



# THE EA CONNECTION: JANUARY 2020

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## EA TOOLS FOR RECOVERY

**STEP 1: WE ADMITTED WE WERE POWERLESS OVER OUR EMOTIONS - THAT OUR LIVES HAD BECOME UNMANAGEABLE.**

**TRADITION 1: OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS ON EA UNITY.**

**SLOGAN 1: LET GO AND LET GOD**

**PROMISE 1: WE REALIZE A NEW FREEDOM AND HAPPINESS.**

**JUST FOR TODAY 1: I WILL TRY TO LIVE THROUGH THIS DAY ONLY, NOT TACKLING ALL OF MY PROBLEMS AT ONCE. I CAN DO SOMETHING AT THIS MOMENT THAT WOULD DISCOURAGE ME IF I HAD TO CONTINUE IT FOR A LIFETIME.**

**HELPFUL CONCEPT 1: WE COME TO EA TO LEARN HOW TO LIVE A NEW WAY OF LIFE THROUGH THE 12-STEP PROGRAM OF EMOTIONS ANONYMOUS WHICH CONSISTS OF 12 STEPS, 12 TRADITIONS, CONCEPTS, THE SERENITY PRAYER, SLOGANS, JUST FOR TODAYS, EA LITERATURE, WEEKLY MEETINGS, TELEPHONE AND PERSONAL CONTACTS, AND LIVING THE PROGRAM ONE DAY AT A TIME. WE DO NOT COME FOR ANOTHER PERSON - WE COME TO HELP OURSELVES AND TO SHARE OUR EXPERIENCES, STRENGTH, AND HOPE WITH OTHERS.**

## FROM YOUR EA BOARD OF TRUSTEES

Dear Friends in the Fellowship,

As we enter into a New Year together, it's exciting for me to be a part of this fellowship.

I'm grateful for all the people in EA that are contributing in positive ways. It's nice that so many in our organization are trying to support the work that we're all doing together. We can focus more on the solutions rather than the problems. That helps us all move forward in helpful ways. Thank you for that!

The trustees are attempting to carry out the role assigned to us, as just some of the trusted servants of this organization. Please know that we are listening carefully to the membership as decisions relegated to us are made, keeping in mind the feedback we get from our fellowship. We're carrying out our responsibilities as best we can and asking for as much good will as can be extended our way from all of you. Our goal, as trustees, is to increase trust, kindness, and transparency in the work that is done in this fellowship.

Many of you are also doing significant work - starting new groups, participating in telephone meetings and using other ways to connect - in addition to going to face to face meetings, and making donations as a group and/or as individuals. We've been excited to see a nice increase in income that is coming from the helpful new EA workbooks being sold. Awesome! Finally, as people are able to contribute financially in the New Year, to the degree that they are both inspired to do and able to do, we will be able to make a greater impact in the world in the realm of mental wellbeing and emotional health. Your donations really make a difference! Happy New Year to one and all!

*Scott J, President—EA Board of Trustees of EA*

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## SPECIAL GIFTS AND MEMORIALS

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



## **STEP 1: WE ADMITTED WE WERE POWERLESS OVER OUR EMOTIONS - THAT OUR LIVES HAD BECOME UNMANAGEABLE.**

I had heard of EA for years before investigating. I had more than one friend who attended but I never really checked it out myself. Finally a friend found the loop and shared it with me. I found myself thinking, wow, me? Powerless over my emotions? It finally hit me, I guess. I was not in a particularly difficult or miserable place, at least it didn't seem like it. But after attending the loop and reading shares, I started to really see that my normal state was that of high emotions, that I worked constantly at "appearing" to be normal, that I was in several 12-step programs and working each one as hard as I could just to get a measure of emotional stability—the puzzle pieces started to fit.

I really was powerless over these emotions! I thought that since I could contain them, that was good enough. I thought that since I wasn't drinking over them, that was good enough. Even though I wasn't drinking, I was either eating, spending, or obsessing about my relationship's. It started to dawn on me that even though I had been sober for many years, I didn't have a lot of regular serenity and I was full of resentment. I was doing too much "acting as if."

It was a big relief to admit that my emotions were ready to knock me over on any given day. I am only now just really seeing it. I am working the steps with a kind-hearted and patient sponsor, and I am enormously grateful for her presence in my life. I am also enormously grateful for this loop although I don't think I say it enough...**Gail**

**Tonight, I am** powerless over my anxiety and loneliness. I am giving in to these emotions and I let them control my actions. I recognize that all night I've been trying to manipulate others into situations that will relieve my anxiety and loneliness. Doing so is making me miserable, and the more miserable I get, the more I try to manipulate. Instead, I could try letting go, admitting my powerless over these emotions, admit that no amount of my manipulating will ease my emotions. They are strong, and I am powerless. I admit I am powerless. I cannot control them, but I know they too shall pass. I know I will be okay again once they pass, and all I have to do until they do is NOT send manipulative texts or emails...**Sarah**

**Today I am** grateful, that I understand step one is not something I do until it is perfect. I do not stay on step one until I finally get it right. Or until I get all the questions done in the **EA's 12 by 12**, no matter how wonderful I think the questions are. I've completed Step One when I am able to admit, for at least a week at a time, that I am powerless over my emotions. And that my real Power is in finding ways to express my emotions that do not harm myself or others. And I am done with Step One, when I am willing to return to it as needed, and don't have a false expectation that it is ever done, once and for all. Each time I need to return to Step One, I can do another writing exercise. How happy I am for these simple truths. I don't want to get lost in "shoulds," in order to complete these steps. As always, take what is helpful and leave the rest...**Smitty K**



## **JUST FOR TODAY 1: I WILL TRY TO LIVE THROUGH THIS DAY ONLY, NOT TACKLING ALL OF MY PROBLEMS AT ONCE. I CAN DO SOMETHING AT THIS MOMENT THAT WOULD DISCOURAGE ME IF I HAD TO CONTINUE IT FOR A LIFETIME.**

It had taken many years before I was ready to accept the honest truth about myself. What was most important for me to do was to take plenty of fourth steps and using my therapist and sponsor for the fifth step. I didn't know HOW to turn off the thoughts from the past. I kept it alive until I drove myself back on my knees asking God to please take them away...It wasn't until then I realized, *my thought of telling God what to do...gave me a lesson on how I take my powerlessness back, as then it came to me, who am I to tell God what to do?*

My whole outlook changed concerning God. I was in my eleventh year of the program. Working the eleventh step and the eleventh tradition. After reading over the concepts and the promises this morning I didn't feel like sharing on-line. Then a news flash came over me. If I don't share then I don't gain my serenity nor my humility to carry out my day.

The past had me in bondage to self. I didn't know HOW to release those thoughts. What I did know is I had the desire to be emotionally well. All I was asked to do was to live one day at a time. Living one day at a time kept me workable for my job and kept me in the present. I used the traditions for my business. The traditions are a matter of fact. As for the past...I finely gave into it and began to mature. I wasn't as bad as I thought. It's those thoughts that kept me from being happy...**Pat M**



## REFLECTION FOR TODAY JANUARY 24: SEXUALITY

Sex is a topic which is not often talked about with sincerity and honesty. Those of us who have come to EA often find as part of our recovery a need to deal with some unhealthy attitudes about sex. Many people's attitudes about sex seem to go from one extreme to the other — either it is dirty, or it is an obsession. Sharing our sexual struggles may lead to healthier outlooks.

## MEDITATION FOR TODAY

God, when I am unable to share with the group, may I have the courage to confide in a trustworthy member or a Fifth-Step person. That can be a beginning.

## TODAY I WILL REMEMBER

As I continue to face myself, I continue to become more whole.

**This reflection is** about sex, and how we don't talk about it much, but how good relationships can lead to better sex. This has been really difficult for me, and it's taken me a while to really see why. As a result of the damage suffered in my family of origin, I had a lot of problems. It's taken a lot of hard work, and help from a Higher Power, to see that if I didn't find recovery and serenity, for myself, whatever that means — I won't have any way to participate in a relationship without coming from a place of need. That has not worked for me in the past. Where I'm at right now, I'm not in a relationship, and I'm really enjoying it. I feel ok in my own skin, although I wouldn't say my life is perfect, but EA has helped me learn to live peacefully with unsolved problems. I know that for me, loneliness is not a good reason to get into a relationship. I do have to watch for loneliness, as I guess many of us do, but for me, it's better to find companionship through meetings, my dog, or friends. I might not ever be in a relationship again, and for me, today—that's ok I trust that the healthier I get, the better relationships I will pick. That seems to be pretty true so far, that I am happier when I don't expect a man, or anyone else, to fix me. That was really a huge problem for me, and I found another 12 Step program to help me deal with it. I had a lot of shame to begin with, but I am a lot better able to accept myself and my past now. Grateful for my recovery, for my recovery friends, for a beautiful clear day, for my warm scarf, for my dog, and for EA and this loop...**G**



**My rage is** much, much lessened. I have forgiven myself, my mother, and my abusers. I had to see one of the people who was in on my family secret earlier this week. I felt shame and sadness for both of us. It was all so long ago when we were children. We can be forgiven for our childish games and our parents can be forgiven for their lack of awareness and their enabling attitudes. I am sad that my brother and I could not have grown up in a healthy home.

I have never told any one person my whole secret. I suppose I will need to do this as part of my step work. This scares me like nothing else I would confess. I know I cannot turn my back on the healing offered by this Program and the 12 Steps. I will go through this in baby steps...**A**

**I was touched** and could empathize with some of the shares today. I was sexually abused by this boy staying with my family when I was about 8 years old. I had no idea what he was doing, but somehow it felt not right, so I mentioned it to my mom. The boy was sent away but nobody ever mentioned the issue again. When I was 16, my mom's sister's husband tried to molest me, but by now I understood enough to ask him to stop. I even told him that if he ever came near me again, I would tell his wife. He does an excellent job of pretending in front of the whole family that he is still madly in love with my aunt.—he didn't allow her to come to my wedding because he "cannot bear to be away from her for two whole days." I laughed so hard when I heard this. When I tried telling my mom about what he had done, the first thing she told me was "don't tell anyone." After that, we have never spoken about it. In our culture, no one will talk about this and she was afraid that it would ruin her sister's family. I felt so angry with her for so long. For the longest time I kept thinking, "why didn't my parents protect me?"

But now, I have let it go. I don't feel any shame or guilt. Maybe anger, a "how dare you" feeling rages inside me sometimes. Grateful that I have a better grip over accepting imperfections and knowing that no one can have a perfectly rosy past. I cannot erase the past, but at least I am at peace with yesterday...**P**



# 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 PROMISES—EA BOOK PAGES 70-71

**These Promises may seem idealistic, exaggerated, or extravagant at first, but they really are possible. As we thoroughly and honestly work the program through Step 9, we start to notice new attitudes and feelings in ourselves. Some of these promises may be realized quickly, others slowly, but they all develop naturally as a result of honestly working the EA Program**

### **PROMISE 1: WE REALIZE A NEW FREEDOM AND HAPPINESS.**

**To realize** a new freedom and happiness means that I become fully aware of new freedom and happiness in me. If I realize something has happened, then I clearly understand that this thing has occurred. The odd part of promise 1 coming true is that even though I realize that it is happening – this new freedom and happiness in my life – it happens without my understanding of exactly how it happens. Because so much of life is a mystery, I have a sense that that is how transformation through our program — through a higher power — is intended to occur...**Scott J**

**These promises** come true after completing the ninth step. When I came into the program 24 years ago, I looked at the promises and said no way, I could never acquire most of them, and this was one. Happiness and freedom, and peace of mind were all foreign ideas to me. I had long since experienced laughter. In fact when I heard people laughing I thought something was wrong with them or that they were laughing at me. Today I have completed step nine and am living in steps 10, 11, and 12. I have to revisit steps 1, 2, and 3 from time to time. The steps are my ticket to the promises and there are many; a lot of hidden ones that are not talked about much like being able to sit and visit with someone, be at peace and really give of myself. I could not do that in my emotional disease...**Derita P**

**Some of** us in the EA fellowship treat the Twelve Promises as a separate and distinct list which exists alongside (sometimes on equal footing with) the Twelve Steps and Twelve Traditions. I've even heard some speak of these as a kind of "guarantee" of emotional wellness that EA "promises" to its members. Both of these interpretations take the Twelve Promises out of context. These promises are set forth in Step 9, and the fulfillment of Promise 1's "new freedom and happiness" entirely depends on how thoroughly and honestly we work the program – including taking responsibility for our actions and making amends by changing our behavior...**Steven B**

**Before entering** the program, I thought freedom and happiness were privileges, unreasonable to be had on a sustainable basis. As I have worked the steps and sat with my peers in fellowship, I have indeed realized freedom and happiness that I never thought were possible. In one of the meetings I attended, I asked around the room to see if there was anyone who regularly felt happy and many people raised their hands and they said I deserved that as well. My outlook on my ability to be happy has changed as a result of my belonging to EA. I am grateful to have this program...**Paul N**

## It Works If You Work It, page 201



The program does not make promises for an unrealistically happy, trouble-free life, but it does hold out some promises for the future. The 12 Promises come true for many of us as we make progress in the program. The first three promises alone tell us we can realize a new freedom and happiness; avoid regretting the past or wishing to shut the door on it; and begin to comprehend the word "serenity," and know peace of mind...

