

How To Find EA

Local Phone

Local Contact

How To Find EA Worldwide:

Emotions Anonymous

International Service Center

P.O. Box 4245

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U.S.A.

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The Twelve Suggested Steps of Emotions Anonymous

1. We admitted we were powerless over our emotions—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message, and to practice these principles in all our affairs.

The Twelve Steps reprinted for adaptation with permission of Alcoholics Anonymous World Services Inc. ' 1939, 1955, 1976.

Emotions Anonymous®

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Introducing Emotions Anonymous to the Health Care Professional



AN EA GUIDE FOR THE HEALTH CARE PROFESSIONAL

Who to Recommend

If you have clients or patients who have a problem coping with the stresses of daily living and who desire to feel better emotionally, you may wish to consider a referral to a local chapter of Emotions Anonymous.

Members of EA come from all walks of life. We have over 800 groups worldwide and an active presence on the internet. For more information on EA visit our web site at www.emotionsanonymous.org.

What We Do / Who We Are

Emotions Anonymous is a support group based on the Twelve Steps of Emotions Anonymous as adapted from Alcoholics Anonymous. Members come together to share their experiences—good and bad—their strengths and weaknesses, hopes and needs with other members. We have not found it helpful to place labels on any degree of illness or health. Our aim is to help anyone with any emotional problem get their emotions back under control so they can make healthy choices in life.

At EA we do not give advice or counsel. We neither endorse nor oppose use of any medication or therapy. Our goal is to provide a warm and caring atmosphere where individuals can feel free to share their concerns and to hear of the progress of their peers, which is an extremely important element in the healing process.

Requirements

The only requirement for membership in Emotions Anonymous is a desire to become well emotionally. There are no dues or fees for EA membership; we are self-supporting through our own contributions. Emotions Anonymous is not allied with any sect, denomination, political organization or institution. EA does not wish to engage in any controversy; it neither endorses nor opposes any causes. Our primary purpose is to become emotionally well.

Questionnaire

The following series of questions may help your patients and clients determine if they might benefit from the Emotions Anonymous program:

- 1. Do you ever feel there is no hope for the future?*
- 2. Do you find yourself “pulling away” from family and friends?*
- 3. Do you often feel anxious, overwhelmed?*
- 4. Do you feel depressed when others around you are enjoying life?*
- 5. Do you worry what others might think of you?*
- 6. Do you feel “inferior” to others?*

- 7. Have you ever had suicidal thoughts?*
- 8. Do you feel guilty because of your illness?*
- 9. Do negative emotions affect your physical health?*
- 10. Do you want to feel better emotionally?*
- 11. Do you sometimes feel that you are all alone and that no one understands you?*
- 12. Do you find it difficult to think positively?*
- 13. Do you give too much time and thought to how bad you feel?*
- 14. Do you find yourself worrying over things that are beyond your control?*
- 15. Do you fear change or rejection?*
- 16. Do you find yourself putting on a “good front” when you really feel depressed?*
- 17. Do gloomy days make you feel sad?*
- 18. Do you resent others telling you to “snap out of it?”*
- 19. Do you ever feel angry at God?*
- 20. Are you willing to work at making yourself feel better emotionally?*

In EA you will find that others share these problems and find hope for a better way of life.