



Suggested Meeting Format v1.5

- 1. Welcome to the {Group Name} Meeting of Eating Disorders Anonymous.**
My name is _____.
- Will everyone please join me in a moment of silence followed by the Serenity Prayer?
**God grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, and Wisdom to know the difference.**
- Is anyone here for a first, second or third time? If so, would you please tell us your first name so we can welcome you?
- 4. 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 E.D.A. membership. We are self-supporting through our own contributions. E.D.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our **Primary Purpose** is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.
- [If there are newcomers present, ask for a volunteer to read "**More on Eating Disorders.**"]
May I have a volunteer to read "**The 12 Steps of E.D.A.?**"
[If there are newcomers present, ask for a volunteer to read "**The 12 Traditions of E.D.A.**"]
- In E.D.A., we try to focus on the solution, not the problem. Solutions have to do with recognizing life choices and making them responsibly. **Diets and weight management techniques do not solve our thinking problems.** EDA endorses sound nutrition and discourages any form of rigidity around food. Balance – not abstinence -- is our goal.
- In E.D.A., recovery means living life without obsessing on food, weight or body image. 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 we can't reason or 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.
 - Be an adult. This takes training and practice. Get some.
 - Ask others for input and make your own decisions.

- When anxious, get physical, get outside, pray. Then deal with the problem head-on.
- Get open with others. Honesty restores integrity.
- Develop willingness to look at things differently. Recovery is not rigid.
- Go to 12-Step meetings, read the literature and work the steps with a sponsor or buddy.
- Be proactive and plan your recovery.

8. We use a phone list to contact people between meetings. Please see me after the meeting to get a list or get on the list. **We build trust with ourselves by being authentic with others.** Make a plan to use the phone.

9. **REPORTS:** Are there any E.D.A. announcements?
 Would anyone like a welcome hug [or chip if your meeting has them]?
 Does anyone have a milestone of recovery* they care to recognize?

10. **FORMAT:** Our meeting format varies:

A) Today we'll discuss a topic. After we've agreed on one, we'll go around the room. 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. After the first round, I'll ask if anyone has a burning desire to speak or we can start a new round. **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.]

B) Today we are happy to have _____ speak. After the speaker has shared and picked a topic for discussion, we will go around the room in the usual fashion. Please help me welcome _____.

11. **7th TRADITION:** [*Pass the basket.*] According to our Seventh Tradition, we are "self-supporting through our own contributions." Please contribute as you can.

12. **CLOSING:** It is now time to close. Would anyone care to read **the Promises**? Thank-you for being here. Please make time to greet newcomers after the meeting, and **get involved:** the meaning of life is to give life meaning. Please preserve our anonymity: do not discuss personalities and problems (other than your own) with others once you leave this meeting.

Take what you can use and leave the rest, and keep coming back.

It works when you work it – it really does!

Will those of you who wish please join me in saying the closing prayer?

{“We” version of the Serenity Prayer or other prayer adopted by group conscience.}

“We” version of the Serenity Prayer:

**God, grant us the Serenity to accept the things we cannot change,
 Courage to change the things we can, and Wisdom to know the difference.”**

Keep coming back – it works when we work it!

* For examples, please see the document “Milestones of Recovery in EDA.”