused as a child. I am conflicted and heartsick when I think about forgiveness, let alone amends. I hurt my mother when she defended the abuser instead of me, and I can't seem to forgive her, try as I might. I just see black when I think about all this. I can turn my thoughts to how I can use my experiences to help others but I when it comes to my family I just feel stuck—not even remotely willing. What am I supposed to do with all this?
- ▶ When it was life or death with my eating disorder, I worried and disappointed a lot of people. I was unapologetic about money spent trying to help me. I didn't want the help – it angered me! Now that I am in recovery, I feel guilty about all the time, money, and energy people – especially my parents and siblings – exhausted trying to “save” me. I am pretty sure worry about me cost my sister a scholarship and my mother a relationship with someone who probably would have been great for her. Do I owe amends to them? Should I even be concerned with choices other people made about what to do with their time and money?
- ▶ I don't have a great relationship with my father and I don't want a relationship with him. He's an awful person. I know I am supposed to make amends because I hurt him in a lot of different ways but part of me is perfectly content letting sleeping dogs lie. How do I become willing to make amends when I am convinced whatever I say or do will be rejected and there is no part of me that thinks doing this for the sake of doing it will do anything other than make me more vulnerable to attack, not just from my father but from my step-mother and possibly even other family members?
- ▶ Help! I am **STILL ANGRY** at my spouse for being controlling and disrespectful when I was active in my ED. I understand why she was that way, and I know it is my fault, but now I can't trust her and somehow am not willing to let go of that. So much shame in not being able to forgive this!



Assignments for next week:

- ▶ 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





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Thank you all for being here!



Thank you.

