

**EDA SATURDAY “WORKBOOK STEP STUDY” MEETING**  
712.432.0385, PIN 797101# (moderator code given one-on-one)

1. Welcome to the Saturday 10 AM ET Eating Disorders Anonymous (EDA) Workbook Step Study. My name is \_\_\_\_\_ and I will chair today.

2. 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.*

3. Is anyone here for a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> time? If so, we want to welcome you. We come into this meeting unmuted, so please simply introduce yourself by your first name. *[Do intros.]* Who else would like to say hello? After intros, please ask members to mute by pressing \*6. *[Remind members to stay muted unless reading, announcing something or sharing. During the meeting, please periodically remind folks to press \*6 to un-mute if they would like to read and/or share.]*

4. Would someone please read the Preamble? The preamble is found in the format, which you can access on the EDA website: [eatingdisordersanonymous.org](http://eatingdisordersanonymous.org). Click on Phone/ Skype Meetings; then click on the format link for the Saturday 10 AM meeting.

**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 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 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 carry this message of recovery to others with eating disorders.

~~ If you are able to volunteer some of your time outside the meeting, please contact: [info@eatingdisordersanonymous.org](mailto:info@eatingdisordersanonymous.org) ~~

5a. Will someone please read “The 12 Steps – EDA version, or the basic steps? The Steps are located on the website; please go to the “Literature” page, scroll down to the Literature Section, then click on the “12 Steps + 12 Traditions.” *[Chair can choose the extended version, especially if newcomers are present, or ask for the original 12 Steps as written, saying “EDA” where appropriate, especially if time is a concern.]* Chair may ask for one reader, or ask two to share the reading.

5b. *If newcomers are present, ask, “Will someone please read the 12 Traditions?” [If no newcomers are present, the chair may choose which Traditions we read, usually the Tradition of the month and the 12<sup>th</sup> Tradition. If we read only the Tradition of the month, the chair can ask for the extended version of that Tradition.]*

*“Although all the readings are on the EDA website, we encourage members to print some basic pieces of Literature so you have them for the meeting without needing an electronic device.”*

6. In EDA, we focus on the solution. 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 is our goal.

7. We use a phone list to contact people between meetings. \_\_\_\_\_ is our phone list contact person. If that person is here today, could they please give their phone and/or email information. *[If not, the chair gives it, if that person has already given permission.]* Encourage people to leave

contact info after their share or at the close of the meeting. Then say, “We build trust with ourselves by being authentic with others. Make a plan to use the phone.”

8. **Reports:** Are there any EDA announcements? The Chair announces phone meeting times and days, this same number and PIN. Please announce that the business meeting is the 3<sup>rd</sup> Saturday of the month; it begins 15 minutes before the close of the meeting.

9. **EDA Reminder:** Remember, recovery is not about food or weight. Please refrain from mentioning numbers and/or plans that may trigger others. Recovery is about using the EDA Steps and Traditions to live life fully: happy, joyous and free.

10. **Format:** This is a Workbook Step Study meeting: *[Direct members to the website, to the literature page, scroll to the “Workbook” section and click on the step of the month.]* Today’s format is:

**Week 1:** We read a section of the step of the month, up to 2 pages, followed by sharing (*see below “For the Reading Portion of the Meeting”*);

**Week 2:** We read the next section, up to 2 pages of the step, then write for 10 minutes. [*One minute prior to re-opening the meeting for sharing, the chair announces “1 minute”*] At time, Chair says: “Members may share what they wrote, their thoughts +/or feelings related to the step. People are welcome to get current or share what brought them to today’s meeting if they prefer. [*No one is required to share his or her writing.*] See #11.

**Week 3:** We finish the step reading. If anyone wrote during the week on this section of the step, on the exercises or questions at the end of the step, they are welcome to read their writing after we read. After those with writing have shared it, anyone is welcome to share on the reading, or whatever they choose, relevant to recovery.

**Week 4:** We read the Tradition of the Month from the AA 12&12. [*If members do not have the book, please direct them to AA.org. They can follow prompts to the Traditions.*] The group may choose to write or simply share. Chair decides or takes a quick group conscience. If we write, announce 1 minute before the end of the 10-minute writing time.

**Week 5:** Chair’s choice or Group Conscience (ask for a speaker, a topic or other step reading).

**For the Reading Portion of the Meeting:** Ask for readers; chair suggests reading 2-3 paragraphs or a page, until the chosen section of the week is read. Chair can gather readers or ask along the way. [*Remind members that \*6 mutes and un-mutes.*]

11. **Sharing:** Chair says, “Please self-time shares up to 3 minutes so everyone has a chance to speak. [*Chair presses \*2 for member count; if 10+ are on the line, request a timekeeper or offer to help those who cannot time themselves.*] Chair says, “Please do not provide advice. If you desire feedback, please request it after the meeting. Who would like to share?” [*Thank each member who shares, then ask again. If all have shared and time allows, you can open the line to 1<sup>st</sup> or 2<sup>nd</sup> shares.*]

12. **7<sup>th</sup> Tradition:** [*5 minutes before closing*] According to our 7<sup>th</sup> Tradition, we are self-supporting through our own contributions. Please contribute as you can. You can donate on the website, give at face-to-face meetings or mail it directly to EDA-GSB, P. O. Box 55876, Phoenix, AZ 85078-5876. (Optional: The EDA tax ID # is 86-1033263). *Psst:* Service is a contribution. Thank you to all who participate, read and chair.

Would someone please volunteer to chair the next meeting? [*If no monthly chair.*]

13. **Closing:** It is now time to close. Thank you for coming. Please make time for newcomers after the meeting and get involved: the meaning of life is to give life meaning. Please preserve our anonymity; do not discuss personalities, issues or challenges – other than your own – with others once you leave the meeting. Take what you can use, leave the rest and keep coming to meetings! It works when you work it – really!

Does anyone have a prayer they would like to offer for the closing? This group allows the use of any 12<sup>th</sup> step prayer without identifying its source, or an individual's prayer that does not refer to any particular religious ideology. *[Please remind folks that \*6 un-mutes]* If the line is silent, please close with the "we" version of the Serenity Prayer: God, grant us Serenity to accept the things we cannot change; Courage, to change things we can; and Wisdom to know the difference.

Thank you; the meeting is now closed. We can share contact information, then hear newcomer questions. *[After info sharing and questions, the line remains open for sharing as long as two or more remain in the line.]*

### The 12 Steps of EDA

1. We admitted we were powerless over our eating disorders; that our lives had become unmanageable. *We finally had to admit that what we were doing wasn't working.*

2. Came to believe that a Power greater than ourselves could restore us to sanity. *We started to believe that we could get better, and that there was a fundamental healing power upon which we could rely for recovery.*

3. Made a decision to turn our will and our lives over to the care of God as we understood God. *We decided to trust that, as we let go of rigidity, we would not fall. As we took (and continue to take) careful risks, our trust grew – in God, in ourselves, and in others.*

4. Made a searching and fearless moral inventory of ourselves. *We looked at why we had gotten stuck, so we would be less likely to get stuck again. We looked at our fears and why we were afraid, our lies and why we had told them, our shame and guilt and why we had them.*

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. *We shared our shortcomings. We held ourselves accountable to others for our past thoughts and actions, and discussed what we ought to have thought and done instead. This established our authority as responsible people; we began to feel like we belonged to the human race.*

6. Were entirely ready to have God remove all these defects of character. *We began to accept ourselves as we really were, and to take responsibility for our actions. We realized we couldn't "fix" ourselves. We had to be patient and focus on our efforts instead of results. We realized that the results were not ours to control.*

7. Humbly asked God\* to remove our shortcomings. *We asked God to help us accept our imperfect efforts. We made a conscious effort to take care of our own basic needs, so we could be of better service to God and those around us. We began to notice what we were doing right. As we did so, the "right" things began to increase.*

\* "God" in EDA literature can mean the Deity, a deity, a spiritual entity of one's own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social and emotional circumstances and allows us to "keep calm and carry on" with what really matters.

8. Made a list of all persons we had harmed and became willing to make amends to them all. *We made a list of people whom we had injured or whom we thought had injured us, accepted our part, and made an effort to forgive them for their part.*

9. Made direct amends to such people wherever possible, except when to do so would injure them or others. *After counsel with a sponsor, or an EDA (or other Twelve Step group) member who has worked the Twelve Steps, we went to the people we had injured and admitted our fault and regret. Our statements were simple, sincere and without blame. We set right the wrongs as best we could and expected nothing in return. Accountability set us free.*

10. Continued to take personal inventory and when we were wrong promptly admitted it. *We continued to listen to our conscience. When troubled, we get honest, make amends, and change our thinking or behavior. We continue to notice what we do right, and we are grateful when engaged in right thinking and positive action.*

11. Sought through prayer and meditation to improve our conscious contact with God, as we understand God, praying only for knowledge of God's will for us and the power to carry that out. *We earnestly and consciously seek to understand, and to do, whatever will best serve our God or higher purpose every day. When we take care of our basic needs and place ourselves in service to our Higher Power or higher purpose, we gain the peace and perspective needed for recovery.*

12. Having had a spiritual awakening\*\* as the result of these steps, we tried to carry this message to others with eating disorders, and to practice these principles in all our affairs.

*If we have been patient and persistent in working these steps, we have experienced a transformation that enables us to live at peace with ourselves and the world around us. We consciously bring our new way of thinking into all we do, or it is a pattern for living that works in all contexts. We happily share our experience, strength, and hope with those who suffer with eating disorders as we once did, glad that even our worst experiences can now serve some good purpose. Carrying the message of recovery reinforces gratitude, solidifies new habits of thought and action, and fills us with purpose and joy.*

*\*\* The term "spiritual awakening" can refer to an event—a vital spiritual experience—or to a gradual change. Those of us who are atheists also experience a transformation, enabling us to place service before selfishness.*

### **The 12 Traditions of EDA**

1. Our common welfare should come first; personal recovery depends upon EDA unity.

*Eating Disorders Anonymous is a "we" program. United we stand; divided we fall. EDA groups are effective in carrying the message of recovery to individual EDA members because we are united in our commitment to our common purpose, consistent in our use of the Twelve Step program of recovery, and allied in adhering to our common Traditions. Without the support of EDA, many would not have found recovery at all, and many more would have died. We want the hand of fellowship and support to be there when anyone needs it.*

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.

*When making decisions that affect an EDA group or EDA as a whole, EDA's servant leaders use a democratic process called a group conscience. In a group conscience, each participant consults his or her own conscience, and votes as he or she thinks will best serve EDA's primary purpose: to carry the message of recovery to those who still suffer.*

*\* "God" in EDA literature can mean the Deity, a deity, a spiritual entity of one's own understanding (a Higher Power), or a non-spiritual conception (a higher purpose). Reliance on any one of these conceptions confers a perspective that transcends our immediate physical, social and emotional circumstances and allows us to "keep calm and carry on" with what really matters.*

3. The only requirement for EDA membership is a desire to recover from an eating disorder.

*To deny EDA membership to anyone could be to pronounce his or her death sentence. Hence, the only prerequisite for EDA membership is the individual's desire for recovery. We never turn anyone away who is trying to recover from an eating disorder.*

4. Each group should be autonomous except in matters affecting other groups or EDA as a whole. *Each EDA group manages its own affairs, but every group is part of the EDA fellowship. Each group must be careful to not cause harm to EDA as a whole. Thus, special consideration must be taken in matters beyond the scope of the immediate group. We work together, while remaining separate.*

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

*We freely give away what others have given to us. People who are struggling with an eating disorder need hope of recovery if they are to make any progress at all. EDA members strengthen and build recovery by sharing their experience, strength and hope with others who still suffer. Each EDA group serves as a channel for the message of recovery, helping newcomers and “old-timers” alike.*

6. An EDA group ought never endorse, finance or lend the EDA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.

*To involve our fellowship in issues outside the direct scope of our primary purpose is to distract us from carrying the EDA message to those who still suffer. Our singleness of purpose ensures that we hold no affiliation to an external organization or activity.*

7. Every EDA group ought to be fully self-supporting, declining outside contributions.

*EDA subsists solely on voluntary donations from its members. Financial contributions from our outside our fellowship would distract from our primary purpose and undermine group autonomy. Each EDA group is responsible for its own expenses, while carrying a prudent reserve.*

8. EDA should remain forever nonprofessional, but our service centers may employ special workers.

*We do not give or receive payment for Twelve Step work. While we support EDA members in their individual pursuit of professional help, we are not a professional organization. EDA employs workers when necessary to maintain the essential functions that support our fellowship.*

9. EDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. *The EDA fellowship is grounded in guidance based on experience. We avoid giving directions or ultimatums, lest we risk defiance and competition between members and groups. Since our experience proves that service work is essential for recovery, we extend opportunities for our members to be of service within the EDA fellowship.*

10. EDA has no opinion on outside issues; hence the EDA name ought never be drawn into public controversy. *EDA does not take sides in any debate. A foundation of neutrality and acceptance allows us to remain focused entirely on our primary purpose.*

11. Our public relations policy is based on attraction rather than promotion; we need to maintain personal anonymity at the level of press, radio, film, and web.

*Our fellowship gains membership by demonstrating EDA principles in our daily lives, and by sharing our message of recovery within our groups. We focus on the EDA program, rather than on individual members. Each member serves as an active guardian of our fellowship.*

12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

*Our fellowship is grounded on a foundation of tolerance and love. Personal distinction does not interest us. We gather with the single goal of carrying the EDA message of recovery, irrespective of our personal opinions. True humility is achieved through the principle of anonymous service. We place priority on principles, not personalities.*

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*EDA's 12 Steps and 12 Traditions are reprinted and adapted from the first 164 pages of the “Big Book”, Alcoholics Anonymous, with permission from Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt this material does not mean that AA has reviewed or approved this or any other EDA material. AA is a program for recovery from 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.*