

# BYLAWS OF EMOTIONS ANONYMOUS®

As ratified by the membership December, 2016

## Table of Contents

ARTICLE 1: NAME, EMBLEM AND PURPOSE.....	2
ARTICLE 2: GUIDING PRINCIPLES: Steps, Traditions and Concepts .....	2
ARTICLE 3: REQUIREMENT FOR MEMBERSHIP .....	4
ARTICLE 4: ADMINISTRATION .....	4
ARTICLE 5: MEMBERSHIP ON THE BOARD .....	5
ARTICLE 6: EA MEMBERSHIP BUSINESS MEETING.....	6
ARTICLE 7: OFFICERS OF THE EXECUTIVE COMMITTEE .....	7
ARTICLE 8: AMENDING BYLAW .....	7
ARTICLE 9: PARLIAMENTARY AUTHORITY .....	7
ARTICLE 10: STANDING COMMITTEES .....	7
ARTICLE 11: SPECIAL DESIGNATIONS .....	8

### Terms and Abbreviations

*the board* =International Service Board of Trustees

*business meeting* = EA Membership Business Meeting

*the convention* = EA International Convention

*the director* = Emotions Anonymous International Executive Director

*ISC* = International Service Center

*trustee* = member of the International Service Board of Trustees

## ARTICLE 1: NAME, EMBLEM AND PURPOSE

- 1.1 This fellowship shall be known as Emotions Anonymous®, hereafter referred to as EA.
- 1.2 EA shall have the following emblem: 
- 1.3 The purpose of EA International shall be to:
- 1.3.1 Aid persons who suffer from emotional problems by offering them a twelve-step program of recovery.
  - 1.3.2 Unite, coordinate and assist groups and individuals in any area of the world who follow the EA program.
  - 1.3.3 Provide information to members and non-members as requested.
  - 1.3.4 Publish EA literature which has been approved by the board.
  - 1.3.5 Conduct international affairs of EA.
  - 1.3.6 Encourage the development of autonomous structures for groups in each country located outside the North American continent.
  - 1.3.7 Do all things necessary to carry out the twelve-step program of EA.
- 1.4 EA International endorses the concept of World Service Meetings to be held at intervals as determined by the International Board of Trustees.

## ARTICLE 2: GUIDING PRINCIPLES: Steps, Traditions and Concepts

- 2.1 The fellowship of EA is based on the Twelve Steps, the Twelve Traditions and the Twelve Concepts of the EA program.

### **The Twelve Suggested Steps of Emotions Anonymous:**

1. We admitted we were powerless over our emotions—that our lives had become
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 Traditions of Emotions Anonymous:**

1. Our common welfare should come first; personal recovery depends on EA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for EA membership is a desire to become well emotionally.
4. Each group should be autonomous except in matters affecting other groups or EA as a whole.
5. Each group has but one primary purpose—to carry its message to the person who still suffers from emotional problems.
6. An EA group ought never endorse, finance or lend the EA name to any related facility or Outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every EA group ought to be fully self-supporting, declining outside contributions.
8. Emotions Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. EA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.
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.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

#### **Helpful Concepts of the EA Program:**

1. We come to EA to learn how to live “a new way of life” through the twelve-step program of Emotions Anonymous which consists of twelve steps, twelve traditions, concepts, serenity prayer, slogans, Just for Today’s, EA literature, weekly meetings, telephone and personal contacts, and living the program one day at a time. We do not come for another person—we come to help ourselves and to share our experiences, strength and hope with others.
2. We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.
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.
4. We do not judge—we do not criticize—we do not argue. We do not give advice regarding personal or family affairs.
5. EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.
6. We *never* discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.
7. Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.

8. The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any entity a member chooses as a personal Higher Power.
  9. We utilize the program—we do not analyze it. Understanding comes with experience. Each day we apply some part of the program to our personal lives.
  10. We have not found it helpful to place labels on any degree of illness or health. We may have different symptoms, but the underlying emotions are the same or similar. We discover we are not unique in our difficulties and illnesses.
  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.
  12. Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it *stays there*. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone—EA members, mates, families, relatives or friends.
- 2.2 Recognizing their value as inspirational guides for the continued success of EA, the Twelve Steps and the Twelve Traditions shall not be altered in any way.

### **ARTICLE 3: REQUIREMENT FOR MEMBERSHIP**

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

### **ARTICLE 4: ADMINISTRATION**

- 4.1 EA International shall be administered by the board, who shall be guided by our principles. The board shall have all necessary powers to carry out the purposes, Traditions and Concepts of EA.
- 4.2 Written approval by the President or Vice President will be required for checks, money transfers, or purchase or sales of investments exceeding 10% of the annual budget
- 4.4 The board shall meet at least twice a year.
- 4.5 A quorum to conduct business shall be more than 50 percent of the current board of trustees.
- 4.6 Two consecutive un-excused absences from board meetings shall be considered a resignation.
- 4.7 Involuntary Resignation
- 4.7.1 The following are causes for removal from the Board of Trustees:
- 4.7.1.1 Failure to respond to three consecutive mail votes or otherwise demonstrating a lack of commitment to serve the interest of the EA board.
  - 4.7.1.2 Violating any of the traditions by performing public acts contrary to the interest of EA or any action that would bear harm to the organization.

4.7.1.3 Breaking of personal anonymity as a member or officer of EA in any public media.

4.7.1.4 Ceasing attendance at regular weekly EA meetings.

4.8 The Executive Committee may request a mail vote by the trustees if, in their opinion, it is a decision involving a principle or basic policy decision that should not be made by the Executive Committee alone nor delayed until the next board meeting.

4.8.1 In order to be a valid mail-vote more than 50 percent of the board must respond.

4.9 Notice of special board meetings shall be given in the most expedient manner.

## **ARTICLE 5: MEMBERSHIP ON THE BOARD**

5.1 The board should consist of no fewer than **six** members.

5.1.1 Regional Trustees: Each region shall elect a trustee for a three-year term with one-third elected every year.

5.1.1.1 There are six regions on the North American continent with one trustee per region

5.1.1.2 Regional trustees are elected by a majority.

5.1.2: There may be a total of **three** General Service Trustees and one Non-Member Trustee.

5.1.2.1 General Service Trustees may serve two three-year terms in succession.

5.1.3 Non-Member Trustees: Are elected for a three-year term, one each successive year. There are no term limits for a non-member trustee.

5.1.3.1 Shall express a profound faith in the recovery program upon which EA is based.

5.1.3.2 Shall be selected for their varying talents, backgrounds, experiences and demonstration of their awareness of the spiritual principles of the program.

5.1.3.3 Shall be elected by a two-thirds vote of the board.

5.1.4 Eligibility of Member Trustees:

5.1.4.1 Shall have five years in a twelve-step program with at least the last two years in EA.  
Attends EA regularly, has completed Steps Four and Five and practices the EA program.

5.1.4.2 A member trustee shall not serve longer than two full terms in succession.

5.1.4.3 Member trustees who have served two full terms in succession must be off the board for at least for one full term before again becoming a trustee candidate.

- 5.1.4.4 A member appointed as trustee for less than one-half of a term is eligible as a candidate for two successive terms.
- 5.1.4.5 A member appointed as trustee for more than one-half of a term is eligible as a candidate for one additional consecutive term.
- 5.1.5 The board may fill vacancies and unexpired terms.
- 5.1.6 The director is an ex-officio member of the board.
- 5.2 Nominations for trustees can only be made through the Nominating Committee in accordance with nominating committee guidelines.
  - 5.2.1 A call for nominations shall be provided to the membership forty-five days in advance of the application deadline.
- 5.3 Each country for which there is no regional trustee may elect a representative to serve on the International Service Board of Trustees.
  - 5.3.1 Properly credentialed representatives will have voting privileges at the Annual Board Meeting.
  - 5.3.2 In the circumstances of international representation, the board size may increase beyond the maximums specified in bylaw section 5

## **ARTICLE 6: EA MEMBERSHIP BUSINESS MEETING**

- 6.1 Written notice of the business meeting shall be given to the general membership at least forty-five days in advance.
- 6.2 A membership business meeting shall take place the Friday before the EA Convention, unless otherwise determined by the Board of Trustees or membership.
  - 6.2.1 A valid membership meeting requires at least 8 in attendance.
  - 6.2.2 A membership business meeting may be called by the Board of Trustees or by a minimum of 50 members or 10% of the membership.
- 6.3 One delegate is elected by each group to represent them at the business meeting.
  - 6.3.1 Each delegate is allowed one vote.
  - 6.3.2 No delegate may represent more than one group.
  - 6.3.3 No proxy votes will be permitted.
  - 6.3.4 Votes may be sent by e-mail, mail, fax, or received at the business meeting with proper group identification.

6.4 Each trustee is allowed one vote at the business meeting.

6.4.1 A trustee may not also vote as a delegate.

## **ARTICLE 7: OFFICERS OF THE EXECUTIVE COMMITTEE**

7.1 The trustees shall select a President, Vice-President, Secretary and Treasurer. The board of trustees elects these officers from among their own members.

7.2 The director is an ex-officio member of the Executive Committee.

7.3 The board of trustees shall function as the executive committee

## **ARTICLE 8: AMENDING BYLAW**

8.1 The bylaws of EA may be amended by prior notice and a two-thirds vote of the board.

8.1.1 Bylaw amendments are effective immediately, unless otherwise provided.

8.1.2 Bylaw amendments shall be submitted to the membership for ratification.

8.1.3 Amendments to the bylaws shall be ratified by majority vote.

8.1.4 Votes may be sent by mail, e-mail, facsimile transmission, or received at the Business Meeting.

8.2 Any EA member may submit a bylaw amendment following proper procedure.

## **ARTICLE 9: PARLIAMENTARY AUTHORITY**

9.1 The parliamentary authority shall be the latest edition of *Robert's Rules of Order*, newly revised.

## **ARTICLE 10: STANDING COMMITTEES**

10.2 Nominating Committee

10.2.1 Seeks capable EA members to run for trustee positions and selects the most qualified candidates for the Executive Committee

10.3 Finance Committee

10.3.1 Prepares the annual EA budget.

10.3.2 Continually studies and evaluates the organization's financial condition.

## ARTICLE 11: SPECIAL DESIGNATIONS

11.1 Trustee President: At the discretion of the president, or by a majority vote of the board, there may be a trustee president.

11.1.1 Presides at designated meeting.

11.1.2 Is not allowed to make motions, debate or vote.

11.1.3 Can be a non-member of EA.

Emotions Anonymous®                      Item # 24  
P.O. Box 4245,  
St Paul, MN 55104-0245  
(651) 647-9712  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org)  
[info@emotionsanonymous.org](mailto:info@emotionsanonymous.org)  
© 2016 Revised Emotions Anonymous  
EA-approved literature. All rights reserved.

