

Can You Relate?

1. Are you, at times, unable to stop (or start) eating even when you really want to?
2. Do you feel guilty about eating?
3. Are you, at times, afraid to eat?
4. Do you feel like people watch you when you eat?
5. Do you sneak food or hoard food so people won't know how much or how little you are eating?
6. Are you ritualistic about eating?
7. Do you obsess about food or body weight?
8. Do you spend too much time thinking about what, when, and where you will eat next?
9. Are you constantly making resolutions about eating and not following through?
10. Do you often feel panicked about your eating, weight, and/or body?
11. Do you regularly feel useless, unworthy, disgusted, or powerless over your eating?
12. Do you often eat so much or little that it affects your plans for the day?
13. Do you "get rid" or too much food by vomiting, using laxatives, over-exercising, misusing insulin, or other methods?
14. Has making the "right" food choices taken over your life?
15. Do you think you might have a problem with eating and/or weight control not mentioned above?
16. Do you spend too much time exercising in an attempt to stay at the "right" size?

If your honest answer is "yes" to any of these questions, you may have a problem. In fact, you may have an eating disorder.

Now What?

If you have an eating disorder, rest assured you are not alone. We did, too. You can recover. It is important to recognize that you did not develop an eating disorder overnight; it will not go away overnight either. We encourage you to find support for your recovery. There are many sources of support, and we strongly suggest counsel with a qualified medical professional. If you have an eating disorder groups like Eating Disorders Anonymous (EDA) may help you find insight and inspiration.

What is EDA?

Eating Disorders Anonymous is a voluntary fellowship of individuals who meet to share solutions for and recovery from eating disorders. The only requirement for membership is a desire to recover from an eating disorder. Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.

Solving the Problem

In most, if not all cases, working with a qualified therapist is very helpful, and many of us have found it essential. A therapist can help you evaluate what other forms of treatment might be appropriate in your case. Many of us have found working with a registered dietitian beneficial as well.

The EDA Program of Recovery

There is no magic about recovery. It is hard work.

Especially in early recovery, it is important to focus on first things first, one thing at a time.

For members of EDA, this typically means gaining perspective (Step 1), gaining hope (Step 2), preparing to make changes (Steps 3-4), becoming accountable (Step 5), surrendering to a new approach without fear of self-recrimination or judgment (Steps 6 and 7), recognizing and repairing damage done (Steps 8-9), maintaining integrity and trust (Step 10), and building a foundation for, and then expanding on, a purpose-driven life (Step 11).

By the time they have completed Step 11, most EDA members recognize that they have had "a spiritual awakening" as a result of taking the first eleven steps of the EDA program of recovery. Not every EDA member is spiritually inclined, but the process of recovery is a transcendent experience for all.

EDA members share their experience, strength and hope with others, and continue to apply the principles of the program in all their affairs (Step 12).

How EDA Members Maintain Recovery

Recovery is maintained by:

- Sharing our experience, strength, and hope with each other
- Application of the Twelve Steps and Twelve Traditions
- Using the tools of recovery as outlined in EDA literature, including the "*EDA Big Book*," *Eating Disorders Anonymous*. For an online version of this book, see <https://eatingdisordersanonymous.org/literature/eda-big-book/>.

Relations with Outside Agencies

EDA has adopted a policy of "cooperation but not affiliation" with other organizations and professionals concerned with the problem of eating disorders; EDA as such, has no opinion on outside issues and neither endorses nor opposes any outside cause. EDA is not allied with any sect, denomination, political organization or institution.

How is EDA Supported?

Each EDA group is fully self-supporting through voluntary contribution of its members. There are no dues or fees for membership.

What EDA Does Not Do

In EDA we focus on the solution, not the problem. We are not a "diet and calories club". EDA endorses sound nutrition and discourages any form of rigidity around food. Food is nourishment for mind, body and soul.

In meetings, we discuss our disordered thinking so that we might also discuss how to work a solution. Diets and weight management techniques do not solve our thinking problem. Because of our competitive natures, we discourage discussion of numbers (weight, calories, time spent exercising, etc.)

How to Find EDA

Look for meetings, publications, and more at:

www.4EDA.org or
www.eatingdisordersanonymous.org

Email:

info@eatingdisordersanonymous.org

*Could you be
one of us?*



For more information please visit
our website at:

www.4EDA.org

April 2017