



Experience, Strength & Hope

Dear EA Fellowship,

These weekly email of Experience, Strength, and Hope was created during the early days of the pandemic as an extra resource during difficult times. Many members have shared how much they appreciated receiving them. Many thanks go to your Board of Trustees for stepping up and writing these reflections in addition to everything they already do on behalf of this organization and the fellowship.

We will be discontinuing these emails after next week. We hope they have brought you a bit of light during the past three months and we look forward to identifying other ways to be of service to each of you in the future.

JFT #11 Reflection by Colleen C., EAI Secretary

Just for today I will not compare myself with others... When I'm stressed, my stinking thinking tells me I'm not good enough. That prompts me to compare with others who seem to have it all together, though I know this is often an illusion. Today I will respect myself and realize that even if I don't know all the answers or that imaginary "perfect life" I wanted, I am right where I need to be.

Reflection by by Colleen C., EAI Secretary

Today is a snapshot of my life. Most people looking from the outside see it taken out of context from all the experiences – both positive and negative – that I've had in my almost 62 years. It's easy to judge that way. I'm looking at it from the inside and to me it looks like a (sometimes messy) thread woven in with all the other threads that make me... well, me. I can choose today whether to compare my insides against others' outsides, or be kind and generous to myself by accepting that this is who I am today. Acceptance allows me to let go and stop fighting.



director@emotionsanonymous.org | www.emotionsanonymous.org

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