

## **SUMMARY of Results of ABA Survey**

### **108 respondents in total**

I have condensed the survey of 82 pages to 16 pages for a more concise read. I am appreciative all of those who sent in thoughtful responses. I also would like to note that some of the responses are a year old and several of the suggestions given are already being implemented. I have highlighted in yellow some of the more interesting results. If the feedback was brief, I incorporated it into this survey. The star/asterisk symbol denotes separate respondents' comments. Otherwise condensed multiple similar suggestions. I did not list the same comments twice such as IDK or I am new.

Half of the respondents are in the program less than 3 years, which would partially explain the significant number of neutral (does not agree or disagree) or IDK answers. I have done my best to be as neutral as possible and chosen to reflect the majority in each answer.

More than half have NOT completed the 12 steps in ABA. The majority consider themselves sober. I have tallied where respondents live to show the density of respondents. I have put Canada within the category of North America instead of the Commonwealth category because of geographical closeness, this gives a sizable majority of the respondents (76) to NA. Of those in the states over half of them were from the South. In Canada most were from the Western provinces.

Interesting 70 no longer consider themselves new even though half of respondents say they are in program less than 3 years. Almost 60 attended face to face meetings precovid and Zoom a close second. The numbers exceed 108 which suggests that members utilize multiple platforms. On average respondents attend 1-3 meetings a week. Those working with a sponsor are a little more than half. Most respondents said they perform service within a home group only.

Most of the respondents donated via their face to face meeting. 50 % knew if their group donates to the GSA.

More than half of the respondents strongly/agreed that the website was meeting their needs.

The majority were indifferent/ non preference to keeping tokens, if it was a financial barrier.

74 respondents said that ABA overall to be a value in their life.

Organizational structure is effective 43 answered with strongly or agreed and 30 were neutral. Whether ABA was healthy there was a tie of 37 each for agrees and neutral. Whether we are financially sustainability 22 agrees and 25 respondents were neutral more than half (were not aware, were not sure of did not want to answer). More than half did not know or selected they did not care about the difference btw GSR and GSA. A tie of 43

respondents knew or did not know if the meeting they most attend has a GSR. The one vote per group of the GSR approximately 1/3 knew 23 thought it was useful 22 did not 18 did not care and 8 said their group did not have a GSR. As far as familiarity of the GSA function and purpose over 70 than of the respondents did not know or were only somewhat familiar. Trusting the GSA 66 respondents strongly agreed or agreed. The question of the boards transparency 53 were neutral. The questions from 30 onward asked for suggestions only. We received a broad range of ideas and I did not repeat them if they were identical. I look forward to discussing how we can move forward with decimating these results. I started a SWOT analysis which I hope we can continue. I would like to make the full results available to all who wish to read it and forward to all committees and arms of service.

**I did an abbreviated version of SWOT. I believe that looking at threats should be discussed in a group atmosphere.**

**Strengths** the website, the value that ABA brings to respondents lives, have multiple platforms to access meetings/support, people are finding us as we have a lot of newcomers, have members who have experience in other 12 step programs, we have a committed group of members who serve in various ways, ZOOM allowing WW fellowship with varied formats, virtual retreat.

**Vulnerabilities** a large number of respondents are new, respondents are in multiple 12 step programs, we lose people after the 3 year mark, only 5 identify as + 15 years, almost 1/4 say that do not care about serving, 1/3 say they do not know how to serve, almost 1/3 never donate, 1/3 donate occasionally. Since the majority formerly donated at their face to face meeting a learning curve could be a challenge of how to donate electronically. Almost half of the folks are not working with a sponsor. Almost half only serve at the group level only. Lingering difficulty btw the GSR relations with the board. We have a lot of newcomers who are not committed yet to ABA on a service or financial plane.

**Opportunities** to illicit members in gaining information about public outreach in well attended areas, to target other areas for outreach where there are no members, INFO ABA days like AA does, specific workshops, think outside the box of traditional sponsorship model. Since the majority of the respondents attend 1 -3 times a week carrying information to other meetings. We have a lot of newcomers. Further outreach to hospitals, community centers, media etc. make literature more accessible, expand inclusiveness. To address any misunderstanding not yet resolved btw the service arms.

**1. ABA MEMBERSHIP:**

57 I identify as a member of ABA

7 I DO NOT identify as a member of ABA

2 I am ONLY a member of another 12-step program that is not ABA

39 I am ALSO a member of another 12-step program in addition to ABA

4 I am NOT a member of any 12-step program

**1 B PREVIOUS MEMBER IF YOU WERE A PREVIOUS MEMBER OF ABA, PLEASE SHARE WITH US WHY YOU LEFT (OPTIONAL)**

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.

**2. I have considered myself a member of aba for:**

18 Less than 6 months

15 Less than one year

23 1-3 years

12 3-5 years

12 5-7 years

7 7-10 years

13 10-15 years

5 15+ years

3 I do not consider myself an ABA member

**3. Geographic breakdown**

**USA 54**

3 non specified/General

18 South

18 Northeast

4 Midwest

11 West

**Canada 22**

4 non specified/General

14 West Alberta & BC

4 East Ontario & Quebec

**Middle east**

4 Israel

**Common wealth**

2 South Africa

3 Australia

2 New Zealan

**United Kingdom**

16 England

**European Union**

2 S. Ireland

1 Germany

1 Italy

1 Netherland

1 Iceland

**4. I am currently working with an ABA Sponsor**

55 YES

49 NO

4 N/A

**5. I have completed at least one set of 12 steps in the ABA program**

51 YES

52 NO

5 N/A

**6. I consider myself "sober" today in ABA**

74 YES

28 NO

7 N/A

**7. I consider myself a "newcomer" in ABA**

29 YES

70 NO

8 N/A

**8. Prior to the Covid pandemic I attended ABA meetings via (check all that apply)**

59 Face to face

45 Zoom

18 phone

18 I am not a member of ABA and therefore do not attend meetings

**9. On average, i attend aba meetings**

10 1-3 times per DAY

67 1-3 times per WEEK

12 1-3 times per MONTH

2 1-3 times per YEAR

17 I do not attend ABA meetings

## 10. I hold a service position (check all that apply)

- 51 I serve at the home group level
- 4 I serve at the General Service Representative (GSR) level
- 5 I serve on the Board (General Service Association)
- 21 I am not interested in service
- 33 I am not aware of how to serve ABA
- 8 I serve on a Committee in ABA at the group level

### If not doing service why?

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. 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 believe I will eventually be interested but not at this time. \* I speak only french \* 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 in ABA anymore.

## 11. HOW DO I CONTRIBUTE FINANCIALLY TO ABA

- 38 donate to face to face
- 32 Paypal
- 7 chq or money order
- 28 do not donate
- 7 donates to meeting but the money does not go to GSA

### Why do you not contribute?

I plan to \* I'm not in ABA anymore \* I am a newcomer \* 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 received 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 of financial difficulties that is why I am unable to donate I hope 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 \* I have not yet joined \* haven't attended any meetings \* I haven't yet - perhaps haven't followed how to. \*Probably cuz 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. AM I don't know how to \* I am not yet a member but I have been anorexic for over 50 years \* Lack of closed meetings \* I am not involved in ABA at all anymore

## 12. How OFTEN do I donate

29 never donate  
26 donates weekly  
27 occasionally  
18 monthly  
7 annually

## 13. The ABA meeting i attend most regularly donates to the aba general service association (gsa)

50% YES  
27.8% DNK  
13% What is the GSA?  
8% NO

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

I paraphrased/condensed

Being new and waiting to see if the program worked for them. Rand is weak. Dire personal financial situation. The perception that the GSA was mismanaging/incompetent with funds. Emergency letters and lack of audit contributed to this belief. Group was able to just cover their rent buy literature or pay for Zoom costs.

## 15. THE ABA WEBSITE (WWW.ABA12STEPS.ORG) MEETS MY/USERS' NEEDS?

19 Strongly agree  
45 Agrees  
22 does not agree / disagree  
7 Disagrees  
2 Strongly disagrees  
8 Never needed to go  
5 What web site?

## 16. How can we improve the website?

Respondents requested an easier ways to navigate . \*Meeting info for Zoom with passwords is up to date \* One click access to meeting info possibly a calendar format instead of a list, Meetings listed or able to convert into different time zones. \* More resources like speaker recordings. A list of sponsors . Translation to Hebrew and Arabic. \* More hopeful messages.\* More stories addressing compulsive eating. Font larger. \* Real time List of upcoming events around the world. \* clean up and a more modern look

## 17. If purchasing tokens is a financial barrier for ABA, what is your preference for continuing to purchase tokens?

- 11 I want to continue to purchase tokens at the group level
- 23 Should not purchase if we are financially tight
- 65 indifferent or do not have a preference
- 9 other

### Share your ideas

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 medal one\* I dint know what is \*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 s are tight.

\*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.

## 18. OVERALL, I FIND ABA TO BE OF VALUE IN MY LIFE (CHECK ONE)

- 74 Strongly agree
- 15 Agrees
- 12 Does not agree / disagree
- 3 Disagrees
- 0 Strongly disagrees
- 4 prefer not to answer

## Why or why not?

I have paraphrased .

I find the model of sobriety more concrete than EDA.\* Learn more about disease and how to live with it. First time I felt like there was a cure and healing for my ED.\* Saved my life.\* Keeps me sober ODAT. Connection. \*Love the ABA text excellently written .\*No longer get value people do not stay sober and most are on step zero and there are no sponsors.\* Foundation pillar of insight. I am working with a sponsor and living a life beyond my wildest dreams. \* Learning how to eat healthy is saving my life. I am new. \*ABA definition of sobriety is crucial to my recovery. \*Meetings are stale reading the same format should expand our literature and address individual needs. \*Starting a young persons meeting. \* Its hard when older people not having faith in new people. Fellowship and Acceptance. Sober for the first time in 34 years. \* Crucial to have supper groups. \*ABA showed me my control issues. A place where I can come and belong. I have found sobriety but why are so many people still struggling. \* My whole emotional sobriety is enriched. \*Lack of knowledge of traditions and steps and those with 5 plus years of sobriety. \* Meetings are everything. \*The disease of control resonates so I switched to ABA. Concern about reps from treatments centers coming to the meetings ( face to face). \*I no longer attend as therapy and medication work for me now.

## 19. THE ORGANIZATIONAL STRUCTURE / SERVICE MODEL OF ABA IS EFFECTIVE

- 14 Strongly agree
- 29 Agrees
- 30 does not agree / disagree
- 8 Disagrees
- 4 Strongly disagrees
- 19 I do not know what the organizational structure is
- 4 Prefer not to answer

## Why or why not?

I have paraphrased at times

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 lots of messages ABA should be willing to there should be more willingness to change from the service organization. \* I am not involved at the World wide level only at group. AA has the same work the steps with a sponsor and learn to take responsibility for their part they will stop blaming the GSA struggles as people get sober. \*At this time we have members unable to take responsibility. WE are all responsible for the lack there of.\* We need more GSRS.\* 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.\*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. \*Too many committees and too few people spread too thin that often leave. Also having both the GSA and GSR committee makes things happen.

\*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. \*There should not be a board. They should employee 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. \* The conference was great so something must be 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. A unwell person attending meetings ABA and disrupting the safety of the meetings and the wider fellowship as a whole-new comer pack phone lists\* 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. 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". \*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. \* More sponsors \* Adopt concepts\* 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 . \* 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. The ABA fellowship is healthy

- 15 Strongly agree
- 37 Agrees
- 37 Does not agree / disagree
- 13 Disagrees
- 4 Strongly disagrees
- 8 Prefer not to answer

#### Why or Why not

I have paraphrased/condensed

The message is isn't out there. In some ways yes and some ways no \* Service members are acting out of control and not surrender to higher principles but there's a lot of recovery also. \*I feel that my home group is doing well and since moving to zoom we've had feedback from people abroad that we have a good meeting. \*I think this inventory will be a great tool \*We've had some missteps with silencing the GSR. \*I've seen patterns of rudeness. Not comfortable with time sharing. Why are non sober people chairing meetings. . Need to work the program. Low energy in meetings. I don't see people staying and I think it is a lack of. \*Not enough sober people. \*Always depends on the people good intentions to good recovery to good people.\*I wish more people did service be on their home group.\*This is a fairly new Fellowship there will be teething problems the same as AA.\*I think ABA has a strong message. More outreach to newcomers.\*Too much divisiveness not enough sobriety GSR board level for effective decision making at times.\*Focusing on what is right instead of looking at what is best for the many. People are recovering oriented and supportive. \* Many of the meetings are made up of people who are early in recovery.\* Too much drama.\* I find ABA infiltrated by OA and other definitions of sobriety. I still find the meetings overwhelmed by people who do not meal support as defined by aba. I know many Old timers they just don't go to meetings any longer because of. \* We are all United by the 12 steps and 12 traditions to work on recoveries for lifetime sobriety. In this time of virtual online meetings ABA seems healthy the retreat was great.\*I hear experience strength and hope at meetings. The literature is strong and pure and healthy. Documents are great.\*I generally feel safe at meetings. After all we are a bunch of economically insecure perfectionist righ?See pettiness at meetings in the UK.

\*Strong love and understanding in the fellowship at the individual level with a willingness to connect across.\* However the board needs to adopt the Concepts

## 21. ABA IS SUSTAINABLE (FINANCIALLY, SERVICE-WISE, MEMBERSHIP, ETC.)

7 Strongly agree

22 Agree

25 **Neither agree/disagree**

17 Disagree

8 Strongly disagree

0 Prefer Not To Answer

30 I don't know

### Why or why not?

I've heard rumbling that there's\* 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 don't speak Hebrew can't access. There is no website in Israel, only a Facebook page. I found 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 \* Low attendance \* We seem to survive

\* 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 \* 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 improvement.\* Its all in Gods hands. it seems ABA has always been struggling and ABA is still here. \* Too few people doing too much service. \* 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 is sustainable when I attended CT meetings that are no longer happening, there were few members and it was a not a sustainable group. \* They spend more money on an office manager than looking at other options. Questioning length of time to complete tasks. I do not donate to the GSA.\*

Always been a challenge. How can I be motivated to donate regularly? More education? \* I am new \* All must take responsibility \* Not enough donations probably due to financial anorexia\* Hardly any sobriety the most sober person is 5 years sober in England. Financial position at the HQ level\* I haven't joined yet \* 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 sobABA 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 answer on that. members continuing to attend meetings and welcoming the newcomers , and unity will come with time. \* 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 an office or manager. Our office manager should not be acting as an ABA member but direct to other inquiries to contacts in other countries.\* We have been in a chronic state of lack. I see this as a spiritual issue that has bled into our financial situation.

**22. I am aware of the function/purpose/business conducted by the ABA General Service Representative and committee**

- 13 Strongly agree
- 38 Agrees
- 29 does not agree / disagree
- 14 Disagrees
- 8 Strongly disagrees
- 6 prefer not to answer

**23. I am familiar with the difference between the GSR and the General Service Association (GSA/Board)**

- 48 Yes
- 52 No
- 8 I don't care

**24. The meeting I attend most regularly in ABA has a General Service Representative (GSR):**

- 43 Yes
- 22 No
- 43 I don't know

## Why or why not?

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 dont 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. \* No 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 Anonymous Don't know why not. I'll ask next business meeting. \* Home group 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.

### **25. Were you aware a single GS representative is limited to one vote per group during each meeting, even though an individual may be attending on behalf of more than one group at a time?**

38 Yes, I was aware that my home group may not have a vote if more than one group is represented by one person

22 No, I was not aware, but this information does not affect my home group's decision in representation

21 No, I was not aware, and this information is useful to my home group

18 I don't care

8 My home group does not have a General Service Rep

**26. Prior to this survey I was aware of the function/purpose/business conducted by the GSA (ABA Board) General Service Association**

42 I am not familiar

33 I am somewhat familiar

26 I am familiar

7 I don't care to know about the GSA

**27. I trust the GSA/ABA board is making decisions in the best interest of ABA members (check one)**

22 Strongly agree

44 Agree

19 Neither agree/disagree

5 Disagree Strongly disagree

6 Prefer Not To Answer

12 What is the GSA/ABA Board?

**28. WHAT DO YOU FEEL THE GSA/ABA BOARD CAN DO TO INCREASE TRUST WITH THE MEMBERSHIP?**

**Why or why not?**

I paraphrased at times.

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 clear of who are the members what they do the decisions taken I would feel more comfortable.\* The GSR unfortunately sees itself as the employee of the GSA.\* It is critical that the members remember that there is a higher power in charge and it is not the GSA or the GSR.\* Generally trust organizations to lurch to the right answer eventually.\*We can support and Foster the GSR committee fully. We can make financial and product service decisions and more forward them in a timely manner. We can ensure our website and online meeting spaces are kept up to date and easily accessed and we can convert all literature to digital.\*I feel it is in question because of the disaster calls for money. \*I believe all members of the board should be ABA members and or AA members with a minimum sobriety requirement. \*Be transparent about everything including finances which are improving in the last year. share meeting minutes and financial statements on the ABA website. \* Board needs to assess its value and go back to helping the still suffering anorexic or bulimic. \* To continue to do what they say they're going to do. To continue to answer questions with respect and diplomacy even if the question seems stupid or misguided. \* Pray to realize whatever that may be. \*Monthly treasure reports. One member has offered their email address on how to use Excel to make these reports.\* Join the GSR and the GSA could be one service entity possibly including some of the committees. \*Make amends for abolishing GSR. Give individual groups more freedom. The board could do a group inventory. I'm not sure if it's entirely aware of its role is. Clearly stay with the role is. \*Better communication.\* Perhaps a quarterly newsletter. Consolidated updates on the website.\* Work to become more inclusive of BIPOC members.\* Treat them as entrusted servants.\* Perhaps to realize that is a fellowship we collectively or not yet well enough to have a level of organization that the GSA has been trying to attempt up to

this point. \* Manage the finances better.\* Release information.\* Follow concepts and traditions grow more spiritually at group and individual basis. \* Listen to the membership don't rush decisions business can be spread over multiple meetings be interested in member feedback research and understanding regularly seek competitive bids on major contracts\* Orientation for newcomers.\* Increasing membership.

**29. The GSA/ABA board is transparent (check one)**

- 8 Strongly agree
- 22 Agree
- 53 Neither agree/disagree
- 12 Disagree
- 4 Strongly disagree
- 9 Prefer Not To Answer

**What do you feel the board can do to increase transparency?**

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 was being paid to attend board meetings. I've never heard of this being done in any other fellowship I've been a part of. I wouldn't even serve b/c they are toxic to ABA. If the GSA were to go down we can always still have meetins, they cant tell us to stop those. I don't think we need a GSA.

**30. PLEASE LIST ANY SUGGESTIONS FOR THE GSA(ABA BOARD) FOR IMPROVEMENT**

Let us know what you do...give protocol summaries\* Translation in different languages\* 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 meetings, reports of board activities to meetings. \* I believe that all members of the board should be ABA members 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 about but maybe this is a way around this.\* Looking at the meetings minutes and logs of other fellowships to see how they conduct reports and communicate organizational business. \* 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 some time so if they've already been doing this I apologize. \* Other than producing regular treasure ports I don't have any.\*Meetings at a time that is possible for more continents. I'm not sure a survey was the way to go that being said I don't have a suggestion other than the GS Rs and ABA board should develop and improve its communication. \*I'm not familiar enough to have any suggestions. \*Start communicating and Stop dictating mind your own business on some things and focus on 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 pick people from Canada clans or favourites of theirs instead of exploring other members who actually have real strong sobriety and membership. \* keeping the origins of ABA familiar to each group by a quarterly newsletter issue a statement on diversity and inclusion and addressed the fact that eating disorders are not just an affection for white women of a certain status\* introduce yourself at meetings making times of meetings more accessible to those outside the US/ Canada \*continuing to send out messaging re governance as you have made increasingly been doing try not be making decisions without proper vetting.

### **31. WHAT MORE CAN THE GSA(ABA BOARD) DO TO CARRY THE MESSAGE OF ABA?**

Public outreach to hospitals, teenagers, dieticians, health professionals.. newspapers churches high schools Community gatherings. \*Emails to members. \* Advertise the ebook Get groups more involved in attending board meetings. \* Literature needs to be more easily available. \* Create a statement to say it means that it is up to individual members to carry the message. \* Periodically coming up with literature that focuses on sobriety. \*Make as many resources available on the website free as possible. \*Discussions about minorities consider more perspectives when making decisions as a whole such as pricing books. \*Enter 12-step program unity among Ed specific fellowships. \* Public awareness month. \*Get more funds and people to serve on the PI committee \* Perhaps better communication with the GSR committee. Board member to liaison with the GSR committee. \* Need more sponsors.\* Step studies. Create a step study group. \* Workshops on traditions and other ABA services. Maybe even a step study about AA.\* Continue a program of Attraction rather than promotion. \* Literature and shipping is affordable. \*More close meetings.\* Abandon for family and friends.

### **32. WHAT SUGGESTIONS/SOLUTIONS DO YOU HAVE TO IMPROVE ABA AS A WHOLE?**

Produce our own milestone chips locally. \*lower sobriety requirement for service.\* Beginners meetings. \* Communication and fiscal responsibility. \* All board members should be ABA or AA members with a minimum sobriety requirement. \* Perhaps ABA can look at other process addiction models of recovery and reevaluate suggestions for recovery. \*Keep it simple go back to the original text of AA big book and an ABA book sponsor people as per those texts.\* Pick up the phone just don't wait for a newcomer to call you. \*Focus on unified sobriety. Some people get sober and take on too many service commitments and then leave a relapse. \* Engaging people to come to other meetings outside their home group.\* Literature for those that have longer-term sobriety. \*Turn it over to God and stop the control \* Make sure all reports are sent to the website. \* More e flyers are downloadable documents to share the basic message and service of the ABA Fellowship to newcomers. \* A standard document ABA being a safe place.\*Unified sobriety out of the ABA text. \* ABA based in the US \* In person meetings \* More Inclusiveness pronouns/ literature language. \* Guidance for sponsors.\* Zoom meetings are great.\* Not allow facility reps to attend meetings from treatment centers. \* We need long-term members to stay and support the fellowship.

Judy K