

EA CONNECTION—JULY 2016

YOUR MONTHLY NEWSLETTER FROM ISC



FROM THE EXECUTIVE DIRECTOR, INTERNATIONAL SERVICE CENTER

What does being part of Emotions Anonymous mean to you? Do you find that you feel more able to cope with life after attending a meeting – whether in person, on the ‘net, phone, or chat? When you’re having a rough day, do the EA materials help you see things more clearly? I hope so, because that’s what I think EA is supposed to do. Attending meetings, reading the materials, talking to others – all of these activities can help us cope with the difficulties of life and – hopefully – find new ways to frame what we face. There has been a lot of research and writing about social isolation and the damage it can do – not only to our mental well-being, but to our physical selves as well. When things aren’t going so well, I think a natural tendency is to isolate. But the principles behind EA encourage us to do the opposite – to seek out others, to talk about our feelings, to reframe and refocus. If you agree that there are benefits to being involved in EA, would you consider helping to share the message? We have small posters you could put in local libraries or coffee shops, ‘business’ cards you could pass out to people who might be interested in attending a meeting, new “Welcoming the Newcomer” packets available for groups to give to new attendees, an EA Recovery app that offers ‘on-the-go’ steps and ideas, and a website jam-packed with all kinds of information! We’d like to see existing groups grow stronger and more stable, new groups form, and more members get involved in service work at a level that supports the expansion of the program. Someday I hope never to tell someone that ‘we don’t have a group in your area’ again! We need regional trustees, committee members, and individuals at the local level willing to commit to spreading the word – email me at director@emotionsanonymous.org if you’re interested in taking on a new role in an organization you value...*Elaine Weber Nelson, Executive Director*

JULY TOOLS:

Step 7: Humbly asked Him to remove our shortcomings.

Tradition 7: Every EA group ought to be fully self-supporting, declining outside contributions.

Helpful Concept 7: Emotions Anonymous is a spiritual program, not a religious program.

We do not advocate any particular belief system.

Promise 7: Self-seeking slips away.

Just For Today 7: Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests—hurry and indecision.

Slogan 7: By the grace of God

OF IMPORTANCE TO GROUPS

Region Trustees for Regions 1, 3 and 5 are open for the next r as our Board rotates service periods. Are you interested in service opportunities in EA? Want to get to know the groups in your region better? Nomination forms have been sent to all group contacts. If you would like a form, email Bobbie Jo at groupdata@emotionsanonymous.org. If you have someone in mind (or you would like to nominate yourself!) please submit the form to begin the selection process. Groups will vote on new regional trustees in the fall and terms begin after the 2016 Convention.

MEMORIALS AND SPECIAL GIFTS:

Patricia G.—In memory of Joseph Scully



To help support this publication, donations can be made to: [EA Connection](#)

STEP 7: HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

I'm focusing on Steps six and seven again, as my character defects are causing me problems. I am learning to love myself and accept myself exactly as I am, warts and all, but I really want the willingness to let go of these defects. I have had a lot of pain, sometimes repeated on a regular basis, by hanging onto these defects, and so I don't want to keep going down the same roads again and again. I want to choose to surrender rather than only surrendering when it hurts.

What I really don't understand and what I need help with is whether I work on all of my defects at one time or a few together. Although as I write this I remember the book says, "we have to strive for the objective of being entirely ready to have all defects removed, often by preparing to have a few defects removed at a time" and "we begin by picking out the defect that causes us the most pain."

I am painfully aware of my self centeredness, my tendency to over commit, my impatience, intemperance and perfectionism which together cause intensity, and my unrealistic expectations. I am also painfully aware of how I resent those who inadvertently challenge any of the thinking behind these defects. My main issues behind these are a fear of abandonment and a fear of death, which may be the same thing.

But what causes me the most pain? Probably self centeredness, impatience and perfectionism.

I'm reminded of something I read about addicts—we don't like giving things up so we never experience the

good things that can replace it. Maybe that's what I need to focus on, the assets that can replace these—interest in others, moderation, humility, charity, patience, calmness, accepting 'good enough', accepting my limitations for example. That way I can become what God intended for me...*Ian*

I have not been working the steps and when I realized this a few moments ago, knew that I had to do some writing which is a way for me to get the insides out. But I also needed to do some 7th Step reading and, as I usually do, turned to the 12 and 12. Powerful words. Helpful words.

This activity came about because I was beginning to get angry and start raging (with no one around.) But the pain I was feeling was greater than my solution which was to act out. Instead, I needed to face my pain and work the steps to take the sting out of my pain and face it head on. So read and wrote.

In the end this is what I wrote (all of which is headed to my sponsor).

"I cannot live this way anymore. I cannot live with the shouting pain that I have lived with for years which grows out of an ungrateful and unsatisfied heart. As such I humbly ask God to remove all my defects of character"...*Jim*

I made oatmeal for breakfast this morning with pears from my mom's house. As I was peeling the pears I thought about them and the 12 steps. Pears ripen from the inside out which makes choosing the right time to use them a bit touchy, especially if they have been bruised like these 2 had. If I had used them last week, they would not have been ripe

or tasted sweet. This week, I had to cut out the bad spots but the good part remaining was sweet, cooking the pears with them in would have spoiled all the sweetness (Step 6). I cut them out and then diced up the remaining part which was ripe and sweet and cooked them in my oatmeal with some nice spices and oh they tasted good. (Step 7) I would not be who I am without the bruises I've had in life. Before some of those bruises, I was not ripe. After those bruises, I am who I am. Those bruised and spoiled spots need to be removed, but there is still a lot of good and sweet in me that needs to be saved and used rather than thrown out just because I'm not perfect. HP, I humbly ask you to cut out the bruises and rot as I did with the pears so that they will not spread any further. Save the good in me and continue the ripening process...*Mary*

JUST FOR TODAY 7: JUST FOR TODAY I WILL HAVE A PROGRAM. I MAY NOT FOLLOW IT EXACTLY, BUT I WILL HAVE IT. I WILL SAVE MY SELF FROM TWO PESTS—HURRY AND INDECISION.

I find it helpful to make lists and cross things off as they get done. I do keep old incomplete lists around, but I try to eventually move the incomplete items onto a new list. I also try not to be too detailed on my list so I don't get overwhelmed by the amount of stuff to do.

I like that JFT 7 says I don't have to follow my own program exactly. This frees me to not be locked in to my list...*Joe*





EA TOOLS APPLIED: EANON

BOUNCING OFF THE WALLS

I don't remember what day I got tired of bouncing off the walls and surrendered my plan and bought the EA book and subscribed to EAnon, but my emotional health has improved. I was watching TV with my wife tonight and got to laughing over our lap dog. I have more energy and I am starting to work at some long neglected but oh so necessary tasks. I have been less isolated and enjoying the few friends I have. If this continues it will be the best Christmas I have had in a long time. I have actually returned to a former hobby !!!!!!! Maybe someday I will look in the mirror and not see a stranger.

I have been reading the *Indecision* pamphlet and feel I have found good information on how to proceed regarding my desire to work part time and help to make a [decision as to what I should do...John](#)

A QUICK FIX

I am in touch with conflicting issues and emotions. I want a quick fix. And I know deep down that it doesn't exist. Being new to EA I want it to instantly heal 57 years of an emotional roller coaster. I'm adjusting to the reality that this is work. That my moods stabilize here and there, but that it takes constant diligence to work the program. I had some wonderful moments this week. And one really great day. But I'm also struggling through the mud of the past. Both things are true. Good days with breakthrough moments. Tough days with sadness and flirting with deeper depression. I am thankful for the *Today Book* and its daily reflections and the collective wisdom of the program. As hard as the past 2-3 days have been I did have some triumphs. I have a book contract with 20,000 words due today. I told the editor yesterday that I would not be finished. She gave me another week and was nice about it. It felt like I was being very responsible, facing up to a responsibility.

I also did some sincere Step work this week, especially my searching and fearless moral inventory. So maybe there were very few "highs" this week, but I did hunker down with the program to the best of my ability. I hope this doesn't sound down. I'm not down, I'm just in the "in between" spot. I'm not used to being there...*Linda*

A New Perspective Needed

I'm still trying to get the hang of things but I wanted to thank all of you for your openness. I read all of the e-mails and I'm learning from them. I'm learning that although I may be powerless over others I do have power over what I do and what I think and how I act. I need a different perspective on how I look at things. This will in turn help me adjust my attitude when I start to over think things, which causes my anxiety and depression to kick into high gear. I am realizing more and more that I need to channel my emotions differently in order to deal with my anxiety and depression in a healthier manner.

With that said, today was a good day. I am grateful that my car did not overheat today, I'm grateful I had a job interview today, I'm grateful I had food to eat and air to breathe. I'm grateful I'm alive today to be able to enjoy the sunshine and the beautiful blue skies. I'm grateful for this group where I can learn and grow...*Anonymous*

Panic Attacks

I am new to Eanon and love reading all of the reflections and writings on this loop. I am so grateful to be able to read all of these and not feel completely alone in my feelings for a few precious moments. I am grateful to have the capacity to believe in a Higher Power. I have terrible panic attacks that have gotten worse lately and any small thing can set them off. Although I now have a handle on why I have them, I am as powerless as ever, and struggling to let my Higher Power guide me through them. In fact I am trying to use sharing on Eanon to bring me through a panic attack right now. I am amazed that the slightest things can send me spiraling, and though I know that my Higher Power wouldn't give me anything I can't handle, I still wonder why me. So if I am following correctly, I am struggling with Step three. I know that my Higher Power can restore my sanity, and I am indeed powerless over my emotions, but turning over my will and my life to my higher power? That requires some trust I think, and is really hard at this point...*Emily*

EAnon is EA's online discussion list, if you are interested in joining: <http://emotionsanonymous.org/get-involved/online-discussion-sign-up.html>. The above shares are from some of our newcomers.

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SLOGAN 7: BY THE GRACE OF GOD

This slogan helps me avoid pitfalls which can affect my own serenity: being impatient, critical, and resentful, for example. I know I could not have gotten well emotionally without God's help, so I am forever grateful for the gift of recovery so freely given, which translates to the reality that God did for me what I was unable to do for myself...**Gus S** By the Grace of God. I have not drunk due to my physical illnesses. By the Grace of God I have not harmed anyone due to my mental health and emotional issues. By the Grace of God I am a loving father, grandfather, husband and friend. By the Grace of God that I have EA in my life. By the Grace of EA I do have God in my life...**Lynne S** Yes, by the grace of God! Wow, by the grace of God! Living, by the grace of God! Incredibly, by the grace of God! Unquestionably, by the grace of God! No fear, no worry; instead health & peace, by the grace of God! Something to ponder, by the grace of God...**Tyrell** By the Grace of God, I have a wonderful life! I have good emotional health management skills through my EA Program. I am in good physical health with exercises that I learned, I have a good job with good colleagues and a good supervisor who believes in me, I have a fabulous family who loves me very much. I am grateful for my daughter and my husband who I love very much and I am grateful for my EA friends, all made possible by the Grace of God...**France B**

"Color Your Recovery"

Would you like to color your recovery? An effort has begun by EA members to develop a coloring book depicting the tools of EA as found in the Yellow Pamphlet. Along with reinforcing our tools, coloring can also provide enjoyment and a way to calm overwhelming emotions. Becoming more familiar with the EA tools, some may even display their works of art! All this can stimulate and encourage recovery. Please contact colorsofrecovery@gmail.com if you would like to submit designs for the coloring book or be part of the group that puts it all together!

EVENTS FAR AND NEAR:

TEAR DOWN YOUR WALLS—July 15-17

Kings House Retreat - Buffalo, MN
 Contact Diana G 763-755-9317
 E-mail: dlsq@usfamily.net

2016 CONVENTION REGISTRATION

Registration for the 2016 Convention in Tempe, Arizona is available online! Go to emotionsanonymous.org and click on 'upcoming activities' and select the date on the event calendar (September 23-25) or click on the link on the slideshow as it scrolls across the page. Sign up early and receive a discount! The Convention is going to be GREAT!!

EVENTS FAR AND NEAR:

28TH ANNIVERSARY PUBLIC INFO MEETING

October 25, 2016, 7:45pm
 2095 W Market St, Akron,
 For Info: 234-206-1232
 E-mail: emotionsanon@yahoo.com

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If you have an event you would like to see listed here, send your information to editor@emotionsanonymous.org