



## **The Twelve Traditions of Eating Disorders Anonymous\***

1. Our common welfare should come first; personal recovery depends upon E.D.A. unity.
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.
3. The only requirement for E.D.A. membership is a desire to recover from an eating disorder.
4. Each group should be autonomous except in matters affecting other groups or E.D.A. as a whole.
5. Each group has but one primary purpose – to carry its message of recovery to others with eating disorders.
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.
7. Every E.D.A. group ought to be fully self-supporting, declining outside contributions.
8. Eating Disorders Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. E.D.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Eating Disorders Anonymous has no opinion on outside issues; hence the E.D.A. name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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