



November, 2021  
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# Strength & Hope

A message in support of emotional well-being.

## GRATITUDE — STEVE B.

Earlier in my life, I had a difficult time with gratitude. Although I learned the social niceties of expressing gratitude, learned to say “thank you” when it was expected of me, I rarely *felt* gratitude. Instead, I always felt that everything in my life should be better. Regardless of where I was in life or what I had achieved, I always focused on what I felt was missing. I longed to fill these voids with more – more success, more comforts, more stuff. I believed that my life would be better and happier only if I could get that next thing-And *then* I could be grateful!

Looking back, I see how foolish I was. I was on an endless treadmill, and each new acquisition raised the bar and became the base-line for a new round of desires. There were always new voids to fill! I never took the time to notice, much less to be grateful for, all of the wonderful people, experiences, and things in my life.

I was still new to the Program when someone told me that happiness isn’t about having the things you want, but about wanting the things you have – and being grateful for them! It took me a while to work through this, but I eventually came to accept this as true. Developing an “attitude of gratitude” literally saved my life. By changing my perspective and focusing on the abundant good things in my life – things I took for granted – rather than on what I thought was missing, I began to develop true gratitude and, eventually, acceptance, forgiveness, and serenity.

One technique I used to develop my sense of gratitude was keeping a daily gratitude journal. For several years, at the end of every day I would write down one thing for which I was grateful, something different every day. Reviewing this journal as it grew over time helped me gain a new perspective.

These past 20 months or so have been especially challenging. But I know that without the Program and my “attitude of gratitude” it would have been much worse. By focusing on my blessings even in hard times I can feel gratitude, and live gratitude, every day.

Happy Thanksgiving!

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## QUICK TIP OF THE MONTH

A quiet moment to yourself can help put your life in perspective. Two minutes of breathing softly can reset your outlook.

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## YOUR TRUSTEES

Paul N.— TX  
929-399-6515  
aibtikarfoundation@gmail.com  
President

Steve B.— CA  
909-438-4938  
stevebell\_28@yahoo.com  
Vice President

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

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

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

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

Behzad Arabpour Dahouei — Iran

0098 913 341 4015

Behzad\_7761@yahoo.com

## NOVEMBER'S 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.

### PRINCIPLE 11

Spirituality

## THE POINT OF PRAYING FOR KNOWLEDGE

- Leigh B. (Australia)

This is my answer to one of the questions on Step 11 in the *Welcoming a Spiritual Awakening* workbook.

2. *Why might it be good for me to “Pray only for knowledge of God’s will for me and the power to carry that out?”*

When I feel ‘lost’ in emotions and ruminating thoughts, it is hard to see the wood for the trees. I need direction from my Higher Power, as my own ‘compass’ can be misleading, bound in habits and not always helpful. My Higher Power’s compass is sure, steady and reliable and knowledge of Its Will can show me the way forward. By praying also for the power to carry out my Higher Power’s Will, I will not only be able to see the way forward, but have the wherewithal to *move* forward.

## EA Participant Survey Results

An anonymous online survey was conducted last spring to gather data on participation in EA and how that participation related to improvements in affect and emotional management. A total of 264 respondents completed some portion of the survey; 175 respondents provided enough data to be included in the analysis. The sample was majority female (67%), white (77%), educated (54% have a bachelor’s or advanced degree), and participate in EA within the United States (75%). The average age of participants was 55 years and nearly one-third of the sample was retired.

Lower levels of current negative affect were associated with longer length of participation and more roles taken in meetings. Similarly, lower levels of emotional reactivity were associated with longer length of participation and more roles taken in meetings. With respect to participants’ subjective assessment of the impact of EA on their lives, a greater positive average impact was associated with longer participation, more frequent participation, participation in more roles within meetings, and more engagement outside of meetings.

You can find the Trustee Reflections on the website,  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org).

This month we focus on Step 11.

## CONTRIBUTION GRATITUDE

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

London, United Kingdom Wed  
Valencia, Spain “Concordia”  
Sacramento, CA “Discuss the Solution”  
Emotivi Anonimi Italia Intergroup  
Ukiah, CA (2 Groups) Hollywood, FL  
Bend, OR (3 Groups) Midwest City, OK  
Hackensack, NJ Burlington, IA

14 Anonymous Individuals

Mark D	Elizabeth B	Kelley S
Luz M	Daryl D	Leigh B
Remington P	Louis V	Jerry H
Kathleen M	Sandy P	Bob W
Ron L	Marilyn J	Miriam N
	Paul N	

## ADMINISTRATIVE NEWS

The Annual Membership Meeting was held virtually on October 23rd, 2021. Updates on the program and the organization were made by the Board President and the Executive Director. Committee reports included updates on the Literature and By-Law committees.

Member discussion included getting more information out about Step Study groups, the need for more sponsors and the upcoming “EA through the Holidays” efforts. After the formal meeting concluded there was an additional hour discussion on how to encourage healthy groups and discussion on materials that is currently or could be made available to help groups with this important subject.

## COMPARISONS — Kelly M.

I remember when I first read a "don't compare" rule in a JFT years ago. I was confused. I had never heard anything "bad" about comparing.

This led me down a whole journey into looking into emotional abuse—what it is and the manipulation of it. Comparisons are a strong weapon in emotional abuse. Once I realized this, I policed myself (and still do) for comparisons I make to people (and even situations - e.g. why would I 'compare' my life right now to the summer I had last year ... unless I want to torture myself!!!). There is never a winner in a comparison, it either causes suffering to the person/situation who is on the "losing" side or a "momentary" gain (making the person doing the comparing more powerful) to the person/situation on the "winning" side.

I realized that comparisons are always subjective. No matter how much I might want to think otherwise, a "powerful" manipulator can ruin the best person's day with a comparison... “it is so great you are (FILL IN WORD) but it seems that other people who are (FILL IN SAME WORD) are more ... successful / richer / prettier, skinnier / nicer / better ...than YOU.” It's a simple formula for powerful emotional abuse - and I now look for it in my everyday life. I try not to do it and as soon as I hear other people doing it, my ears perk up !!

I have found my "biggest" challenge is the "yeah but"... when I feel say (or hear) "yeah, but they did this or that or the other thing"... it is an excuse to compare and abuse. I watch myself, for, as my program has shown me, not only do two wrongs not make a right, but two wrongs hurt me twice as much as one "wrong."

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PLEASE WRITE!

We encourage member reflections! Please submit yours to [submissions@emotionsanonymous.org](mailto: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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## 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](http://www.emotionsanonymous.org)