



eating disorders *anonymous*

EDA Step Workbook



A guide for new members and
Eating Disorders Anonymous groups

**Step Ten –
Continued to take personal inventory and
when we were wrong, promptly admitted it.**

In working Steps One through Nine we have begun to utilize powerful tools for transforming our lives. We may have done amazing things and been a significant force for good prior to recovery, but our ideas about this world and our experiences in it were somehow out of balance, or we would never have ended up where we did. The same impulses and doggedness that led to our problematic behavioral patterns, however, can be transformed into positive energy and commitment to make ourselves useful tools for the betterment of the lives of those with whom we connect. We all have much to offer as friends and neighbors, coworkers, family members and as citizens of our communities and our world.

By the time we have made a serious start on Step Nine, most of us are relieved and happy to be able to address issues promptly as they come up. We are fully human and issues do come up regularly! We know we are maturing and growing when we can laugh at ourselves and humbly admit our errors. We are sure to make many of them. We find that when we are honest with ourselves and others, even our most serious problems can be resolved. We are much happier when living free of secrets and shame.

As you have certainly gathered by now, phrases such as “Trust the Process” suggest that the change of heart we experience in Step Nine does not occur overnight. We must keep applying the principles we have learned lest we fall back into old patterns of thinking and behavior.

Steps Ten, Eleven and Twelve are often called the “maintenance steps” for good reason. We have earned our recovery by working Steps One through Nine, but Steps Ten through Twelve are necessary for us to stay in recovery. The concept of “maintenance,” however, does not begin to describe the amazing growth and joy we find as we progress in our recovery. Our attitudes, typically prideful and suspicious in the past, are now open and warm at a level we had not been able to sustain before recovery. Our horizons continue to expand. Our enjoyment and appreciation of daily living increases almost daily. Our love for our fellows deepens and grows with as we work to serve our circle of friends and family. With Steps Ten, Eleven and Twelve, we are thriving, not just maintaining!

The key word in Step Ten is 'continued', in 'continued to take personal inventory and when we were wrong promptly admitted it.' Step Ten reminds us that recovery is a daily commitment and a daily process. We are in this for the long haul and we are grateful that we have tools to help us stay in recovery.

How often must we look inside and when? Often we know immediately when we have erred. We apologize and set things right at the first opportunity. In other cases, we may find fear, resentment or self-pity has grown without our conscious awareness. These diseases of the spirit destroy our freedom, peace and happiness but are often silent

killers aided by our typically long-standing habit of self-deception and pattern of ignoring warning signs.

Many of us find a nightly recap of the day to be helpful. We think about the day and week just past.

- What circumstances angered us? What did we do? Do we owe an amend?
- What was the underlying cause of our anger? If it was fear, what should we do about that?
- Did we find ourselves resenting any person or situation? What expectations did we have? Were they reasonable? How might we think differently about the situation?

We go back through the day and we make a plan for what to do in each situation. Perhaps we are not yet willing to make a plan. We accept this, but we write down our trouble and commit to consider the situation again after a day or so have passed.

When we have had a particularly bad day, we remind ourselves that we are growing. Our progress requires love and care most of all in the hardest of circumstances. If we are unable to summon an attitude of acceptance and care for ourselves, we ask our Higher Power to remove our difficulties. We know we cannot be of much use to our Higher Power or others around us so long as we are unable or unwilling to care for ourselves. If we are at such a juncture - and we have all been there - we may be in what feels like too much pain to think. Daily practice really helps when the going gets difficult! When we are in the habit of daily reflection, we will have much less trouble regaining perspective.

When able, we think deeply about our Step Six and Step Seven work. We let go of our defects and move on. We ask ourselves, "What would I be doing if I felt better?" and then we do exactly that.

In reviewing our day, we may realize we are still too "hot" emotionally to address a situation directly; we may need to "cool off" before we can think rationally. We make a plan to discuss the situation with at least one trusted person. Such discussion enables us to take responsibility for our emotions, helps us feel less alone, and brings much-needed objectivity, provided we are ready to be objective. If the situation is particularly troublesome, we may need to have many discussions before we are able to see our part and determine appropriate action. We do not let this trouble us too much. We are committed to our recovery and we know that in due time the answers will come. In the meantime, we are gentle with ourselves. We avoid direct confrontation and action until such a time that we know we are able to remain calm and purposeful. We remember that we are striving to live in harmony and peace. Until we have a calm perspective, we avoid encounters where we think we may not be able to be kind or compassionate.

Each day, we reflect at some length on what we did right. We can be genuinely happy about progress in our recovery. We can be grateful when we have responded deliberately and differently to take care of ourselves, when we have made an effort to

fit ourselves to be of service, when we were able to perform a service with a warm and caring attitude and when we take time to complete our daily reflection. Hardship is integral to life. Conflict is inevitable. Step Ten enables us to live in the moment, free and at peace most of the time. When we practice Step Ten continuously, we can be sure of a happy and purposeful life **regardless of our external circumstances.**