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Strength & Hope

A message in support of emotional well-being.

SERVING EAI AS A TRUSTEE — PAUL N.

Thousands of people around the world have experienced the benefits of working the Emotions Anonymous program since the organization's founding 50 years ago. During that time, hundreds of members have served as trustees to ensure the stewardship and growth of Emotions Anonymous International. So what does being a trustee entail?

One important aspect of being a trustee is actively participating in the monthly board meetings. Items covered in monthly board meetings typically include the development and approval of literature, financial statement reviews, and other current organizational business. Trustees who live in the U.S. attend the annual meeting in person. This is an opportunity to report on the past year's activities and gather input from members. Trustees also attend a two-day board workshop each fall, when trustees and the executive director plan organizational strategy for the coming year. These meetings are typically held in-person as an opportunity for trustees to build relationships and better understand one another and their primary contributions. In 2020 the workshop was held virtually.

Another important responsibility is to respond to inquiries about starting new groups. When an individual submits an inquiry online to start a new group, the central office sends them information and a board member follows up to provide the person an opportunity to ask questions. Writing is also an important part of being a trustee. All members are encouraged to submit writings that can be included in literature and/or online to ensure that regular new content is available for EA members.

The current board of trustees is a diverse group of people from different ethnic and geographic backgrounds from across the U.S. and from Iran. Applications are now open and are due by June 1, with terms starting on July 1. Application forms are available on the website [here](#). Requirements include five years of Twelve Step experience and at least two years in EA, completion of Steps four and five, and a good working knowledge of the Steps, Traditions and Concepts, as well as basic computer skills. If you have questions about whether applying to be a trustee is right for you, please send me a note at paul.nouri@gmail.com.

I strongly encourage you to apply if you feel that you can contribute to help continue and grow this important program.

QUICK TIP OF THE MONTH

Staying in touch with someone from the program between meetings can help keep negative thoughts away. Try reaching out more often.

YOUR TRUSTEES

Scott J.— MN
507-276-0323
sdjakel@gmail.com
President

John W.— MN
612-760-0313
johnwerner52@gmail.com
Vice President

Colleen C.— MN
651-245-5461
coyne2003@hotmail.com
Secretary

Paul N.— NJ
929-399-6515
aibtikarfoundation@gmail.com
Treasurer

Derita P.— OH
216-624-3559
deritapippen@gmail.com

Steve B.— CA
909-438-4938
stevebell_28@yahoo.com

Kelsey W.— IL
618-334-6658
knlweez@gmail.com

Behzad Arabpour Dahouei — Iran
0098 913 341 4015
Behzad_7761@yahoo.com

APRIL'S TOOLS FOR RECOVERY

STEP 4

Made a searching and fearless moral inventory of ourselves.

PROMISE 4

No matter how far down the scale we have gone, we see how our experience can benefit others.

JUST FOR TODAY 4

I will take care of my physical health; I will exercise my mind; I will read something spiritual.

SLOGAN 4

Live and let live.

HELPFUL CONCEPT 4

We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs.

TRADITION 4

Each group should be autonomous except in matters affecting other groups or EA as a whole.

GOOD REMINDERS — *ML*

It's easy for me to drift back into my judgement and critical ways. These are a couple of my big meanies that recycle from time to time.

I'm reminded that other people's business IS NONE OF MY BUSINESS. It's often a little tap on the wrist or a small reprimand rather than an all out blowup. Thankfully.

I'm also reminded that being kind to myself is part of "Live and Let Live." It can feel challenging when these two defects start to get in my way, especially when I thought I had left them behind for good. Lol.

I've had a couple days where I had to express some anger with HP... I couldn't quite square the COVID virus pan-

demic, losing our dream vacation, and an unfinished building sitting abandoned in our backyard. *Still...*

The good far outweighs the bad. I'm always grateful to start my day with my HP. Even challenging days are so much better working this program. I CAN live with unsolved problems. I can break things down, handle what I can and turn the rest over to my loving, supportive Higher Power.

I have different "names" for my HP, but it is always the same presence. *Steady, calm, patient and loving.* And this is the best of EA for me. I always have a place (someone/something) to turn - along with the good, orderly direction defined by the Steps.

DID YOU KNOW...

We've released a lot of new literature recently, as well as updated some older pieces. You can find more information on our website.

- #91— Comfort Zone
- #92— Pushing Away our Feelings
- #94— Guilt
- #95— Gratitude
- #54— Depression
- #46— Anger

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

This month we focus on Step 4.

CONTRIBUTION GRATITUDE

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

Bend, OR
Ukiah, CA
Virginia Beach, VA
Midwest City, OK
Burlington, IA
Zoom Tues 8 PM, ET
Doylestown, PA
EA Grupo "Concordia"
(Valencia, Spain)

ADMINISTRATIVE NEWS

We continue to receive requests for copyright permission from around the world to translate EA materials and start new groups. We're planning to make some changes to the website to better reflect EAI's global presence and to make sure that our EA friends throughout the world can utilize the website to it's fullest capacity.

Our EA books are flying out the door these days! We have seen an uptick in case orders for both the main EA book as well as our Today meditation book.

We recently received an order for 3,000 (yes, you read that correctly) of the Pamphlet #1 (the Yellow Pamphlet) to be distributed to hospitals and facilities in California. Wow!

We will be launching a member survey in the next couple of weeks that focuses on understanding how the program has helped members. Please watch for it in your email inbox and/or on the website and respond! All responses will be anonymous.

Claire, Carleen, Sandy, and Elaine continue to be in good health and grateful that spring has arrived in Minnesota!

CHOOSING A CONSTRUCTIVE BRIDGE — *Scott V.*

I read a Loop post about the difference between friends and those that give us personal inventories by using "you" statements. It got me thinking about my own "fearless moral inventory." I know that I am supposed to make an inventory of myself (and I have on several occasions). I keep peeling back layers of emotion regarding old friends that I feel have abandoned me, old girlfriends and the experiences with them, both good and bad, as well as places I've been.

I don't really have anybody other than my wife that will use the phrase, "You should..." when it comes to offering advice about how best to navigate my emotions; and depending on how it's presented/my current state of mind I can find it helpful or very detrimental to my progress. Sometimes I dismiss her advice, sometimes I attempt to employ it, sometimes it's hurtful.

However, I'm more concerned about the judge and jury in my head that constantly, *constantly* seems to be giving me an inventory in the most harmful manner. My inner critic points its finger at me, laughs at me, condemns me and never affirms me in any way. It makes me relive old experiences and fantasize about new ones and then condemns me for it. It keeps me seeking soothing, calming experiences and then condemns me for indulging in them. My inner critic keeps me from obtaining what I see as my "best self" that lies just beyond a chasm too wide to cross — and condemns me for it.

So, how do I distinguish the difference between giving myself a fearless moral inventory by choice and the ever present critic in my head?

An inventory, as I understand it, is revealing and sometimes painful, yet is the constructive bridge to a better more balanced emotional life; while my inner critic only serves to keep me in my misery playing old tapes in my head that serve no constructive purpose.

As I see it, Personal Inventories enhance life. Inner Criticism takes life away.

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.

OFFICE INFORMATION

EAI P.O. Box 4245 St. Paul, MN 55104-0245
Office Hours: M-TH 10a.m.—3 p.m. CT
Phone: 651-647-9712
www.emotionsanonymous.org