

### What is EDA?

Eating Disorders Anonymous is a voluntary fellowship of individuals who meet together 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.

### How E.D.A Is Supported

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

### How E.D.A. 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 E.D.A. literature and the "Big Book," *Alcoholics Anonymous*.



### Relations with Outside Agencies

E.D.A. has adopted a policy of "cooperation but not affiliation" with other organizations and professionals concerned with the problem of eating disorders.

E.D.A., as such, has no opinion on outside issues and neither endorses nor opposes any outside causes. E.D.A. is not allied with any sect, denomination, politics, organization or institution.

### What E.D.A. Does Not Do

In E.D.A. 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, soul and body. Balance is our goal. In meetings, we discuss our disordered thinking 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.



### Why EDA is "Anonymous"

Anonymity is the spiritual foundation of E.D.A. It disciplines the Fellowship to govern itself by principles rather than personalities.

We are a society of peers. Competitive people that we are, anonymity fosters a unity and singleness of purpose we find empowering. Our focus and our message are about our program of recovery, not about individual E.D.A. members.

Anonymity in public media assures all members, especially newcomers, that their E.D.A. membership will not be disclosed.


### How to Find EDA

Look for meetings, publications & more at:  
[www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)

Email:  
[info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org)

Facebook:  
[facebook.com/EDAnonymous](https://facebook.com/EDAnonymous)

or write to:  
**Eating Disorders Anonymous**  
**P.O. Box 55876**  
**Phoenix, AZ 85078-5876**





### The Twelve Steps of EDA

(Adapted with permission from pages 59-60  
in A.A.'s Big Book, Alcoholics Anonymous)

1. We admitted we were powerless over our eating disorder - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood God*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood God*, praying only for knowledge of God's will for us and the power to carry that out.
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.



### The Twelve Traditions of EDA

(Adapted with permission from pages 59-60  
in A.A.'s Big Book, Alcoholics Anonymous)

One – Our common welfare should come first; personal recovery depends upon E.D.A. unity.

Two – 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.

Three – The only requirement for E.D.A. membership is a desire to recover from an eating disorder.

Four – Each group should be autonomous except in matters affecting other groups or E.D.A. as a whole.

Five – Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.

Six – 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.

Seven – Every E.D.A. group ought to be fully self-supporting, declining outside contributions.

Eight – Eating Disorders Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Nine – E.D.A., as such, ought never be organized; but we may create service boards or committees directly responsible



At a Glance

