

The Twelve Steps

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.

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Your local contact is:

The Twelve Promises

1. We realize a new freedom and happiness.
2. We do not regret the past or wish to shut the door on it.
3. We comprehend the word *serenity*, and we know peace of mind.
4. No matter how far down the scale we have gone, we see how our experience can benefit others.
5. The feelings of uselessness and self-pity lessen.
6. We have less concern about self and gain interest in others.
7. Self-seeking slips away.
8. Our whole attitude and outlook upon life changes.
9. Our relationships with other people improve.
10. We intuitively know how to handle situations which used to baffle us.
11. We acquire a feeling of security within ourselves.
12. We realize that *God* is doing for us what we could not do ourselves.

These may seem like extravagant promises, but they are not. They are being fulfilled among us, sometimes quickly, sometimes slowly.

Adapted with permission of Alcoholics Anonymous, Big Book, p. 83-84.

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Welcome to a New Way of Life



*God, grant me the serenity
to accept the things I cannot
change, courage to change the
things I can, and wisdom to
know the difference.*

Welcome !

Emotions Anonymous (EA) is a fellowship of people of all ages and backgrounds who come together to share personal experiences and hope as we work toward recovery from various emotional difficulties. We learn how to live a new way of life by using the Twelve Steps of the program to help us find serenity and peace of mind.

Everyone is welcome to attend EA meetings. The only requirement for membership is the desire to become well emotionally. EA might have just what you need at this point in your life.

You may be surprised to meet many happy, healthy, well-adjusted people here, yet no one first attended a meeting because he or she was happy! Some people came to EA because life was simply uncomfortable and they were looking for a better way. Others have been in the depths of despair, been in therapy or perhaps hospitalized.

What all members have in common is that this program works to change their lives. Our program has worked miracles in the lives of many who suffer from such emotional problems as excessive anger and resentment, depression, low self-esteem, guilt, grief, anxiety, obsessive and negative thinking, panic, phobias, and compulsive behaviors.

As an anonymous organization, the confidentiality of our members is respected at all times. It is entirely up to us what we choose to tell other members about ourselves. This anonymity also gives us the freedom to share our thoughts and feelings at meetings because

what is said there is not to be repeated to anyone else.

All participation at EA meetings is voluntary. No one is required to talk or to give personal information. However, if we wish to, we share about our own personal experiences and feelings and how we use the program EA provides a warm and accepting group setting in which to share without fear of criticism. Through weekly meetings we discover we are not alone in our struggles, and we find caring individuals to support our recovery.

At our meetings we do not discuss religion, politics, national or international issues, or other belief systems because EA has no opinion on any outside issue. We avoid discussing the problems of others or complaining about people in our lives. We discuss only the EA program. It is up to individual members to determine what course of action may or may not be appropriate for themselves regarding any religious belief, therapy, medication, or mental health issue.

Emotions Anonymous is not a medical or psychiatric service, nor does it provide personal or family counseling. Our meetings are conducted by EA members, not professionals. Medical, social service, or religious professionals do not lead meetings but may attend and participate as fellow EA members. Leadership at group meetings rotates. The function of the leader is only to conduct the meeting, not to serve as any kind of authority or expert.

As a spiritual program, there is an emphasis on a personal Higher Power, a power greater than ourselves, to whom we may turn for direction in our lives. Everyone has the personal choice of what this power may be. The

EA program works for those holding various formal religious beliefs or for those with no religious beliefs.

Emotions Anonymous is a non-profit organization supported by the voluntary contributions of its members. No financial support is accepted from outside sources. Donations are collected at each meeting to cover the expenses for maintaining our organization.

This program has helped thousands of people since it was founded in 1971. Today Emotions Anonymous can be found throughout the United States and in many other countries. We hope you will give this program a chance to be helpful for you by attending our meetings. We suggest you attend several meetings before deciding if Emotions Anonymous can give the support and help you may be seeking.

For further information contact us at:

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