



November, 2020
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Strength & Hope

A message in support of emotional well-being.

WHY GRATITUDE MATTERS — PAUL N.

People don't *need* to hear "please" and "thank you." They don't *need* to know that you really appreciate that they, for example, fixed your engine, which made it possible for you to go to work, or that they smile every day when you buy a cup of coffee from them, which gives you just enough positive energy to make it through the morning. But it helps. Expressing gratitude serves the person giving the gratitude as well as the person receiving it. I used to be so sour that when someone would go out of their way to express gratitude for something that I saw as basic, I would label them in my head as being disingenuous. But the EA program has helped me to see the wisdom in maintaining an attitude of gratitude.

Expressing gratitude might also lessen the severity of depression. When depressed, I tend to mostly see the negatives in my life. The things that I can't control take up most of my head space. My relationships are in the tank, work is going against me, I'm not smart enough, etc. However, when I express gratitude, I become preoccupied with *positive thoughts*. I think of how grateful I am to be able to sit outside on a crisp fall day and read a book in silence or turn on my faucet and get water that I need to stay hydrated and help prepare meals. When I am grateful for the little things in life it helps me to stay focused on what is important— instead of overanalyzing those things that I feel are not going my way.

I am grateful for this program. The fact that Emotions Anonymous is still around after 50 years is a testament to all the people that have kept it going. The many board members, employees, directors, group leaders, members and others. The progress I make is, in large part, due to not only sharing myself, but from learning through other peoples' experiences. I try to make sure to express my gratitude to my fellow members at every meeting because if people don't show up to the meetings, EA cannot exist.

QUICK TIP OF THE MONTH

When you want to be critical of someone or something, try taking a pause for 3 seconds to reflect on whether you really want to express negativity.

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NOVEMBER TOOLS FOR RECOVERY

STEP 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

PROMISE 11

We acquire a feeling of security within ourselves.

JUST FOR TODAY 11

I will not compare myself with others. I will accept myself and live to the best of my ability.

SLOGAN 11

Keep it simple

HELPFUL CONCEPT 11

Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal—no one is more important than another.

TRADITION 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

SHARING THE PRIMARY PURPOSE —Lynn A.

I admit to having some difficulty of practicing the part of Tradition 11 that talks about the importance of "our public policy is based on attraction, rather than promotion." If there are no other EA meetings locally, how can other people (with like minded "primary purposes") be attracted to it? I see promotion run gamut over attraction at another 12-Step meeting that spends much of its time on topics addressing emotional inebriation, rather than, its "primary purpose;" whether it be alcohol, drugs, gambling, etc. I'm not saying that it's wrong, or that it shouldn't be done. But, there are times when I believe this topic fits better at the EA meeting. And maybe this is because at times I need to talk about things that are directly related to that meeting's "primary purpose." And maybe it's because I

have been dealing with my emotional recovery in a more direct and mature manner than others. I am not afraid to talk about how I feel in any setting today. It's because of EA that I am so capable of openly sharing my feelings in a rational manner. Some people just do not feel that secure or see it as a weakness to share such feelings. Man! Am I happy I don't have to live with that stuff in my gut anymore. My home group just saw its 10 year anniversary. I don't scream the name of EA from the roof-tops but I do share and show what it has done for me in my recovery. I definitely am a qualified member for several of the other 12-Step groups, but EA helps me personally keep the other "primary purposes" in check. *But for the Grace of God, there go I.*

NOVEMBER IS GRATITUDE MONTH

Please consider making a contribution to EAI this month. Throughout the pandemic, the work of EAI has continued—emails, newsletters, new pamphlets, answering phone calls, website updates... your support makes all this possible. Go to the [Donate page](#) on the website to give today.

You can find the Trustee Reflections on the website, www.emotionsanonymous.org.

This month we focus on Promise 11.

CONTRIBUTION GRATITUDE

EAI could not operate without donations and we deeply appreciate your support! Recent gifts have been received from these groups:

St. Paul, MN Wed (Hamline EA)
Burnsville, MN (Apple Valley)
Midwest City, OK
Alhambra, CA Rialto, CA
Burlington, IA Norman, OK
Bend, OR Niagara Falls, ON
Montclair, NJ Canada

IN MEMORY OF:

Al S., from St. Paul, MN Wed
(Hamline EA)

ADMINISTRATIVE NEWS

The Board of Trustees developed a strategic plan at their annual workshop in September that focuses on five goals:

- Grow the number of EA groups
- Increase awareness of the EA program
- Increase service opportunities for members
- Improve the health of existing EA groups
- Improve EAI's financial state

This plan will guide the activities of both the Board and staff of EAI in the coming year and is available on the website at <https://emotionsanonymous.org/who-we-are/financials-bylaws-annualreports.html>

The main pamphlet of the EA program (#1—the “Yellow Pamphlet”) is now available as a free download!

Find it on the website <https://emotionsanonymous.org/literature/free-publications.html> or add it to an order for just \$0.10.

LIVING TO THE BEST OF MY ABILITY

— Scherrone D.

One day at work I was so fed up with my miserableness that I just knew I had an addiction because of the hold that my emotions had of my life. I was living but it wasn't to my max. This addiction ruled me. I was wasting my life that my HP, God, had given me. How many days, weeks of my life were spent not enjoying being on this planet? So I googled emotional addictions. *Ding, ding, ding*. I did not know it yet, but I hit the jackpot because Emotions Anonymous came up in my search.

I started reading the material online and attending meetings. For at least the first year, year and a half, I read the *Just for Today's* every day before leaving for work. It framed and guided my day. *Just for today I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself. Just for today I will not compare myself with others. I will accept myself and live to the best of my ability.* These were particularly meaningful to me.

The day I realized that EA teachings were really seeping into my daily life was when I was waiting for a bus. It was a hot day. Things were not going my way. And in those moments of disappointment of missing my bus and not accomplishing my set out plan for the day, I remembered that everything does not have to go my way. *Just for today I will try to adjust myself to what is and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.* I was able to have serenity in an otherwise frustrating series of events. I started off saying "it's close to a miracle", but to be honest, it is a miracle.

PLEASE WRITE!

We encourage member reflections! Please submit yours to submissions@emotionsanonymous.org. Reflections should be no more than 200 words. Please note which step/promise/tradition etc. you are referencing.

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