

ABA Full Survey Written comments from Members

1.B Why did you leave (Previous Members)

Disappointed that the ABA book is not available for purchase other than from Canada. The shipping is too much.

I was going to meetings for a few years, and they did give me some hope that recovery was possible, but I was way too scared to 'get sober' with my eating practises.

10.B Please share why you are not interested in service

Due to personal time restrictions I do not hold a service position. My 'service' is to sponsor other ABA members.

Newcomer

I am interested in service, however my current work schedule changes weekly and I am on-call, so I am hesitant to have a service position in any meeting right now. I would consider being a GSR however I need my work like to be a little more stable first. I hopefully will be having a regular, unchanging non-oncall work schedule soon. Woo!

I currently have a service position in another 12 step program.

I am interested in being of service on an ad hoc basis but not holding a service position at this time.

When I listened to a business meeting I seen members put others down.

I don't think I can serve since I'm so irregular with attendance

I'm new to ABA. I believe I will eventually be interested but not at this time.

I speak only french

I feel to new

I have been a GSR, a Board Member, and a Committee Member

It makes me crazy

I am interested and have served in the past there is just no option that states currently not serving

Time

I am not involved in ABA at all anymore.

11.B Please share why you do not contribute.

I plan to

I'm not in a financially secure position to share at this time. But wish to do so.

I'm a newcomer

I am new

Our group is really small so we still haven't made up the cost of books. I guess since no one else contributes I don't think about it. It seems silly to put a dollar towards the pot that I'm being reimbursed for. I guess I never considered just donating online. Like the AA donation day or whatever

I did donate money in the past as a member .

I did via the aba website through paypal. Then recieved personal gratitude emails for that, the amount of my donation was listed in these emails. it made me feel uncomfortable because I would love to have my donation as anonymous as possible. I then had a period of huge financial difficulties, thats why im unable to donate. Hopefully that will change soon.

Procrastinate

There is not an ABA chapter in my city. I am trying to get help but am new.

Don t Have Paypal

No local group

I have not yet joined

haven't attended any meetings

I haven't yet - perhaps haven't followed how to. Probably cos of my poor concentration and priorities.

I wanted to see if it was helping me

I have contributed once or twice but not regularly

i've never been and i don't have money to throw around

Plan to now!

I don't know- i did via PayPal then I stopped. I will restart.

I don't know how to

I am not yet a member but I have been anorexic for over 50 years

I am new and have not committed to ABA yet. Lack of closed meetings is 1 reason

I am not involved in ABA at all anymore.

14. Is there anything preventing you or your ABA Group from donating/contributing financially to ABA? If so, please explain.

The Rand is a weak currency, specially at the moment. We focus on buying literature and tokens.

no, we do it even though we need the money ourselves for translation

We are a tiny group of three regular attendees. In the past, all donations have gone to rent and literature. Now the donations are going to zoom hosting and literature.

Yes. Low attendance. Low funds. Barely enough to cover rent

No. We send money regularly.

No

I was contributing monthly to GSA via Paypal but something happened on the ABA end. I contacted the office but it was never resolved according to Paypal so I cancelled it.

I didn't donate much as no income tax receipt could be issued as well as management of ABA finances were questionable. Our group didn't donate much because they were uncertain where the money was going and felt ABA finances were not well managed.

I don't give a lot of money to ABA because I don't think the GSA knows what they are doing with it. They are consistently in "emergency" mode, which is irresponsible and unmanageable. I have become apathetic to their consistent "give or we'll fold" messages.

We are not financially secure

For myself, I haven't been able to contribute hardly anything for several years due to being off work. For my group: we are a very small group so we don't receive much 7th tradition.

I don't have a regular homegroup right now (my work schedule changes monthly at the moment). I was part of the Daily 11th Step meeting before my work schedule changed. I think they didn't contribute to GSA because GSA wasn't presenting treasurer reports and because there was talk about GSA wanting to fund someone to go to rehab with 7th tradition money or pay her while she was in rehab with 7th trad \$. (Something to that effect). While I agree that a lack of treasurer report is deeply concerning and completely unacceptable, I contribute about \$15 CAD a month to ABA because I believe in contributing to where I am spiritually fed and I want newcomers to find this solution. I hope the money is not being mismanaged.

I am new and looking into the group

We don't donate to the GSA because we don't get enough money to

no

No

no audit for the year I was in.

Poor management of finances, misallocating funds consistently, spending too much money on the office manager when people from my meeting I know have offered to help in the office and others each time given excuses as to why their help wouldn't be useful to them. The GSR gave a report at the yearly meeting ABA has with an alternative and to my knowledge no one has even looked at or talked about it I've been told in my meeting by the GSR and other members.

No

in a meeting I just left, I posted the GSA "donations" page URL in the chat for everyone

not sure

No

no meeting

Recently changed from an Aussie bank account where fees were huge for some New Zealanders to pay through PayPal, also shared with 3 other groups. Some discussion with those groups through adhoc as needed intergroup type set up - re finances and groups being self supporting whilst sharing a zoom number with Now no bank account — and suggested to donate straight to ABA - a link is often posted. It will come up at our next group conscience.

I don't know.

No. Made a donation for the Regional Retreat a month or so ago - \$25.

No

Questions 11 & 12 need the option of more than one answer.

My local group stopped giving to GSA and currently gives to the regional service structure. We don't take in enough funds for GSA. The Zoom meeting encourages members to donate directly to GSA via a PayPal link posted in the chat box.

Can't comment

We are a small group, about 8 people on a good day. We do contribute, but our total donation amount is small after we pay for rent.

I'm alarmed by how frequently the GSA requires extra donations from ABA. It would be helpful for members to understand what that money is spent on as they always seem to be "a little short"

I'm not apart of it yet and probably won't join for a few more years

No

small group, so limited funds in general.

Group conscience

5 day backp

No, my group donates.

The Seattle meeting sends half yearly or random contributions when we find ourselves with a surplus- small contributing membership.

I will not donate directly to ABA because the GSA spends beyond what is appropriate for the size of the organization and acts quickly to spend without all the information or the input of the membership/GSR

I'm not a member of ABA but am interested in becoming one

idk

we are a meeting not a group so we donate directly as members of ABA.

16. How can ABA improve it's website (please explain)

The pdf documents one needs for a meeting (steps, traditions, tools, promises) could be made more clearly and readily available. I've needed them in a hurry a few times and found it cumbersome to get to them and only finding a merged document which isn't really fit for purpose.

more resources

Trunslation to Hebrew and Arabic.

There is no website in Israel or Arab countries, and there is a strong need.

It needs to be cleaned up

More speaker recordings would be great. It would be nice to be able to get new books in the USA (without buying used at alibris for example, and without needing to import from Canada)

it could be more up to date

It's clunky and not intuitive, but I know it's being worked on.

Very confusing in some areas.

If we take a look at the A.A zoom meeting schedules, its much more clear - it is in a table with description of the meeting, direct links and passwords. Michey from Whats app is good but it is extremley uncomfortable for new comers because how are they suppose to know that michey even exists, Let alone his whats app for zoom meeting alerts.

Make buying the literature a lot easier. I had no luck going through the website

A new one. It is very hard to navigate and not welcoming at all. It looks elementary and unprofessional.

Access to reading material and cost. Links to all available resources. List of sponsors and numbers with backstory of those people available to sponsor. Tons of hope messages..activities not related to illness...this includes arts and crafts, community involvement, skill enrichment oriented.

more stories addressing compulsive eating

Make the "documents" tab more clear/easily accessible Make audio recordings more easily accessible

Seems fine to me. However, I am not tech savvy.

Make it more attractive to the eye

Meeting resource tab. Guidelines for new meetings and any other documents or information that could help new and existing meetings, for example, how to send 7th tradition to GSA

Set up a search engine for selecting meetings, both face-to-face and virtual.

The website is very outdated and difficult to navigate

You have to click through a lot of links to get to the meeting information. Also, the text on the website is quite small. I realize I can make that bigger but perhaps less text but bigger letters.

Newcomers report having some difficulty finding the resources/documents. Maybe an "FAQ" or "Newcomer" button on the home page? also, updating interface so it is more modern

I think it's great really

Consolidate as much info. as possible.

Include a few more pictures or graphic designs relevant to the 12 Steps and ABA ED recovery.

Cleaner and clearer

make sure that all zoom meeting IDs and passwords are correct and regularly updated

I am unsure as not a great website user nor technical. I will be mindful of this and email any future ideas to the GSO.

No idea.

a search engine of some sort would be helpful, especially to find meetings at certain times/days

Add a calendar of virtual meetings (rather than have them listed)

-Sell a hard copy of the ABA book

The meetings bit could be clearer perhaps? With up to date links. I went on one meeting and there wasn't a meeting. Time zones weren't clear. The ACA website has done something recently which adjusted time zones. I say that as an example.

A list of all the zoom meetings on here

A real time list of upcoming meetings across the world, especially in these virtual times and with so many time zones. See <https://aa-london.com/onlinemeetingsearch/> for inspiration

I almost never go on to the website. In general I spend very little time "online." It meets my needs, and I almost never look at it.

Have an accessible virtual copy of the ABA textbook to read.

I only use it for monthly paypal at the moment or to buy literature.

Make it look a bit more modern. It looks a bit dated at the moment & the information isn't set out in a clear, user-friendly way.

I would like to see more reading/audio materials. :D

the main page feels cluttered, but the ABA website services its purpose. However, change the word DONATIONS because ABAs traditions recognize contributions towards expenses not donations. Also, it would be nice to have the documents tab or a new comers tab on the main page because it is difficult to describe to a non-computer friendly person where to find the documents

Meetings shown for all time zones

It is adequate.

17. B Please share your ideas regarding tokens.

I think the metal medallions are unnecessary, we can't afford to give them away and so they create a burdensome obligation to fundraise. This takes away from the celebration of the milestones it affects imo. Plastic ones, even if they were two tone and a bit more costly, would be preferable, so long as they were significantly cheaper than the metal ones.

I dint know what is tokens

I have no idea what you are speaking of here

Personally I don't think we should have tokens at all. I think they are a waste of money and I never take them as they are just junk to me and I hate creating garbage. But if other people like having them as a reminder of their success then I agree with number two above - purchasing tokens should not be a priority if finances are tight.

Find a new way to produce them if that's possible. AA does, but they have a much larger demand, so maybe that's why. Either way, I think coins are important and should be purchased at a group level, but we will never be able to afford or justify buying them at their current prices. Consider finding a cheaper alternative or have US/other country ABA find their own supplier so we can at least cut down on shipping

Past bought ABA tokens and future AA chips From the beginning our groups have used AA annual tokens.

Our meeting buys 12 step coins directly from a big wholesaler and they are very cheap to keep in stock. Not sure why ABA would do this.

I don't know anything about how it works as I'm not a member yet

18.B Why / why not do you find ABA to be of value in your life?

I use the guidance of "when we honestly asked for the grace to surrender..." often. I find the model of sobriety in ABA more concrete than for eg EDA which had definitely been good in early recovery. I do find there's a tenancy towards rigidity, I suspect this comes also from myself.

it has helped me learn about my disease and how to live with it

Its the first time i felt there is a cure and hilling for my eating disorders.

Thanks to gods blessing its giving me the help and support i need. For the first time im not alone.

Im very thankfull

It has saved my life. I want others to have the same benefits I have received from recovery through the ABA program

It keeps me sober just for today and gives me the opportunity to live a new way of life

ABA finally showed me my control issues - that I am a person who takes refuge from reality in insane eating practices. My abstinence from compulsive eating and sobriety with regarding to insane eating has been in the past three years due in large part to ABA.

Connection. Only thing that has worked for me

this fellowship saved my life and allows me to do service which gives my life more meaning

Because for the first time in lifelong ED, I've been able to get and stay sober with the help of my group and our solutions based recovery model.

It's some of my "medicine" to stay in "remission" from my ED

I appreciate that there is a place that I can come where I belong and that gives me hope.

ABA is quite honestly the only thing that has allowed me to maintain sobriety. But I am concerned with why their are so many people with active eating disorders.

I relate to its definition of the disease. Love the ABA text. Its a shame more people dont stay and become sponsors, they are desperately needed. That is why I am sober - my sponsor took me through the Big Book and ABA text.

It has been really helpful to talk to sober people, get support, and learn how to recover from my eating disorder.

I used to get a lot of value in it. Now I don't because no one stays sober and there aren't any sponsors. Most people are still on step zero with no one to take them through the steps so we are constantly just trying to keep newcomers in the room. I also find ABA to be quite rigid in its sobriety. A 10-page document on what is sobriety is too hard for the newcomer to grasp.

It's a foundational pillar of insight. It gives reason And courage to a scary unknowing situation To a newcomer.

Life before ABA was hell, I couldn't stop bingeing and compulsively exercising. Now I am sober and working with a sponsor, and I have a life beyond my wildest dreams

Although I am struggling to come back from a relapse, the ABA program is a lifeline for me. It is the only thing that has ever given me freedom and sanity from my eating disorder.

learning how to eat healthily is saving my life

saved my life and keeps me sober, sane and happy!

I am new

ABA unique approach to sobriety is crucial for my recovery

The meetings seem pretty stale. I really dislike that everyone has to read the same format. It takes the character out of individuals and doesn't allow meetings to address individual needs. My meeting has a section that says "this is a trans friendly meeting. Feel free to identify your pronouns when you introduce yourself". We're not technically allowed to do that but it's very important to us as a group. Freedom to write your own intro I think could do a lot. Also expanding the list of accepted literature. AA accepts Hazeldon alcohol meditation, why don't we accept their eating disorder one? It's fabulous. Correct me if I'm wrong, but all I'm aware of that we can read is the ABA book, the big book, and the 12 and 12 (plus other AA literature). We should expand bc that gets old after a while. And my group of newcomers are really interested in related readings. Also acknowledging young people in recovery. I've had many people tell me I can't recover bc I'm too young. My old sponsor dropped me bc she says young people can't recover until they're older and have experienced enough pain. Thank God I stayed sober. Idk how to address this one other than me starting a young persons meeting, but it's really hard to give a shit and feel welcome when older members openly have so little faith in young people

I needed a fellowship and system of holding myself accountable.

I am physically sober in ALL my eating practices (not just Bulimia) for the first time in 34 years. I am happier and at peace for the first time EVER. I have friends in ABA all over the world.

Fellowship, acceptance, helpful sharing

It is crucial to have support groups available every day of the group for ED recovery. I also participate a lot in Overeaters Anonymous (OA), but it's super important the ABA has more support for the restriction/starvation and associated body dysmorphias-sides of the ED.

i have anorexia

I need this program

provides support for sobriety

It gives me my life with freedom attached and a connection with a Higher Power.

I Feel not alone and i receive hope

My whole emotional sobriety and life is enriched when I am sober within ABA and connected to others with this same language of the heart. X

It really helps me understand my disease.

saved my life

It gave me a life I am happy to live!

ABA has saved my life, and is a solution to anorexia and bulimia. However, I find the lack of longer term (5+ years) sobriety in meetings, and a lack of knowledge of the traditions/governance (relative to other 12 step fellowships) hard sometimes. I often get hope from other 12 step groups and do service at ABA.

ABA is the only reason I am sober. I would not have found freedom in any other 12 step program. I have attended other 12 step food fellowships (before I found out about ABA). Never once did I meet a recovered anorexic in any of those other programs who was actually free from obsession, free to pursue a lifelong path of spiritual development. I believe I would have died years ago without the sobriety I have found in ABA.

Reinforces my sobriety and helps me to connect to others.

It's saving my life and my sanity

The textbook spoke to me clearly and I relate to it fundamentally. Meetings are everything - hearing others stories and hearing the text repeated at least once daily keeps the principles fresh in my mind.

I am a bulimic. I attend other 12 step meetings and programs, but ABA is my priority. The book is well written and incredibly helpful. I've sponsored folks through ABA and have found it to be extremely helpful.

My life didn't begin until I kicked the crutch of my eating disorder. I got sober in EDA but the meeting switched to ABA many years ago. The disease of control resonates.

It's a continuing support group based on a foundation of love.

my life depends on it

It helps me to stay sober

I'm not a member yet, just making an interested enquiry in becoming one

i would like it to be a value in my life, but there are limited closed meetings and 2 meetings I attended have had reps from eating disorder facilities—what are they doing in these meetings? Could it be they are recruiting people to be patients?

It is not relevant to me.

While it did give me some hope that mental recovery was possible, which was super important to have at the time, I did not end up recovering through the program. My eating disorder was secondary to childhood trauma, and after I did the trauma therapy I needed to do to recover from that, along with the medication that enabled me to do the therapy, I no longer had an eating disorder! I am at no risk of relapse because the underlying issues were dealt with - no desire to cope via self-starvation since I don't hate myself and have healthy coping mechanisms now (none of which would've worked before doing trauma therapy). This is just my own experience though. I know that ABA has helped many people recover!

19.B Why / why not is the organizational structure / service model effective?

I don't really know what's happening at a world level. I don't know if this falls to our GSRs?

lots of struggles financially to keep it a float. in consistent messages about how to spend the money that we contribute from our group to the aba canada. There should be more willingness to accept changes from the service organization.

Im not involved world wide, im at a local group and the israely whatsapp group.

Mostly, I believe the service structure works. AA continues to have similar struggles...just on a larger scale so it is more distant from the individual members. As ABA gains people who are sober longer, have worked the steps thoroughly, work with a sponsor and are able to look at their part, the ABA structure will work better. At this time, we have members who are not able to focus on their responsibility and are instead looking at blaming the GSA for the problems ABA faces.

We are all responsible for the success or lack thereof.

Generally 12-step structure/service models work really well.

We need more GSRs to enable the voice of ABA members to be heard.

Because traditional 12 step recovery works. The groups steer the ship, with the GSA in service to them, not the other way around. We have agency over our lives and our recovery without dictates from "above."

Not enough volunteers and often things are "tabled" that need acting on.

There needs to be more voice and interaction between the members and the board. The Board needs to have a check to it as in checks and balances. In AA their is a DCM and they go to a Convention and vote on critical issues. The ABA members need to know more that it is important they contribute - a stronger 7th tradition paragraph needs to be written that places responsibility in it. Board minutes need to be summarized and past down the structure - important issues as a replacement for the lack of GSR representatives to meetings.

It was frustrating when the board dismissed what members were saying and shut down the GSA in 2018.

The GSR is nasty toward GSA. The GSA has no clue what is going on with the GSR. The groups don't want to serve on either because no work actually gets done on either.

Laid out well. Organized. Professional. Safe.

It is supposed to work like the diagram but my experience is that much of the membership does not seem to want to participate in the larger service structure.

So the attitude is that the Board is treated like a parental figure who should take care of the membership instead of the other way around.

it follows the same structure as AA. AA has been saving lives for 75 years

the GSR could be more effective in being the "voice" of meetings. I do not believe the GSR should "have an opinion" but rather help communicate information to and from the GSA

I am not aware of how well the service structure is functioning above group level.

Too many committees and too few people spread too thin that often leave. Also having both the GSA and GSR committee makes things m

The GSR is disempowered and should have more say. I know things got weird when the board abolished it which I still can't believe happened. Has the board apologized? Done anything to repair that relationship? It seems the elephant in the room. Like GSR should be able to say they want to write our own meeting formats

Based on how it actually works compared to how many members think it should work, gsa is doing what its intended t do

It just seems to be working

I have not been to a board meeting in about a year and so I am not sure whether or not the current service structure is effective.

There should not be a board. They should employ the traditions.

We give feedback and the board does whatever the heck they want. I know we have a new board and we'll see what the heck they do but the last was notorious for doing this.! It angers me how the members & GSR really don't have any control at all, the board has it all! My experience with other 12 step groups is the GSR is supposed to help guide the board and the GSA acts like the GSR doesn't even exist. I wouldn't join the GSR because I'd get to frustrated with this situation. I even get frustrated with board meetings, they're ridiculous! I haven't been to enough this board to judge but the last one was wicked frustrating and made poor decisions. I'm glad the GSR chair is on the board now to hopefully help represent our fellowship since they wouldn't listen to her as the GSR chair although a few board members weren't very nice to her and hostile at the meeting I attended.

too new to comment, have not experienced much yet. But the conference was great, so something is working.

I have not had any negative experience with the structure but there is not as much involvement or commitment as we see in AA

I do agree . I am also pondering over area intergroup as my home group has shared a zoom number with other groups and there have been some issues for those of us on that zoom number - eg the shared zoom number itself and finances and also an unwell person attending ABA and disrupting the safety and unity of our group and the wider fellowship as a whole - newcomer packs - phone lists to name a few.

It's not clear to me how people are selected for service.

more unity would be helpful. more work less talk from members

Many members who do service seem not to have adequate knowledge or experience with the traditions and concepts. They seem to put more emphasis on members feelings than on principles, allowing character defects such as impatience and people pleasing to influence conscience decisions. I've experienced many conscience decisions that end up being made by majority rule. Majority rule is not necessarily group conscience. As an example, if the majority of a group wants to appear to affiliate with an outside mental health organization by putting its hotline phone number in the meeting format, it would not seem to me that a Higher Power would be expressed through group conscience if this were brought to discussion and voted on. It would be the responsibility of sober trusted servants to briefly explain why we wouldn't adopt the proposed action, and then the secretary would drop the issue from the agenda, regardless of how unpopular doing that would be. Codependence is not recovery, and it is harmful to the fellowship. Many members don't seem aware that the minority opinion can be the group conscience, being very much concerned that "everybody needs to be heard".

High turnover of members or a lack of knowledge about traditions and service structure results in some meetings not having GSRs or proper governance. The times of GSA meetings, in general, are not appropriate for any non-US/Canada members to be service members for any effective length of time.

I would've liked for the process of finding a sponsor to be easier. Perhaps a list of people available to sponsor be made available to newcomers. Or a newcomers/sponsors weekly meeting so that stories can be shared and new connections could be made more easily.

I hope ABA will adopt a version of the Concepts as developed by AA.

We continue to suffer from low membership

The board does not respond well to the input of members. It is frustrating that when we write the board, we don't know if those letters really reach all board members or are intercepted by the chair. It feels like the board does not want to hear members' voices.

The overall organizational structure is confusing to most members, particularly the board/GSA/GSR distinctions

Because I'm not a member

I cannot comment on this due to lack of knowledge.

For those that do service I am very grateful. The committees need more members and the same individuals are serving in several functions. I am also grateful to our board members who also often do double or triple duty. I experience the GSR to be divisive with the board.

20.B Why / why not do you feel the fellowship of ABA is healthy?

I'm only in touch with the fellowship of my home group. I feel that we are doing well and since moving to Zoom we've had feedback from people abroad that we have a good meeting, which is affirming. I have the sense that ABA as a whole is struggling. Perhaps in more than just finances?

I've had the feeling many times service members are acting out of control and not surrender to higher principles, but there is a lot of recovery also

See above

I don't know. I think the ABA message isn't "out there".

It mostly works. I think this inventory will be a great tool to get some more voices heard

I believe we've been derailed as a fellowship over the past few years. We're coming back from it, but there have been some terrible missteps. For example, silencing the GSR committee, the voice of every 12 step fellowship, instead of supporting them and helping them grow was an unfathomable decision that openly defied the spirit of 12 step recovery and the inverted pyramid structure. Now that they're back, they're limping along and struggling to gain momentum. I and many others almost left ABA because of it. It's not the only glaring poor choice imo, but it was by far the most destructive.

Some areas yes some not so much.

On the one hand, I am encouraged to see people who are sharing openly and who are recovering. On the other hand, there seems to be a shortage of sponsors and there are financial problems, which has me concerned.

On the zoom meetings I have seen patterns of rudeness. Why can we not share for more than 2 min 30sec. Why are people who are not sober chairing the meetings. People don't share about the topics and are discussing how badly they are doing. This should be taken up with their sponsors, not during a meeting. I see that a lot of people don't actually engage in the program. How many people have sponsors, who is reaching out?... Many people don't understand that meeting will not equate to them sobering up. They actually have to WORK the program... Low energy in the meeting drives away new comers because there is such a limited number of people with sobriety.

I don't see people staying and I think it is due to lack of sponsorship.

There are not enough sober people staying at meetings to help carry the message of hope and recovery as well as do service work at meetings and be sponsors.

This is the sickest fellowship I have ever been a part of and witnessed.

Always depends on the people. Good intentions to good recovery to good people. Anyone could get the wrong idea and twist around words if they want to remain sick.

I wish I could have picked an option for somewhat healthy. I wish more people would care and get involved in service beyond their home group.

it is a fairly new fellowship there will be teething problems the same as AA experienced

I think ABA has a strong message. I think it would behoove us to be more proactive in reaching out to newcomers, ie calling newcomers instead of telling them to call us. As an middle-aged-timer in AA, I am guilty of this as well. I get busy in my work life and forget to reach out to newcomers and people struggling but this was the lifeblood of early 12 step recovery- real deep concern and action for the newcomer by actively reaching out to them, actively calling them. I think meetings should make a statement encouraging older folks to reach out to newer or struggling folks. Rather than relying on 15+min of readings to carry the message each meeting we need to rely on each other to carry the message. By which I mean, most ABA meetings I have been to, spend such a long time reading the same multiple documents each meeting when this is stuff that would be explained to newcomers over time via sponsorship and fellowship.

too much divisiveness. not enough sobriety at GSR/Board level for effective decision making at times.

Some people are and some aren't

The board is tumultuous, GSR is screwed, and people just aren't sticking around. It's too rigid and doesn't seem to take accountability for its actions. Joan continues to overstep her boundaries. She needs to let the next generation take over. I really think the board and other members should set boundaries with her

too many people think they are right instead of looking at what is best for the many

People are recovery-oriented and supportive of one another

I don't really know why it's not healthy but I just get the sense that it isn't - we don't seem to be growing in size and I don't really know why. While there are members with longterm sobriety, many of the meetings are made up of people that are early in recovery and so much of the discussion is about the disease.

Too much drama! I go to NA to get the real sobriety information as well as AA. Only reason I come to ABA meetings is to have connection with people who have eating disorders.

I find ABA infiltrated by OA and other definitions of sobriety a lot. The whole fellowship changed a lot over the last years and it seems that even the 12 Traditions do not protect aba from that. I did a lot of discussion, fought for aba clear definition of sobriety and still find the meetings overwhelmed by people that do not meal support/sobriety as defined by ABA. It makes me staying away, not sharing openly mostly. I know many oldtimers that just dont go to meetings any longer because of that.

We are all united by the 12 steps and 12 traditions to work on our recoveries for lifetime sobriety.

in this time of virtual / online mtgs, ABA seems healthy. The retreat wkend was great

I hear experience, strength and hope on the meetings.

Sometimes at meetings the ABA message can be diluted or mixed in with food Fellowships' messages and this can be confusing for Newcomers.

Agree, but it's mostly white women and I often think about how to be more open and inclusive to BIPOC people.

The literature is strong pure and healthy. I am unsure of some things as don't tend to get to a vast number of meetings in other time zones. Documents are great

. I do hear people struggle with sobriety and also perceptions that there is hierarchy within groups , different countries ways of getting meal support , yet I suspect this is a reflection of people seeking sobriety and not of ABA itself.

I generally feel safe at meetings.

I think that 12 step fellowships are notorious for disharmony, especially when it comes to money. After all, we are a bunch of economically insecure perfectionists, right??

I think like in every fellowship there will be some people that rant in virtual meetings rather than share the message, but overall it is healthy and helpful

Meetings in the UK: A lot of pettiness, not much sobriety eg secretaries less than 6 months sober with no ABA sponsor or ABA steps being lursued or completed, not much sobriety

Strong love and understanding in the fellowship at the individual level, with a willingness to connect across borders.

My meeting is healthy. I grew up in 12 step to believe that a meeting is healthy when a majority of people's shares at each meeting contain the words "steps," "sponsor," and "Higher Power."

I think there are problems among ABA members in the UK holding multiple service positions meaning it is difficult for others to do service. I strongly believe the person taking the meeting should be sober, and yet there are multiple circumstances in London meetings where this is not true

People are supportive of each other in the meetings and easy to connect with outside of them.

ABA is a maturing fellowship. It is making good progress, but still has a way to go.

It can go either way

People get better and leave, its hard to keep fellowship outside of meetings.

I think in general most meetings are, and Zoom/Pandemic has only improved the health of members. We have more people with sponsors. I think we have room to grow in education around traditions. However, the BOARD needs to adopt the CONCEPTS. They are in the Big Book, so they are in our literature. The BOARD also needs to slow down and make informed choices, not rush decisions.

Especially during COVID we have seen a huge increase in newcomers and meeting attendees

I don't know anything about it yet

I have seen some unacceptable behaviors not addressed by facilitator. Perhaps this was a rarity in aba.

There is a lack of commitment among attendees. I see a entitlement and a focus on self not spiritual progress. We have many folks who attend food fellowships as well as ABA and this lack of anchoring to our unique way of sobering up creates a lack of unity. That said I am grateful for the few that are very committed to the ABA way.

21.B Why / why not do you feel ABA is sustainable (financially, service-wise, membership, etc.)?

I've heard rumbling that there's financial hardship centrally, closing of offices etc. I'm unsure what the financial requirements are of the fellowship's service structure.

I understand there are debts, but in Israel we are doing ok thanks to constant members. It's hard to bring newcomers and help them stay

Population of arabic speakers who dont speak hebrow cant acess.

There is no website in Israel, only a facebook page.

I fount about it from friends in OA. And i need Aba specifically.

It is possible, however, it is too often personalities before principles and that gets in the way

I don't know the facts.

Low attendance

We seem to survive financially even though it's an ongoing struggle. We really need more people to do service though.

Because we're almost 30 years old and still don't even have concepts of service. We have rigid standards for what sobriety "has to be," and we have trouble making bold choices and acting on them. Again, we're improving, but as recently as last year I had no hope for a thriving, growing ABA.

A need to grow ABA more..

I honestly don't know if it is sustainable. I know that I hesitate to serve, because I am not fully sober, so I am not contributing to ABA in a meaningful way, so I may be part of the problem.

I hope so the message needs to be carried and I sponsor to do that.

Due to the restriction of only having ONE meeting in Calgary per week, it makes it very difficult for some people to attend. Having more than one meeting per week, and in a location other than the current quadrant of the city (currently far South East - edge of the city), I believe ABA in Calgary would be more sustainable.

The last couple of years it has seemed ABA might not be sustainable but some things have turned around some and I think if we have enough consistent and dedicated members then it could be.

Financially, who knows. Sobriety wise, all of the old timers (who were sane and sober) have left realizing how sick ABA is.

ABA always needs more people and more support. Our disease needs a voice.

I believe ABA is sustainable in all ways and the financial aspect needs some improvement.

because i am a newcomer and just finding my way around

Its all in Gods hands. it seems ABA has always been struggling financially and we are still here!!

same as above answers

Too few people doing too much service.

For the reasons above. It's also hard bc there aren't a lot of members. I want to acknowledge ABA for trying. It's trying to recover from the GSR thing, to raise funds. It just needs to do this quickly to save the fellowship

need members/groups to really integrate tradition 7

The NYC fellowship definitely seems sustainable. when I attended CT meetings that are no longer happening, there were few members and it was not a sustainable group

They spend more money on an office manager than they do about exploring other options they can do with our donations. I REFUSE to donate to the GSA! I saw what she does and there is no way it can take her that long to do the things she says she is doing. Then the board gives her more hours, this is what I am talking about poor handing of their finances.

Always been a challenge. How can I be motivated to donate regularly? More education?

We have struggled financially over a number of years; as well, at my Group level at least, it is difficult to fill in Service positions.

I like to think so yet feel there is a lot I haven't been in the loop of eg on committees and I am a new GSR. Yes for sure I definitely like to think it is so it's here for future generations.

I have no information regarding the financial status of ABA

too many members expect others to keep ABA going. All members must take responsibility for financial sustainability of anything of value in one's life

I haven't joined yet

Not enough donations - probably due to financial anorexia

I hope so.

Hardly any sobriety, the most 'sober' person in UK is 5 years sober. Financial position of ABA at HQ level

Financial insecurity, perhaps driven by lack of unity or understanding of why ABA needs donations beyond the group level. Or just the fact we are dealing with anorexics! Service members seem to be the same people every year, which is great but not self supporting or loving. What sobriety is and step 0 messaging is often confused, and the Meal Support and Sobriety is Surrender guidance should be more accessible on the website, or in the new book edition, or else members leave thinking they are 'doing it wrong'. But I have faith that the membership will grow, with sober members continuing to attend meetings and welcoming the newcomers, and unity will come with time.

This is just based on the money issues for the past several years.

ABA is frequently pleading for money. Our home group has donated consistently for 16 years, I believe. I personally have donated directly to GSA more than \$1000.

I do not know enough to make a definitive statement on that

Our HP provides what we need to keep going. Its hard to get and keep new members.

I believe the BOARD assumes ABA is bigger than it is. Also the Book is way too expensive before we even start talking about shipping. THE GSA should live off of 7th tradition and not depend on the profits of the book. EDA does not have a office like we do, and our office person should not be acting as an ABA member but instead, should direct people calling to learn about ABA to contacts in each country.

I'm not a member and have no knowledge of how it works

i have no knowledge of finances in aba

We have been in a chronic state of lack. I see this as a spiritual issue that has bled into our financial situation.

24.B Why doesn't the meeting that you attend most regularly in ABA not have a GSR?

This is where the stipulations for serving as a GSR for our Dallas group is dictated by the board. That the person has to have so much sobriety, etc. If a person wants to be the GSR for a group.. and it's a volunteer basis.. Allow them. Eliminate standards of sobriety in order to serve on any board. This keeps people who want to serve having to jump through hoops.

Our group is small and there are restrictions as a result of sobriety requirements, availability, etc

The meeting is not stable as far as members who come regularly

She moved and no one has taken position

I think the GSR meetings were not attractive to our meeting. If it can be more effectively managed and once we can meet live, perhaps we can get a GSR to attend meetings.

I don't know.

There was no point in having a GSR after the board cancelled the GSR monthly meeting.

Only two people with long-term sobriety in our group and one of them already does service at the larger level.

Non one has volunteered

Lack of accountability on our part. I'm having a hard time getting them to connect with the fellowship

Don't know

Position not filled

Those who were GSRs left the programme. We need to elect a new one. Recent calls from the GSA for stronger representation and GSRs has inspired this too.

We are a small group, and it's a big commitment on top of sponsoring, working your own program, and doing service within the meeting (on top of family/work/life),

Most frequently no member is willing to do it. I was GSR for 6 months, our stated term. I wrote minutes from each meeting and emailed them every month to each of our group members. I found the phone meetings very tedious, extremely frustrating, lacking strong meeting chairs, and was very glad to stop being GSR.

Nobody to take on the job

We used to, but the individual couldn't continue. We may be on a mailing list?

Our group has been small and pretty informal, but we are working towards incorporating more service positions

Don't know why not. I'll ask next business meeting.

Homwgeoup.members are not willing to make the commitment, I tried years ago but felt i wasn't contributing and frankly don't see the value of the position

I don't feel a part of it.

We are a meeting not a group

28. What do you feel the GSA/ABA Board can do to increase trust with the membership?

Financial matters have been challenging for the board to practice the traditions. We are frustrated in the Dallas area about sending money to the general board and what the money is used for..

Maybe if things would be clearer, of who are the members' what they do, the decisions taken etc, I would feel more comfortable and trusting.

We dont know about it we are only members in a local geoup.

That is very helpfull i must say.

Because im new, im aware of that maybe the other memebra knows more about it.

I think the GSA can require the GSR to follow what their actual role is...to be the conduit between the GSA and the membership. The GSR, unfortunately, sees itself as the "employer" of the GSA and sometimes that is how it is described. However, they GSA is the "trusted servant" of the membership. As such, members have a say every year to elect their "trusted servants" and if they exercise this right, then they are responsible for who is on the board. The same applies if they choose not to exercise this right. Also, it is critical that members remember that there is a Higher Power in charge and it is not the GSA or the GSR.

I don't know the facts, but generally trust 12-step organizations to lurch to the right answer eventually.

I think that having an effective GSR group would help that. An effective GSR would bring the voice of ABA to the board.

We can support and foster the GSR committee fully. We can make financial and product/service decisions and move forward with them in a timely manner. We can ensure our website and online meeting spaces are kept up to date and easily accessed/utilized and we can convert all our literature to digital. Sure, books and CDs are great to have available, but in 2020 there is absolutely no reason to not have our resources as accessible as possible to each and every person who wants them.

Not sure

I feel it is in question because of the was it puts out disaster calls for money.

I believe that ALL members of the board should be ABA Members and/or Alcoholics Anonymous members with a minimum sobriety requirement.

Be transparent about everything including finances which they are improving on in the last year. Share meeting minutes and financial statements on the ABA website if not already doing so.

The Board needs to assess its value and go back to helping the still suffering anorexic or bulimic. Drastic change needs to happen. People are not staying sober.

We need to get people through the steps so that they can serve. Focus on recovery for the newcomer and the rest will follow with a healthy, purposeful fellowship. The GSA has lost its primary purpose and so has the GSR. Fix that relationship.

Be transparent. Stay connected

To continue to be as transparent in its decisions and activities as possible. To continue to do what they say they are going to do. To continue to answer questions with respect and diplomacy even if the questions seem stupid or misguided.

pray to realise whatever that may be

Produce monthly treasurer reports. I have heard, although I don't know if this is true- that GSA hasn't produced consistent treasurer reports. If people need help learning how to use excel to make these reports, I would be happy to show them. My email is : ssmith@pocatech.org

although we are an inverted triangle, the board is elected to be our trusted servants. the board needs to continue to remind the membership of this

I think that the GSR committee and GSA board could be joined into one service entity. Possibly including some of the committees. I thin it would make for a more united service and less problems with finding members for the GSA

Make amends for abolishing GSR. Gives individual groups more freedom. The board could do a group inventory. I'm not sure it's entirely aware of what it's role is.

Reassess and clearly state what the role is

I find it disturbing that this question has been posed.

I'm not sure

Member should decide

communication. I attended one GSA meeting and there was some confusion...members from a group attended and thought they would be able to share, but then there was some other agenda? It was awkward and confusing and wasteful of time and they went back and forth

Perhaps an e-mail quarterly newsletter ??

Continued outreach/secretaries' messages at mtngs. and consolidated updates on this main website. thank you !

not sure

Work to become more inclusive of BIPOC members

I will keep this in mind in the future and feedback any ideas. I am unsure if transparent as haven't looked on the website a whole lot.

Keep folks updated on its functions and outcomes via the website.

I think they should be treated as 'trusted servants' and there would be no need for them to do anything to increase trust

Publish / make known current activities/future goals/prior successes and failures/gaps.

Perhaps to realize that as a fellowship we collectively are not yet well enough to have the level of organization that the GSA has been trying to attempt up to this point

Only people with strong recovery should take meetings. Newcomers are easily triggered and keep messaging each other in the chat box

This inventory! Thank you!

Manage the ABA finances better. I have a feeling that many groups do not regularly donate to the GSR. If all groups do donate, funds are terribly managed.

release more information

Send out quarterly emails or notices updating people on what has been done or planned during that period to keep people updated.

Could I sign up for an email of minutes maybe?

trust is based on following concepts/ traditions at the board leve and trust is gained by the individual by working the steps, so I would just only say that everything will get more solid as time passes and we grow spiritually at group and individual basis

LISTEN TO MEMBERSHIP. DON'T RUSH DECISIONS, business can be spread over multiple meetings. BE INTERESTED IN MEMBER FEEDBACK. RESEARCH AND UNDERSTAND BILLS WAY BEFORE THEY ARE DUE. REGULARLY SEEK COMPETITIVE BIDS ON MAJOR CONTRACTS. IF A LETTER IS SENT TO THE BOARD, IT SHOULD BE SENT TO ALL BOARD MEMBERS.

I know this is difficult, but more communication and involvement in individual meetings would help - maybe even having some sort of orientation for newcomers?

don't know

Don't know

ldk.

Don't know

Increasing our numbers could be helpful. It would be great to have more long term 12 step members who would be willing to serve.

29.B What do you feel the GSA/ABA Board can do to increase transparency?

I gave an idea earlier

Communicate better, listen to our feedback as members and not be so dismissive, It seems there are a few people running ABA and the rest of the board goes along like puppets with misinformation sometimes. I was disgusted when I found out the office secretary gets paid to attend board meetings. I've never heard of this being done before in any fellowship I've been a part of! I wouldn't even serve on the board because they are toxic to ABA. If the GSA were to go down we can always still have meetings, they can't tell us to stop those. I don't think we need a GSA.

Not sure

n/a

30. Please list any suggestions for the GSA(ABA Board) for improvement

let us know what you do...give protocol summaries, etc

Trunslation to different languages

See above

I don't know the facts.

See previous comments.

Individual zoom meetings in place of face to face has opened (worldly) to more attendance

Communication with the fellowship, fiscal responsibility, proposing a new written 7th tradition paragraph for the end of the meeting, reports of board activities to meeting

I believe that ALL members of the board should be ABA Members and/or Alcoholics Anonymous members with a minimum sobriety requirement.

Issue tax receipts for donations. I know this is complicated as it means becoming a registered charity which some feel is not what we are but maybe there is a way around this.

Look at the meeting minutes and logs of other fellowships to see how they conduct, report and communicate organizational business.

None. I'm not too knowledgeable about this topic.

emails to members

Recruit for Board members throughout the year instead of just in the spring for the AGM. I haven't been to a Board meeting in quite sometime so if they're already doing this, I apologize.

Other than producing regular treasurer reports, I don't have any.

Meeting at a time that is possible for more continents.

I don't think it tries to be not transparent. I just think it doesn't resolve conflicts within the board (think the drama with US retreats). It's impossible to be transparent when it doesn't acknowledge this stuff, that's inauthentic. I think the board would do well to have breakout groups. The chair can moderate or someone else if she's personally invested/involved. So between board meetings, hash shit out and really try to ease tensions between people. This could also be when ppl set a boundary with Joan. We can't make transparent decisions if we aren't authentically engaging with one another

I'm not sure a survey was the way to go. That being said, I don't have a suggestion, other than the GSR's and ABA Board should develop and improve its communication.

I'm not familiar enough to have any suggestions

Start communicating and stop dictating. MYOB on some things and focus on the business that is important. Office secretary should not be in board meetings. Make service positions better known. Even in the book, the board or whoever does the stories for the book picked people from the Canada clan or favorites of theirs instead of exploring other members who actually have real strong sobriety and membership.

don't know yet

Keeping the origin basics of ABA familiar to each group by a quarterly newsletter.

Issue a statement on diversity and inclusion, and address the fact that eating disorders are not just an affliction for white women of a certain status

Introduce yourselves at meetings.

Making times of meetings more accessible to those outside of US/Canada. Continuing to send out messaging re governance as you have increasingly been doing.

i'm not sure

don't know

Can't comment

idk

none

To not be making decisions without proper vetting.

31. What more can the GSA(ABA Board) do to carry the message of ABA?

make pamphlets on bringing the message in hospitals, to teenagers etc. step work isnt available either

Trunslation first of all.

It will bring many new members who needs it.

Get there groups more involved in attending board meetings .

The literature needs to be more easily available.

We need to get more people to serve on the PR Committee

Perhaps better communication with the GSR committee. Until they're stronger, I'm not sure how it will be feasible, but a goal might be to have a board member liaison to the GSR committee who would communicate with an active GSR each month to foster better relations and open dialogue between the two entities. Right now I don't believe the GSR committee trusts the board, so if the board offers something like this to them and sticks with listening to and working with instead of criticizing them, it might go a long way to regaining their trust. If they grow and flourish, ABA can grow and flourish.

Like I said I think we need more sponsors and somehow people to stay. How GSA can help with that I think is beyond their reach.

Public Relations Committee >> visiting hospitals and utilizing social media to get the word out.

I think the public and health professionals should be aware of our program but I'm not sure how we can do this since we are not allowed to advertise or be self promoting.

Step Studies!!!! People need a way to work through the steps in sequence according to the book. Create a step study and help people connect with sponsors. Without this, we are not surviving, literally. The Board needs to be very creative with money and work within its means, not just ask for more or find more ways of asking.

Newspaper. Churches, high schools. Community gatherings. People talking to people

emails to members

Perhaps advertise the e-book.

Have the book more available world wide

Create a statement to say in meetings that it is up to individual members to carry the message?

Make as many resources available free on the website as possible. Brochures, book, recordings. Periodically coming out with literature that focuses on sobriety.

Consider more perspectives when making decisions as a whole, such a pricing the books. Young people, queer people, people of color are more likely to be unable to afford books. It's crazy to me that it took so long to choose a less expensive option. We need to keep diversity in mind. Another example, making the retreats handicap accessible. Why did that take so long to decide on? I know it's not that simple, but I think it would be helpful to have a discussion about minorities when making major decisions

I'm not sure

Have we done outreach to treatment centers? I don't hear much about public relations in ABA.

Get the ABA book out to the public and it will give the fellowship a chance to grow. Let agency like for the blind put the book on braille.

Sorry... no help here.

Make sure there is inter-12 Step program unity among all the ED-specific fellowships. The individual 12 Step fellowships need to support each other in this common cause of recovery and safety. Unity and solidarity is crucial.

website is likely a major avenue of outreach these days

More public awareness

Perhaps a public awareness month - yet then there would need to be standard letters for professionals which I am aware there probably already are and I know one was drafted specifically for someone to donate an ABA book to a Psychiatrist in Australia.

Members experiences of accessing and using dieticians in various countries.

People's stories of surrender At different stages of recovery within different areas of ABA - eg exercise, re surrenders - I guess I'm saying ongoing stories for members to read - eg a second Edition of stories, perhaps. Adopting the Toronto - I am Responsible Declaration that AA have !!! I would love this and feel an ABA equivalent is hugely important for our fellowship and would help so many personally and reach far and wide!

Not sure. Not sure right now.

Workshops on the traditions, and other areas of ABA service and the 12 step programme - maybe even a study of AA so those who are not members of other fellowships understand the importance of 12 steps.

Found well

Continue a program of attraction rather than promotion. I do NOT agree with recent Proposed fundraising ideas that are in addition to the 7th tradition and annual Confetences.

sent out emails?

I don't feel connected to the board or home office- we can barely fill service positions locally and creating that connect with our entire group doesn't seem a priority.

THE BOARD CAN FOCUS ON MAKING SURE THAT LITERATURE IS AFFORDABLE, AND SHIPPING IS AS AFFORDABLE. KEEP WEBSITE UP, not hacked (BTW, has

been much better lately) ULTIMATELY, it is the members job to carry the message. And it is about attraction, rather than promotion. Also, all chairs should have at least a year of sobriety.

don't know

More closed meetings.

32. What suggestions/solutions do you have to improve ABA as a whole?

Desperately need support based phone meetings for loved ones impacted by our eating disorder (Anorexia). AI-anon isn't truly applicable. I would like a list of all meetings and their specific focus. Also need more face to face meetings in Washington DC and Maryland area.

I've often wondered what the cost would be for us to produce our own milestone chips locally instead of importing them, I don't think that's something we would consider at this time but it might be something to think about as to whether it would be allowable.

I believe a lot of the service sobriety is to long time wise for service work for committees . Like 1 to 2 years is discouraging for some who would like to be involved.

I think 6 months is enough especially in this program.

work the steps and look at your part. if we do not work together, we are working alone and if we are not following a higher power, then who are we following??

Get the message out.

I think we are finding our way.

See previous comment, and thank you for your service. This is an important step for our fellowship.

Have a selected beginners meeting.

Communication. Fiscal responsibility.

I believe that ALL members of the board should be ABA Members and/or Alcoholics Anonymous members with a minimum sobriety requirement.

I believe we should have a Public Relations Committee >> visiting hospitals and utilizing social media to get the word out.

I believe with increased awareness our membership will grow and physical meetings will increase.

ABA is so disappointing at the moment. I don't even want to refer people to this program, nor do I want to stay in it much longer. Perhaps ABA can look at other process addictions models of recovery and re-evaluate suggestions for recovery.

More exposure.

I can't think of any concrete specific suggestions at this time. If I think of something I will definitely email the office. Maybe some regular sponsorship workshops would help people realize how important service is to their own and their sponsees' recovery?

follow steps and traditions laid out by AA

Keep it simple, go back to the original text of AA big book and ABA book. Sponsor people as per those texts.

As I said above. I think ABA members- like members in many other fellowships (and myself included) need to rekindle our efforts for outreach to those still suffering. Pick up the phone! Don't just wait for a newcomer to call you- contact them! Be there for them! Practice that concern for others that is beyond job and family- even just a quick 10 min conversation makes a huge difference to a newcomer.

I don't know about a solution but the biggest problem I see internationally is that many members and groups do not get sober by surrendering control but focus on food plans and other ideas. I have been to ABA in 5 cities in 4 different countries and been involved in phone and later zoom meetings for 12 years and this is the biggest problem I see in the fellowship. That and that some of the people that get sober take on too much service and either leave or relapse. That's why I think always focusing on sobriety and simplifying service are key to a stronger fellowship.

Empower groups to come together more. I'm not sure how to do this. But coming up with ways to get people engaging with one another outside of their homegroup. And outside of meetings. Maybe it's doing an at home happy hour or watch a movie together through streaming services. Creating fellowship outside of meetings. Which a lot of people are great at, I just think it could strengthen the bonds

Better print copies of the books. The spines break too soon.

I'm not sure as I'm still relatively new to the program

I would really like to see literature that is about being sober in ABA. Our book is really focused on getting sober and food and the body. As someone with longer term sobriety, I long for a book that deals with what comes up for me about all areas of my life and how my eating disorder shows up in that.

Turn it over to God and stop the control

Again, start listening to members! Open their ears and listen to what our meetings have to say. You want our money but don't listen to us as far as what to do with it. IE the GSR suggestions were real good. I noticed their report never made it to the website for the year meeting. I think the board is sneaky and manipulative, that's what a lot of people say in ABA. From what I can see I totally agree!

Honestly, I have no idea. It feels that slowly ABA is taken over by people not being sober the ABA way but naming it the same. There are too many people that seem to look for that. I was thinking a lot over the last years what ABA could do different to improve the situation but I can not find an effective answer.

WHY do so few medical professionals know about ABA????????? Do we have a Public Information Outreach committee like AA?

I am pleased with the zoom meetings that began with the pandemic. Would be nice to see some continue always.

The zoom retreat was a great idea to use again

More eflyers or downloadable documents to share the basic message and service of the ABA fellowship to newcomers or people questioning their health.

Encourage members to make diversity and inclusion a priority.

A standard document on ABA being a safe place. Currently it's said and posted in my homegroup and getting reviewed each month "ABA needs to be a safe place , if you feel unsafe for any reason please get in touch with the chair host or secretary or another safe person within ABA". I was hoping other groups I attend would have a simple and important safety message such as this yet haven't heard or seen it being repeated.

Not sure. I don't know

help members take responsibility or exercise our ability to respond differently. If we continue to do the same thing over and over again, expecting a different result=crazy!!

Public outreach / community involvement/ Professional Outreach/ Hospital & Institutional Programming and outreach.

There are not enough sponsors. People taking meetings should be serious and focussed on the meeting and not chatting friends

Continuing zoom meetings, continuing a virtual retreat every year (24/7 with members from across the world hosting it)

Advertise more in a way that we still follow the traditions

as a newcomer, it's hard to understand what help is available to me and i found the books hard to source too!

One thing that I struggle with is how some people attend ABA and also define "sobriety" in a way that I do not see represented in the literature. Usually this is when people want their sobriety to be based on when they feel they committed to recovery, regardless of what their actions were at that time. I don't understand this definition because if we had the power to decide to be sober, then we would not be powerless over our addiction. I exclusively see bulimics wanting this to be their definition, and they always say that to require anything else would trigger their perfectionism. Can the literature committee address this and update the online "Sobriety is Surrender: what does that mean?" document? Thank you. Seriously, thank you SO much.

Personally I would like to have our own ABA based in the U.S.

I apologize for 1st survey I completed, I was influenced by a member and I now after counseling I see im a people pleaser and working on saying no. Thank you

In person meetings

Guidelines for meetings to make them more inclusive especially around things like pronouns would be helpful. Guidance for sponsors would be helpful too, there is an unwillingness to meet the need. Overall we have a 12th step issue.

I think ABA should be grateful for the PANDEMIC because it has increased support for all ABA members and allowed more people to network with people with longer term sobriety/increased access to sponsors. Providing ongoing opportunities for access to the depth of our membership after the pandemic resolves will be vital to continued growth of the fellowship. Also, creating a list of members with greater than 5 years of ABA sobriety would really help meetings diversify their speakers.

Make it as accessible as possible to all who suffer with an eating disorder

by not allowing facility reps to attend as representatives of a facility. No one should be saying their name and identifying the facility that they work at.

None. Just because it wasn't my path to recovery doesn't mean it isn't helpful to others! It is good that it exists :)

WE need our long term members to stay and support the fellowship. Folks not in agreement need a voice. Funds to increase public outreach is important and yet I am hesitant as we need sponsors to be able to support the newcomer. Need to think outside the box.

