



Discussion Topic Ideas

(Have someone pick a number, or these can be cut up to form a “kitty” from which to draw ideas. This topic list may be expanded or shortened per group conscience.)

1. Step 1: We admitted we were powerless over our eating disorder – that our lives had become unmanageable.	2. Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.
3. Step 3: Made a decision to turn our will and our lives over to the care of God as we <i>understood</i> God.	4. Step 4: Made a searching and fearless moral inventory of ourselves.
5. Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	6. Step 6: Were entirely ready to have God remove all these defects of character.
7. Step 7: Humbly asked God to remove our shortcomings.	8. Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.
9. Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.	10. Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Step 11: Sought through prayer and meditation to improve our conscious contact with God as we <i>understood</i> God, praying only for knowledge of God's will for us and the power to carry that out.	12. Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.
13. Tradition 1: Our common welfare should come first; personal recovery depends upon E.D.A. unity.	14. Tradition 2: For our group purpose there is but one ultimate authority – a loving God as God may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
15. Tradition 3: The only requirement for E.D.A. membership is a desire to recover from an eating disorder.	16. Tradition 4: Each group should be autonomous except in matters affecting other groups or E.D.A. as a whole.
17. Tradition 5: Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.	18. Tradition 6: An E.D.A. group ought never endorse, finance or lend the E.D.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
19. Tradition 7: Every E.D.A. group ought to be fully self-supporting, declining outside contributions.	20. Tradition 8: Eating Disorders Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
21. Tradition 9: E.D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.	22. Tradition 10: Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy.

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23. Tradition 11: Our public relations policy is based on attraction rather than promotion; we need maintain personal anonymity at the level of press, radio, film and web.	24. Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
25. Faith.	26. Prayer, meditation and action.
27. Prayer meditation and action.	28. Anger: How to find safe outlets and change.
29. Adversity: how to handle.	30. Fear: How to calm down and face.
31. Instincts: learn to trust, learn to reason.	32. God or Higher Power.
33. Working the Steps.	34. Honesty (also being calm and kind).
35. Working with others.	36. Meetings: what makes people come back?
37. Willingness.	38. Acceptance.
39. Spiritual Growth.	40. Progress not perfection.
41. Sponsorship.	42. Outreach calls.
43. Power struggles.	44. First things first.
45. Fear of Food: How to handle.	46. Humor: how to build and maintain.
47. Calming down.	48. Resentment.
49. Surrender.	50. Trust.
51. Courage.	52. Humility.
53. Forgiveness.	54. Freedom.
55. Perseverance.	56. Patience.
57. Charity.	58. Love.
59. Equality.	60. Accountability.
61. Health.	62. Act, not react.
63. Live and let live.	64. Balance, not abstinence.
65. Show up, do the work, tell the truth, & let go.	66. Be an adult: this takes training and practice.
67. Eat "real" food.	68. Safety is job 1: sleep, nutrition, support.
69. Feelings are neither right nor wrong.	70. Treat yourself well; we are selfish until we do.
71. No magic about recovery: it is hard work.	72. Building trust with oneself.
73. Lean on God and walk with people.	73. Don't blame others (taking responsibility).
74. Gratitude journals: focus on what's right.	75. Focusing on the solution.
76. We can't reason when malnourished.	77. Making mistakes does not mean starting over.
78. Safe ways to vent emotions.	79. How to feel heard and validated when angry.
80. Talking about mistakes.	81. Building a process to comfort self, face reality.
82. Building and practicing new coping skills.	83. Regaining adult perspective when we lose it.
84. Treating ourselves and others well.	85. Writing about feelings to sort out emotions.
86. Carrying the message to others.	87. Build recovery: make and keep commitments.
88. Planning for recovery.	89. Making our own decisions.
90. Getting basic needs met.	91. Eat when hungry, stop when moderately full.