

1. Welcome to the Anorexia Steps Workshop

- Anorexia Steps: The beginnings of a SLAA program for anorexia
- New anorexia tools and literature
- How does anorexia fit in SLAA?
- Feedback and discussion

2. About me

- Steve R - no expert, just a recovering anorexic
- Around 4 years in SLAA recovery
- My story....
- When I came into SLAA, my life was tiny...
- Lifelong anorexic, periods of isolation and periods of connection (love addiction vs anorexia)

3. About you – who is here?

- How many from outside London?
- How many from outside UK?
- How many with no face-to-face anorexia meetings?
- How many do online or Skype meetings?
- How many are both anorexic and sex & love addict?
- How many identify just as anorexic or avoidant?
- How many looking for a sponsor?

4. What is anorexia?

- Compulsive self-denial
- Not doing
- Compulsive avoidance of intimacy
- Deprivation affects all areas – relationships, work, money. It colours our whole outlook on life
- We don't believe we can have more (but we can!)

5. How does anorexia fit in SLAA?

Fascinating stats:

- 15% of SLAA UK meetings are anorexia meetings
- Six face-to-face (London, Bristol & Manchester)
- 12 other meetings cover anorexia once a month
- Eight online anorexia meetings
- Face-to-face meetings are mostly non-HOW
- Online meetings are mostly HOW

6. The Anorexia Steps

What are the Anorexia Steps?

- The beginnings of a SLAA ‘anorexia-only’ program

Why do we need the Anorexia Steps?

- Anorexia is baffling and we are in the dark
- SLAA wasn’t created for anorexia
- No clear recovery path or program for anorexia
- No basic text, very little literature
- People who are ‘anorexic only’ easily get lost.

7. Some principles of anorexia recovery

- Be gentle and forgiving with yourself
- Unconditional support – we're all in this together
- Make progress, but go at your own pace
- Authenticity – find your truth, be who you are
- Take risks – experiment, try new things, dating etc.
- There are no rules, it's your recovery
- ANY MORE?



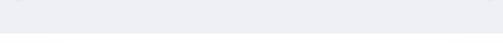
8. Key tools in anorexia recovery

- Top lines – taking positive action, giving ourselves gifts
- Service – a ready-made top line for anorexics.
- Fellowship – build trust, make friends, move out of isolation
- Recovery plan – set a vision for where you want to go and measure your progress
- Spirituality – relationship with Higher Power
- ANY MORE?



9. Anorexia Steps and HOW

Sliding scale. Most of us are somewhere in between these two extremes.

Anorexia		HOW
Starting doing something		Stopping doing something
Suggestions		Rules
No slips, no sanctions		Slips and 'sanctions'
Top lines only		Bottom lines
Sobriety not relevant		Sobriety is crucial
Flexibility		Rigid structure
Co-sponsorship		Traditional sponsorship
Gentleness		Discipline

10. Similarities of Anorexia Steps and HOW

- Recovery from anorexia is fundamentally spiritual, like any other recovery
- The Steps and the Traditions are the same
- Intimacy anorexia is not separate from sex & love addiction, it's the same disease
- Many people in SLAA are likely to be anorexic – acting out is just another form of avoidance and self-denial

11. Key issues for anorexics in recovery

- Control – we stay small and restricted to be in control, no matter how unhappy we are
- Shame – we carry toxic shame, which distorts our view of ourselves
- Trauma – we often carry shame and seek control because of childhood trauma
- ANY MORE?

12. Sponsorship in the Anorexia Steps

- Sponsor or co-sponsor?
- Co-sponsoring: No authority figure. More flexible. Neither party needs to be on any particular step.
- Traditional sponsor: Security and guidance of a more experienced member
- We can also work informally with a recovery partner or several partners. There are no rules to follow.
- The point is to do the work, whatever the arrangement



13. Key anorexia literature

- UK Anorexia Steps Workbook (draft)
- Anorexia Recovery Tools (draft)
- Anorexia 4-5-6-7 (draft)
- Anorexia 1-2-3

- Draft literature can be downloaded free from:
<https://drive.google.com/open?id=1bw6qNW54MII3MZPY6ONtvzJw3ubAZWFP>

14. How to get involved

- Read Anorexia Steps Workbook and other new literature
- Join the Anorexia Steps UK Writing Group (please!)
- Start a new anorexia meeting
- Add a monthly anorexia focus to your SLAA meeting
- Introduce new anorexia readings, tools or literature to your meeting

15. New resources for anorexia meetings

- Soho Anorexia Steps meeting in London is a new kind of SLAA anorexia meeting and has created or adapted:
 - New readings for anorexia meetings
 - New literature and recovery tools
 - New anorexia meeting format and script
 - All this is available online (see slide 13)

16. Anyone need a sponsor?

- Is anyone here looking for a sponsor, co-sponsor or recovery partner?
- Would you please introduce yourselves? Tell us who you are, where you are in the Steps and where you're based.
- Potential sponsors and co-sponsors, have a chat with these lovely people. Please!

17. Get in touch

Feel free to contact me with questions or for more info:

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