

***Connection* Writing Guidelines**

Write Your Story!

Any member with 90 days of continuous abstinence in FA may submit a story of experience, strength, and hope.

The *connection* committee looks for stories that are much like "shares" in front of the rooms of FA. Readers benefit from details and specifics about what you were like (physically, mentally, and spiritually) before FA, how you found Program, and what you are like now, in recovery.

We do not publish poems, lists, or other creative, literary pieces.

Types of Stories

The magazine contains five different sections. You may write for one (or several) of the sections. Here is a description of what we are looking for in each section:

- **Qualification** - Tell your story, just as you would tell it at a meeting.
- **No Matter What** - Write about a difficult situation that you were able to get through abstinently.
- **First 90 Days** - Help newcomers relate to your first experiences in FA.
- **Lighten Up** - In a short article, relate a humorous situation you encountered in recovery.
- **Feature** - Share an experience that illustrates how you handled a situation or relationship before FA and how you might handle that situation in recovery.

Writing Tips

- **Tell a Story** - People best relate to specific experiences rather than generalizations. If you're writing on a topic, ask yourself which experiences or events best illustrate it, and let those experiences be the focus of your article. We ask that your writing be as vivid and concrete as possible, with lots of specific examples of experience, strength, and hope.

- **Use Plain Language** – Remember that many of our readers are newcomers who may not be familiar with FA slogans or jargon. Use language that a newcomer can understand..
- **Be honest** - Write what is true for you, even if you fear it shows your weakness. If it's true for you, it's probably true for dozens of other food addicts. An honest description of a struggle may be more helpful to someone than an upbeat tale of smooth sailing.
- **Be specific, but not about food.** Please refrain from mentioning specific foods and avoid fantasy-style descriptions of food. Try to use generic terms such as "binge food," "sweets," "dessert," "flour and sugar product," "snack," etc. Adjectives are okay, such as "greasy," "fatty," "salty," or "sweet."
- **Ask for help.** We have writing coaches who have volunteered to help writers polish their submissions. Email a request for writing coaching to connection@foodaddicts.org. Make sure to include your email and phone number so we can reach you.

How to Submit

- Send all stories to connection@foodaddicts.org. Please make sure that you put your name, first initial, and state on the article, even if you want it to be "anonymous."
- If you submit several stories, please send each story in a separate email.
- There is a 1300-word limit.

All stories are edited and are considered for publication. Please don't take it personally if your piece doesn't show up. Your writing is a tool and a service.