

## **Eating Disorders Anonymous Suggested Meeting Format** (Aug 19, 2023)

- Welcome to the {Group Name} Meeting of Eating Disorders Anonymous. My name is \_\_\_\_\_.**  
*[Optionally: I am recovering/recovered from an eating disorder. Optionally: My pronouns are \_\_\_\_.]*  
EDA is a diverse group of individuals where all are welcome to share their experience, strength, and hope.
- In EDA, the word God can refer to the Deity, a deity, a spiritual entity (a Higher Power of one's own understanding), or a non-spiritual source of peace and power, such as a higher purpose—whatever helps us find a sane and healthy perspective. Please take what you can use and leave the rest. Those who wish may now say the Serenity Prayer: **God, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference.**
- Out of respect for everyone present, please turn off your cell phones now. *[If a Zoom meeting: Please mute yourself when you are not speaking and unmute (\*6 on your phone) to be heard.]*
- Is anyone here for the first, second, or third time? If so, please tell us your first name and, optionally, your pronouns so we can welcome you.
- Preamble:** Eating Disorders Anonymous is a fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from their eating disorders.  
  
The **only** requirement for membership is a desire to recover from an eating disorder. There are no dues or fees for EDA membership. We are self-supporting through our own contributions. EDA is not affiliated with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any cause.  
  
Our **Primary Purpose** is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.
- May I have a volunteer to read EDA's Twelve Steps starting at the bottom of page 112 in EDA's Big Book? The EDA Big Book is free in .pdf form on the EDA website at [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org). *[At the first meeting of the month, ask, "May I have a volunteer to read the long form of the Tradition of the month, starting on page 486 in EDA's Big Book?" Optionally, if there are newcomers, ask, "May I have a volunteer to read "More on Eating Disorders from the EDA Meeting Readings on the EDA website?"]*
- Suggestions that help us build recovery include:
  - Eat when hungry, stop when moderately full. Consistent nutrition is essential for recovery. Recovery is about feelings, not food, but it is difficult to reason and build trust when bingeing, purging, or starving.
  - Get basic needs met first. If hungry, eat. If angry, find a safe outlet. If lonely, reach out. If tired, sleep. If ashamed, talk about it. If feeling other strong emotions, talk or write about them to get perspective.
  - When anxious or troubled, focus your attention on your physical senses, get outside, pray, meditate, or do service – anything that helps remind you of the bigger picture. Once calmer, deal with the problem as soon as appropriate, bringing as much courage, humility, and humor as possible.
  - Ask others for input but make your own decisions.
  - Get open with others. Honesty restores integrity.
  - Develop willingness to look at things differently. Recovery is not rigid.
  - Be proactive and plan your recovery. Go to EDA meetings, read the literature, and work the Steps with a sponsor.
- We build trust with ourselves by being authentic with others. This meeting uses a *[phone list/mobile app]* to help us support each other between meetings. *[Provide information about how to get access here]*. Calls and texts build bonds of trust and foster calm perspective. Please do not hesitate to reach out.
- Reports:** *[If on Zoom say: In this meeting we use the Zoom "Raise Hand" feature (\*9 on your phone) Use \*6 to mute and unmute.]* **Are there any EDA announcements?** *[Pause for these.]*
- Milestones:** A **milestone of recovery** is something that you did or thought recently that was supportive of your recovery. A huge part of recovery is being able to recognize what we are doing differently. We encourage everyone to claim as many milestones as they can! Does anyone have a **milestone of recovery** they care to recognize? Please limit your share to two minutes or less so everyone gets a chance to speak. If you don't get a chance to share your milestone now, you can do so during the sharing portion of the meeting. *[Pause for these.]*

11. **EDA Reminder:** Remember, recovery is not about food or weight. Please refrain from mentioning numbers or plans that might be distracting for others. We encourage everyone, when sharing, to talk not only about their issues but what they are doing to address them. In EDA we focus on solutions. Recovery is about using the Twelve Steps of the program to live life fully—happy, joyous, and free.
12. **Sponsorship:** Sponsors are EDA members who have gone through the Twelve Steps of EDA, ideally with a sponsor, and are willing to share their experience, strength, and hope in working Steps with others. You do not need to be fully recovered to sponsor. If you have worked the Steps in EDA and have seen improvements in your thinking and behavior, sponsoring others can be a great help to your recovery. ***Sponsorship is an important part of Step Twelve that helps us connect theory with practice.*** A brochure on Sponsorship is available on the EDA website, [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org) under the Literature tab. Would those who sponsor please identify yourselves now? *[If a Zoom meeting: Optionally, please post contact info in the chat window.]*
13. **FORMAT:** (Please select the format used by your group)
  - **Topic Meeting:** This meeting is a topic meeting. After we've agreed on a few topics, participants can share on one or more of the topics presented. Please limit your comments so everyone gets a chance to share. Please do not provide unsolicited advice. If you **want** feedback, please ask for it after the meeting. **Does anyone have a topic or issue to discuss?** *[If someone brings up a problem, identify a recovery topic that relates to it and suggest that the group discuss the problem in terms of the solution.]*
  - **Speaker Meeting:** We are happy to have \_\_\_\_\_ speak to us today about their experience, strength, and hope – sharing what it was like, what happened, and what it is like now. After the speaker has shared and picked a topic for discussion, participants can share on the topic or anything else related to the speaker's share. Please help me welcome \_\_\_\_\_.
  - **Big Book Meeting:** This meeting is a "Big Book" study and discussion meeting. The "EDA Big Book", *Eating Disorders Anonymous*, outlines the Twelve Step Program of recovery<sup>1</sup>. If you do not own a copy of the *EDA Big Book*, you can find a .pdf version on the EDA website, <https://eatingdisordersanonymous.org/literature/eda-big-book/>. Each volunteer will read 2 to 4 paragraphs and may then share on these paragraphs or other material already read. When sharing, please remember that the goal of recovery from an eating disorder is balance, not abstinence. Please limit your comments so everyone gets a chance to share. Please do not engage in crosstalk, which is providing unsolicited advice or speaking directly to another person. If you have a question or **want** feedback, please ask for it after the meeting. At the end of the meeting, a volunteer will note where the group left off in the *EDA Big Book* and will contact next week's leader to let them know where to begin. Today we begin on page \_\_\_\_\_, the paragraph beginning \_\_\_\_\_. Is there a volunteer who would like to begin reading?
14. **Next Meeting Chair:** May I have a volunteer to chair the next meeting? *[Write down the volunteer's name.]* After the last meeting of each quarter there is a home group business meeting. Your experience and wisdom are valued and needed—please pitch in and help make this meeting the best it can be.
15. **7th TRADITION:** *[If in person, pass the basket.]* In accord with our 7th Tradition, we are self-supporting through our own contributions. Please contribute as you can. If online, visit [www.4EDA.org](http://www.4EDA.org) and click "Support EDA" to contribute.
16. **CLOSING:** [Optional: May I have a volunteer to read the 9<sup>th</sup> Step Promises on page 185 of the EDA Big Book?] It is now time to close. Thank you for being here. We encourage sponsors and fellow travelers available to work the Steps of EDA with others to identify themselves during the fifteen minutes after the meeting, and we encourage everyone to stay to share experience, strength, and hope.
17. Please preserve our anonymity. Who you see here and what we say here, let it stay here. Keep coming back – it works when we work it." Let us close with a moment of silence in support of those who are suffering and to wish each other peace and serenity. *[If a Zoom Meeting, please leave the meeting open so people can talk with one another during the after-meeting. Please make sure the Zoom host responsibility is transferred to someone who will officially end the after-meeting on time so the host role is available for the next meeting that uses the same Zoom line. Thank you very much for your service!]*

<sup>1</sup> EDA is founded on the 12 Step recovery approach described in the AA "Big Book," *Alcoholics Anonymous*. The AA text is published by Alcoholics Anonymous World Services, Inc. Permission to adapt this material does not mean that AA has reviewed or approved this or any other EDA material. AA is a program for recovery of alcoholism only. Use of AA material in the program of EDA, which is patterned after that of AA but which addresses other issues, does not constitute endorsement by or affiliation with AA.