

Questionnaire

The following 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?*

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EA Information for the Healthcare Provider



www.emotionsanonymous.org
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Who we are

Emotions Anonymous is a support group based on the Twelve Steps 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.

Is this a substitute for therapy?

We see our support groups as a complement to therapy, not a replacement. 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 important element in any healing process.

What about religion?

All ‘anonymous’ programs are based in spirituality, not religion, and EA is no different. The emphasis is on finding a “Higher Power” to turn to for strength, whatever that may mean for each individual person.

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 consider helping them find a local chapter of Emotions Anonymous.

Members of EA come from all walks of life. We have 600 groups worldwide and an active presence on the internet. Information is available on our website at www.emotionsanonymous.org.

No 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 voluntary contributions. Emotions Anonymous is

not allied with any sect, denomination, political organization or institution. EA does not engage in any controversy; it neither endorses nor opposes any causes. Our primary purpose is to become emotionally well.

Common reasons for joining an EA group include difficulties with:

- Excessive anger
- Resentment
- Depression
- Low self-esteem
- Guilt
- Grief
- Anxiety
- Obsessive/negative thinking
- Panic
- Phobias
- Compulsive behaviors