

# THE EA CONNECTION: SEPTEMBER 2019

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## EA TOOLS FOR RECOVERY

**STEP 9:** MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

**TRADITION 9:** EA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.

**SLOGAN 9:** THIS TOO SHALL PASS.

**PROMISE 9:** OUR RELATIONSHIPS WITH OTHER PEOPLE IMPROVE.

**JUST FOR TODAY 9:** I WILL HAVE A QUIET TIME OF MEDITATION WHEREIN I SHALL THINK OF MY HIGHER POWER, OF MYSELF, AND OF MY NEIGHBOR. I SHALL RELAX AND SEEK TRUTH.

**HELPFUL CONCEPT 9:** WE UTILIZE THE PROGRAM—WE DO NOT ANALYZE IT. UNDERSTANDING COMES WITH EXPERIENCE. EACH DAY WE APPLY SOME PART OF THE PROGRAM TO OUR PERSONAL LIVES.

## FROM YOUR EA BOARD OF TRUSTEES

Did you know the EAI office periodically sends information out via email? Whether you are a group contact or simply want to receive the information yourself, consider signing up to be included in the email list. We currently have more than 2,000 people who receive EAI information this way. Examples of information sent out include: retreats or conference announcements, new literature or merchandise information, or news about the office or trustee activities. You must request to be added by going to <https://emotionsanonymous.org/get-involved/email-sign-up.html>. We encourage all groups to have at least one person receiving email information in this manner.

## ANNUAL MEETING

Please mark your calendars for the Annual Membership Meeting to be held on September 14 at Salem Lutheran Church in West St. Paul at 11 a.m. CT. If you can not attend in person you may call in to participate. Information was emailed out to group contacts and is available on the website.

## YOUR GIFT

It is the gift that keeps on giving to be able to attend Emotions Anonymous meetings where people regularly show up and support one another. Many people across the country don't have the chance to experience this gift, as available EA meetings are too far for them to economically attend regularly. If you are so inclined, consider starting an EA meeting where you live in service to those in your community, enabling more people to experience the serenity that the program facilitates. It's simpler than you might imagine and could be very rewarding. Contact the main office if you are interested at [groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org)

[www.EmotionsAnonymous.org](http://www.EmotionsAnonymous.org)

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## Special Gifts and Memorials

In loving memory of Manfred H, Germany  
A longtime member and faithful servant of EA

## RECOVERY USING THE TOOLS OF EA

### STEP 9: MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

*"We realize this amends process is more about forgiving ourselves than about receiving forgiveness from others." EA Book, p.69*

I reflect on making amends, I recall what someone tried to teach me a long time ago.

This person said that what God wants more than anything else is for me to be happy. God wants to please me, to take care of me, to watch over me, to help me. And that what makes God sad is when we turn our backs on Him.

Needless to say, I was in no shape to hear this—much less embrace it. I was deep in a "If God is so great, why am I and so many others so very unhappy?"

Today, I am more open to considering whether or not this is true. I still don't understand it or believe it, but I think about it a lot. I pray for the ability to feel and experience this in my life.

I also reflect that, if this is true, then I need to make amends to God for shunning Him for years. Labeling me "The Prodigal Son" would be an understatement. I am more like the fallen angel.

In some ways, I so very much want the opportunity to make amends to God—for that would mean His love for me is vast and their for me...*Chris*

Step Nine introduced me to the concept of making amends. The person I needed to make the most amends to was myself. This step was a beginning of a process where I ever so gradually changed my thinking from negative to positive.

This work helped me to have a lot more self-esteem. Although my emotions can still be quite strong, I can wait them out. I know they'll calm down, and I don't need to take any action.

The more consistently I work the steps, the healthier my thought, actions, and life become...*Carol*

I am inspired by those who have walked through the steps in order. I've been resisting Steps 6 through 9 for years, just flirting with them. So I'm going to take another look and have a little think. Right here, right now—since here is where I do my most sincere "work."

Since I blubbered my way through a Step 5 almost 20 years ago, I've sat on my laurels. And yet some very remarkable things did happen. Some very serious defects of character simply disappeared. Over the years clarity (thanks to program) has illuminated new "defects."

The first person on my list of those I had harmed ended up being me. I held myself accountable and responsible for all the things that had occurred in my life from the moment my parents began fighting in front of me as a toddler. I was the broken one who had to make amends and clean up my act

by being what others wanted me to be. Because of this I have had to do so much the dynamics of family and what I needed to do to move beyond the feelings of betrayal, falsehoods and expectations. I needed to learn to be independent of their judgement and not sabotage my success. That work is still ongoing. It makes me laugh because what is, IS, and I'm sixty now, so although I'm still game to try many new things. I doubt I will become the musical sensation I dreamed I'd be, or the actress or the artist. I will NOT say never but I'm thinking that fantasy is just one of my diversions.

I haven't put anyone else on that list, but I believe now I am ready to see the faces of those I've hurt and become willing to make amends.

I'm open, God. I'm saying it here in front of my friends in EA. I'm at the very least willing to ask for Your help in seeing the "rest" of the equation. Finally, I think I'm ready to serve and become teachable at the same time. There it is and I will put a hearty AMEN at the end of this, right here. Thanks everybody for being my witness...*ML*

### SLOGAN 9: THIS TOO SHALL PASS.

What a blessing this has been over the years. What gives me pause today will disappear one of my tomorrows. It always works! The clouds go away and the sun begins to shine.

Thank you, God.

...*Carrie*





## DISCOVERING THE TOOLS OF EA



### HALT

When I first came to EA I had a lot of problems with anger. I couldn't see it coming, so I had to learn to deal with it when it erupted. If I could write, the physical act of writing helped to dissipate the adrenaline and eventually I could start to figure out what had triggered the anger.

If I couldn't write, I tried to talk to someone in program. If I couldn't do those things I tried to do some vigorous work/chores or go for a walk to discharge the energy of my anger. I found it helpful to physically move away from the person or situation that triggered my anger. Sometimes I played loud, angry rock music. I could tell when I was calming down because I would eventually want to play quieter, more peaceful music.

Later, as I got better at recognizing what I was feeling, it helped when I could identify the underlying source of my anger. Once I realized that I was really afraid of failure, looking stupid or any of many other fears, my anger would lessen and eventually disappear. In my experience, naming my underlying emotions seems to cut my problems in half.

Eventually I learned how to use HALTs to be aware that when I am Hungry, Angry, Lonely, or Tired. I need to slow down, be careful and take care of myself or I am likely to have a slip...**Joe**

### ANGER

***Meditation for Today: Because I am so uncomfortable with my anger, help me to be honest when it is present, or else it will build up and snowball into self-defeating behavior...Today Book, July 24***

This is so true of me. I can clearly recall that I was so frozen with fear and shame when I first entered counseling 25 years ago that I did not want to talk about my anger for fear of it erupting again as it had in a serious way a short time earlier.

I have had to experience a gradual thawing out of my fear and I am still troubled by my anger. I have requested a book from my local library that seems to address anger in a way that might help me.

In the meantime I give my anger and my resentment (which is a whole other matter) to my HP. He has truly helped me there...**Jim**

### SECRET ANGER

One of the secrets I've kept for most my life is that I've been angry about one thing or another for as long as I can remember. Whether it was about feeling like my parents expected too much of me or didn't think what I accomplished was enough, or how my wife treated me long ago when we both didn't understand that I had some emotional issues I've been angry, resentful and unhappy.

In my family we were not allowed to express our emotions especially the angry ones, so things got bottled up. I've always believed that anger turned inward can develop into depression, which I've also had for most my life. The fact is I just recently realized that this anger was not a part of my character that I had to accept because it was part of my make-up. It was just an emotion that I could let go of if I was willing to surrender it to my HP. The surrender of my anger released all this energy that I had directed inward for so long. I had forgotten how to enjoy life.

I feel like there is this other person I could become just in my peripheral vision. This "could be" person wants to dance and shout and jump for joy expressing all this trapped energy in an outward display that I've been fearful of all the days of my life. Perhaps one day soon I'll step into the skin of this "could be" person and become what I believe is possible as I continue to work the EA program that works for me, accept my faults and defects, and humbly ask God to remove them. This new person I become won't be perfect, but will be free of the secret anger that has consumed me all these anguished years. Let me start right now...**Anonymous**



# 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 9: EA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.**

When we apply tradition 9 in our program, it shows up as groups create committees to manage things like hospitality and such. At the level of trustees, we create ad hoc committees like the currently forming bylaw review committee and the upcoming communications committee to help EA be the best it can be at the level of work through the International Service Center, working with the trustees and executive director. I'm thankful for the freedom to create committees/service boards empowered to serve and that they can respond to others about their manner of service – being directly responsible to them in this way...**Scott J**

Though our EA meetings may seem chaotic at times, chaos isn't the goal of tradition 9. What this tradition encourages us to do is remain as free as possible from the bureaucracy which tends to form around organizations, taking on a life of its own and obscuring the real purpose of the group. Everything we do in EA is geared to our primary purpose of carrying our message of recovery to the person who still suffers from emotional problems.

We take direction from fellow members, emphasizing fellowship and group conscience rather than power and hierarchy when giving service. We practice rotation of leadership, and trust that our Higher Power is guiding us through group conscience...**Derita P**

One of the core strengths of Emotions Anonymous is that while we have steps, traditions, just for today's and other well thought-out literature to serve as the foundation of our recovery in the program, there is not an organization mandating what we must do to be emotionally well. We know that working the twelve steps is the soundest path to emotional recovery and we do so at a pace that makes sense for us. While sponsorships and groups have suggested guidelines, they are endowed with a great deal of autonomy, each working the program in the way that works best for them...**Paul N**

Tradition 9 reminds us that EA is not organized in the way that many other organizations are. We are a fellowship with no controlling hierarchy; no one outranks anyone else. EA does not bestow power on any individual or group. There is no "boss" issuing orders, mandating specific behavior, or imposing rewards/punishments for achieving required objectives. Our EA principles are suggested, not compulsory, and members of our fellowship decide for themselves whether they will accept these suggestions. While we ask each other for support and guidance, ultimately each of us must figure things out and follow through for ourselves in order to become well emotionally...**Steve B**

