



March, 2021
Volume 1, Issue 11

Strength & Hope

A message in support of emotional well-being.

THE PRINCIPLES THAT GUIDE ME — COLLEEN C.

Principles are defined as fundamental truths that serve as the foundation for a system of beliefs. Our EA 12 Principles correspond to each of the 12 Steps, distilling the steps into one-word virtues we aspire to practice. They are our guides for living a fulfilling life, and they are a “cheat sheet” for leaving behind our character defects and moving toward recovery.

The challenge for me has been identifying thoughts or feelings that clearly tell me I’m straying from the steps and principles that I firmly believe are my personal roadmap. Lately I’ve been observing the connection between my thoughts and my physical reactions, and drawing some conclusions about what I’m thinking and feeling when I’m about to violate a principle.

For example, am I feeling scattered, full of random thoughts, having difficulty concentrating, easily distracted and the very definition of “monkey mind?” Am I rationalizing my behavior by telling self-stories? Do I feel my ego battling for control with my rational self? Then most likely I’m not living the Principles by being honest, spiritual or full of integrity.

Am I getting that anxious feeling in the pit of my stomach, maybe accompanied by vague nausea or intestinal symptoms? Do I look stressed-out? Am I missing meals or over-eating to cope? Am I spinning out bad-news outcomes? Then I am likely about to take the easy way out and abandon courage, or perhaps take an action that is not loving or consistent with my moral values.

Am I unable to appreciate the good things in life, being too hard on myself, overly concerned with being perfect, or obsessed with helping to the point of enabling? Then I may be losing faith, testing my ability to persevere or about to test my willingness to put my Higher Power’s will ahead of my own. I may even be losing faith in my own abilities.

If I’m taking it a little too easy, not prioritizing needs of others, feeling apathetic and unable to rally around a cause or person requiring my support, perhaps I’m losing my sense of justice and my dedication to service.

If this approach to living the principles through the Steps seems as if it would be helpful to you, try it out. Share your thoughts about the principles with others in EA by email to director@emotionsanonymous.org. We’ll run your feedback in future newsletters.

QUICK TIP OF THE MONTH

Acknowledging how the program helps you grow can help you stay committed to continuing your efforts. Find one way each week to recognize how the program makes a difference in your life.

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MARCH TOOLS FOR RECOVERY

STEP 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

PROMISE 3

We comprehend the word *serenity*, and we know peace of mind.

JUST FOR TODAY 3

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.

SLOGAN 3

One day at a time

HELPFUL CONCEPT 3

We respect anonymity—no questions are asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.

TRADITION 3

The only requirement for EA membership is a desire to become well emotionally.

HOPE, FAITH, AND LOVE

- Louise H.

My therapist has mentioned to me how important it is to have hope, faith, and love (which I have). Sometimes it's a little difficult when you feel so overwhelmed with everything.

However, I have discovered that no matter how bad things are or get, somehow things always have a way of turning out okay - even if during your

saddest and hardest time - it is good to know and to believe that it will all work out. My motto is (and I strongly believe): Everything happens for a reason.

That's why it's important to know and remember you are not alone and to always remember to have hope, faith, and love.

We are so grateful to members who have included EAI in their wills/estate plans so that this organization will be here to help everyone, anywhere, well into the future. Thank you to:

Elliot K. Randy P. Andy S.
Allen R. Tom F.
Michael K. Jay and Natalie R.

Would you like to let us know that you have added EAI to your will or estate plan? Are you interested in more information? Email Elaine at director@emotionsanonymous.org.

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

This month we focus on Step 3.

CONTRIBUTION GRATITUDE

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

Bloomington, MN
Montclair, NJ
Midwest City, OK
Lombard, IL
Redlands, CA
Topeka, KS
Sacramento, CA (Parkside)

Could you help out?

We are hoping to make the online store more robust by adding descriptions to the pamphlets and other materials, so people can get a better idea of the content. But we need help! We just don't have the staff time to write the short descriptions—can you help us? We need 2-3 sentence descriptions to add to the catalog items. If you can help, please send an email to Elaine at director@emotionsanonymous.org. Thank you!

ADMINISTRATIVE NEWS

We have been very busy in the office, working on new literature #93: Five Ways to Face your Grief as a Way Forward and #94: Guilt. We are also adding reflection questions to existing pamphlets to make them more meaningful and helpful.

We've also been able to find a way to create a searchable database of virtual meetings! On the website you can now find meetings based on how you want to access the meeting or the day, time, or language you need! We hope this makes finding a meeting easier for everyone.

THE SEEDS OF PROGRESS—ML

It's easy to crush the seeds of progress with my judgement. I'm often my own worst critic...and I can be a merciless, ugly critic of others too. My expectations can be ridiculous and much too high. Other times I have no expectations or boundaries in place to keep myself safe! Then I'm shocked when I get hurt. I'm only human. This is paradoxical, and only with program help and HP can I remain, one day at a time, balanced, compassionate and realistic.

GIVING UP FEAR—GAIL R.

I really have had the fear that God/ Higher Power is going to make me do something that I don't want to do, be somebody that I'm not, or don't want to be. It really does seem to be about giving up control. "Every time God has been in control, it has worked out for the best." When I'm really in a place of not seeing that, I forget about it, and I end up thinking about the past, the future, and feeling sorry for myself. When I return to a place of willingness, I find peace. I am grateful for this program.

THE ONLY REQUIREMENT—KELSEY W.

The beauty found in Tradition 3 is that we must only make a beginning. There are no conditions placed on us to be able to attend meetings. Most of us seek out the program through our own effort to find a way out. Some find the program through someone else's suggestion. No matter how we arrive, we are allowed to come and go on our own. This principle helps us see our will aligning with God's will for us. When this happens, our spiritual life expands and we consistently satisfy the only requirement for membership.

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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