



## Frequently Asked Questions about Eating Disorders Anonymous (EDA)

### **What is EDA?**

Eating Disorders Anonymous (EDA) is a fellowship of individuals (founded in February 2000 by members of AA in Phoenix) 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. People can and do fully recover from having an eating disorder. In EDA, we help one another identify and claim milestones of recovery.

### **Are there dues or fees for EDA membership?**

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 allied with any sect, denomination, politics, organization or institution. EDA does not wish to engage in any controversy. We neither endorse nor oppose any causes.

### **Is there a food plan?**

There are no food plans in EDA. EDA endorses sound nutrition and discourages any form of rigidity around food. Food is nourishment for mind, soul and body. Balance – not abstinence -- is our goal. We encourage our members to work with qualified professionals, such as registered dietitians and therapists trained in treating eating disorders.

### **How do people recover?**

We believe an eating disorder is a mechanism for coping with stress. We binge, purge and/or starve to feel better about our shame, anger, fear, loneliness, tiredness and ordinary human needs. As we learn to address stress through other mechanisms, the symptoms of the eating disorder tend to fade away. It is a process, not an event. In EDA, we share our experience, strength and hope with each other to help one another come to terms with and change how we deal with life.

Recovery means living life on life's terms, facing pains and fears without obsessing on food, weight and body image. In our eating disorders, we sometimes felt like helpless victims. Recovery means gaining or regaining the power to see our options, to make careful choices in our lives. Recovery means rebuilding trust with ourselves, a gradual process that requires much motivation and support. There are bound to be setbacks and moments of fear and frustration. Support – professional, group and family – helps us get through such trials safely, when we are honest about them. Support groups such as EDA provide inspiration and opportunity for turning the most deeply painful and humbling experiences to useful purpose. As we learn and practice careful self-honesty, self-care, and self-expression, we gain authenticity, perspective, peace and empowerment.

### **How do I find/start a meeting?**

To find a meeting, publications or get information on how to start a meeting, please visit our web site, [www.EatingDisordersAnonymous.org](http://www.EatingDisordersAnonymous.org) or email us at [info@EatingDisordersAnonymous.org](mailto:info@EatingDisordersAnonymous.org).