



THE EA CONNECTION: AUGUST 2019

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EA TOOLS FOR RECOVERY

STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

TRADITION 8: EMOTIONS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.

SLOGAN 8: KNOW YOURSELF-BE HONEST.

PROMISE 8: OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE CHANGES.

JUST FOR TODAY 8: I WILL STOP SAYING, "IF I HAD TIME." I NEVER WILL *FIND TIME* FOR ANYTHING. IF I WANT TIME, I MUST TAKE IT.

HELPFUL CONCEPT 8: THE STEPS SUGGEST A BELIEF IN A POWER GREATER THAN OURSELVES. THIS CAN BE HUMAN LOVE, A FORCE FOR GOOD, THE GROUP, NATURE, THE UNIVERSE, GOD, OR ANY OTHER ENTITY A MEMBER CHOOSES AS A PERSONAL HIGHER POWER.

FROM YOUR EA BOARD OF TRUSTEES

The new workbook, *Welcoming the Spiritual Awakening Within Me*, is now available on the EAI website online store. This new workbook is a comprehensive guide through Twelve Steps into a life of thriving. The workbook explores vital recovery topics which have not been covered before in EA literature. *Welcoming the Spiritual Awakening Within Me* is a wise guide for exploring issues such as:

- Recognizing, exploring, & healing the effects of childhood trauma in our 4th step work
- Exploring all our family of origin roles and current roles we still play
- Healthy and unhealthy understandings of powerlessness
- Stages of recovery: Stabilization, Understanding, and Thriving
- Recovering from codependent and dysfunctional relationship patterns with the EA steps
- Powerful ways to work Steps 6 -12 which help transform negative thinking
- Emphasizing compassion and kindness in working of all of our EA steps

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REFLECTION FOR TODAY

I once overheard that the way you can tell a spiritual thing from something material is in sharing. When you share something material, the more you share it, the smaller portion each person gets. On the other hand, when you share something spiritual, its value is simply multiplied by the number of persons with whom you share. They may in turn share it, thus increasing it a thousand fold. The principles of this program are spiritual, and to persevere in "giving it away to keep it" sooner or later makes the promises come true of having a new and better way of life...*Today Book, January 21*

Special Gifts and Memorials

Our thanks to the many folks who have designated a memorial, or acknowledged the love and support they received from another.

RECOVERY USING THE TOOLS OF EA

STEP 8: MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

As I reflect on Step 8, I am immediately aware of my instinct to “look outward.”

What I mean by this is that when I think about those I need to make amends to, I instinctively think about others. Who have I hurt? What are their names? When were they in my life?

This is, of course, because I am guided to do so by the EA writings—and for good reason. I have hurt many people and encouraging me to reflect on this, and make amends, is good.

One thing stands out to me, though: it takes me a while to realize that I rarely reflect on how I have hurt myself. And worse, how I have hurt my Higher Power.

In the *12 x 12* and in the *Big Book*, the idea of hurting ourselves is only mentioned once. Hurting our Higher Power is never mentioned. It seems like this is important and I need to think on how or why that is...*Chris*

I was surprised when working my Step Eight that my name was at the top of the list of people I'd harmed! I've made amends to myself during the many years I've been in the program.

Living in the U.S. as I do, the political scene triggers my emotions in a negative way. I respect the fact that we do NOT discuss politics on our Loop. I need to take the action that I can and leave the rest.

My emotional recovery must be my #1 priority...*Carol*

With my sponsor, I just started to work Step 8 in a way I haven't done before: by looking at how I may have harmed myself. And I'm already noticing some changes. I'm more in touch with my feelings. For quite a while now, I've enjoyed a lot of joy and serenity, but I also had a feeling that I'm not dealing with all my emotions. That may be changing. I went to a conference a week ago and the trip was fraught with problems. Plus, I get anxiety every time I travel. Previously, I would have “pushed through” and felt some unnamed tension. Now, I was actually feeling the emotions associated with things. I got angry, weepy, anxious, disappointed. And the awesome thing was that none of it overwhelmed me. I didn't act out; I was just in touch with myself.

I feel more “real” and grounded right now. And I'm thinking that NOT feeling my emotions may well be one of the ways in which I harmed myself over the years.

In the meantime, I have to deal with the reality that when I'm more in touch with myself, things don't necessarily get simpler. Right now, I'm dealing with anger. And I find I'm no longer willing to just “push through” it. But that's a topic for another post...*Tobias*

PROMISE 8: OUR WHOLE ATTITUDE AND OUTLOOK UPON LIFE CHANGES.

After working the EA program years and years, I'm aware of some little and subtle changes regarding my attitudes, also I have become more focused on every aspect of my life

- to manage with more wisdom, courage and personal power, the relationships in my life.

- to have fewer expectations with everything/everyone
- to feel more trust and faith when through pain appears the loneliness like a wolf staring at me and scaring me!!
- to really feel God's support, love, patience and help, so I can deal with everything.
- to continually choose the limits with the people I connect with
- to identify my natural instincts, feelings and emotions, with more awareness, rhythm, conscience, security and perspective
- to feel letting go and letting God, surrender, as a part of my being
- to experience the finitude of everything/everyone, with more simplicity, faith and trust
- to feel a deeper dimension of one day at a time, in every moment, in every circumstance

I keep on healing my deep instincts, emotional habits, feelings, attitudes, and behaviors...*Luiz*

I am grateful that due to living the 12 steps in my life daily, I have a way better attitude and outlook on life. The changes came about by doing step work with a sponsor and practicing all the good things I learned.

I have to stay vigilant, though, and not let up on recovery practices that are helpful to me and my emotional well-being. When I am helped emotionally, it is easier to get along with others. I am grateful for that as it makes much easier living. Grateful for all I have learned in these 12 step rooms and will keep coming back to learn more...

Connie



DISCOVERING THE TOOLS OF EA

REMEMBERING THE TOOLS

Recently a member of the Loop (EAnon) asked the others to share which tools seemed to work best for them. With their permission, I am sharing their responses. Mentioned many times throughout the shares were the Slogans and the Serenity Prayer. Our thanks to Janice for asking the question that led to these many thoughts.

To relieve stress and anxiety *now*:

- I ask God to remove my stress.
- I say the Serenity Prayer.
- I ask God to remove my fear and direct my attention to what He would have me be mindful of.
- I go somewhere peaceful, like a church or a park.



In the longer term, to relieve anxiety and my emotional illness:

- I work the steps.
- I remember *easy does it* (self care, not being too busy, not putting too much pressure on myself).
- I take care of myself physically, spirituality and emotionally.
- And, try to remember I'm not the most important person in the world.

I try to remember:

- To do the next right thing.
- To practice meditation and prayer.
- That connecting with people, anyone, even a cashier helps bring me out of self.
- By remembering the only way through it, is through it, and I can do it
- To remind myself that nothing really bad is happening now.
- To breath deep and focus on serenity during the breath in, and letting go of the fear as you breath out .
- Make a gratitude list.
- Detach from the feeling.
- Accept that you feel crappy and keep using the tools.

Steps to take are:

- Turn my life and my will over to the care of my God.
- Remember things will resolve in my Higher Powers time, not mine.
- Knowing it t helps if I first acknowledge powerlessness, unmanageability and my HP's power to restore me to sanity.
- Listen to music, get some exercise and talk to God.
- I make a mantra by combining Steps 3 and 11, and use it throughout the day.
- I call my sponsor or another group member.
- Go to a meeting.
- Share on EAnon.
- Knowing I can start my day over at anytime. (Image myself rolling over in bed and hitting the button to turn off my alarm clock Then saying to myself "All I have to do today is (insert whatever is the next right thing to do). Repeat it one step at a time. Then I ask myself, "Am I ok for the next 5 minutes? And continue to ask every 5 minutes until it has passed.
- I ask myself which Step I might have to pay more attention to. I can repeat the Slogans, study the JFT's, remember the Promises, or read some EA literature. But possibly remembering **this too shall pass** (*if I let it*), is the best tool of all.



For those of you not familiar with the Loop, also known as EAnon, it is open to all members and there is no cost.

To join, simply register [here](#).

2019 - 2020 EA Board of Trustees

Please feel free to contact members of the Board with questions or concerns.

[Minutes of the Board of Trustees Meeting can be viewed here.](#)



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THE TWELVE TRADITIONS

The 12 Traditions are the guidelines by which our group and our fellowship function.

They have proven over the years to be an effective way of holding the fellowship and individual groups together.

Tradition 8: Emotions Anonymous should remain forever nonprofessional but our service centers may employ special workers.

Our International Service Center employs a director, an accountant, a person who does the mailing and another who manages the email communications, donor contributions and meeting information on the website. No one works more than two days per week to run the office. The members of the fellowship all serve on a volunteer basis. The trustees are reimbursed for their expenses for travel to St Paul, Minnesota, the location of the ISC, for our annual business meeting.

Our fellowship includes people from all walks of life, probably every profession represented, though they do not serve in those respective roles. They are just people who came to Emotions Anonymous looking for a better way to live. And we should remain forever nonprofessional as the Tradition states...**Derita P**

EA is not a “professional” program because it does not offer trained professionals like counselors or therapists. Instead, the EA fellowship gathers to listen, share, and provide mutual support. Although professionals may join the EA fellowship, they do so for their own emotional recovery, not to provide their services. As our Helpful Concepts explain, in EA “we are all equal.”

While EA’s fellowship meetings are non-professional, its worldwide efforts to further the message of recovery require more time and effort than volunteers can provide. EA hires “special workers” to keep operations running smoothly through coordination, communication, literature, and outreach...**Steve B**

One of the most important aspects to our program is the sharing that happens in the group setting between members who have gone through similar experiences. There is a power in not only telling your story, but having it heard by other people who feel similarly to you. It is what helps us through our journey to emotional wellness. In this spirit, we do not seek professionals at our meetings to help manage this experience. Many of us seek professional help with doctors outside of the meetings, but the meetings are a separate and independently powerful part of our emotional healing

...**Paul N**

Tradition 7 reminds us that although we need basic funding to keep the International Service Center staffed and running and pay basic group expenses, we do not take money from outside entities. You may have heard the saying, “He who pays the piper calls the tune.” This means that a person who is paying someone to do something may have too much say in deciding how it should be done. EA wants to avoid inviting this kind of outside influence into a fellowship focused so completely on recovery...**Colleen C**

