



connection Writing Guidelines

What is *connection* magazine?

connection is a magazine of stories about recovery from food addiction. FA members from all over the world submit their personal experiences to inspire other FA members, as well as newcomers, who may be considering the FA program.

Who may submit a story?

Any member with 90 days of continuous abstinence in FA, who is working with an FA sponsor, may submit a story of experience, strength, and hope. You do not have to be an excellent writer to submit articles. We appreciate your willingness to do service by sharing your stories. We have editors who prepare stories for publication and writing coaches who will work with you on an article you've already written or help you get your idea onto paper.

Why submit to *connection* magazine?

We want your stories. We want your voice, your struggles, and your personal moments of recovery because FA members around the world *need your experiences*. All submissions are reviewed and considered for publication. Please don't take it personally if your piece doesn't get published. Members have shared that their stories have shown up years after they were submitted. Writing is a tool we use to stay abstinent and writing for *connection* is a service to the fellowship.

How do I submit my story?

Submit all stories at <https://connection.foodaddicts.org/submit/>. Please make sure that you put your first name, last initial, and state (or country if outside the US) on the article, even if you want it to be "anonymous."

What happens next?

Connection evaluates articles and, while editing is done for purposes of clarity, to ensure language is in line with our meeting practices (i.e. we avoid mentioning foods by name), and adheres to FA's twelve traditions, the editors encourage all writers to express their own experience in their own unique way.

Once a story is submitted, it is assigned to an editor, who may have someone contact you if your story would benefit from having more details added or other revisions made. All edited stories are saved in the *connection* archives and may be used at a future date. Please note that *connection* works with a four-issue lead time.

Unfortunately, *connection* does not have the resources to notify writers about when their articles are chosen for publication. We do not provide writers with an opportunity to review their edited article before publication. The editors are trusted servants.

How should I write my article?

- 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. Share from your heart.
- Tell a Detailed Story: We ask that your writing be as vivid and concrete as possible, with lots of specific examples of experience, strength, and hope. The more details you include, the more likely the story will reach another food addict in an effective way.
- Consider your audience: Think about who will be reading your article. Our primary purpose is to carry the message of FA recovery to the food addict who still suffers. As you write, picture yourself actually sitting and talking to another food addict. This may take away some of the fear of writing down your story.
- 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 specific, but not about food: Please refrain from mentioning specific foods and avoid fantasy-style descriptions of food. 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 with their submissions. Email a request for a writing coaching to writingcoaches@foodaddicts.org. Make sure to include your email and phone number so we can reach you.

[connection -- Columns and Suggested Topics](#)