

Reflections on Promise 11

Promise 11: We acquire a feeling of security within ourselves.

A feeling of security within myself is what is developing within me because of the work of a power greater than myself in EA. The people who are in the program with me - a gracious manifestation of a Higher Power showing up in human forms - are making it possible for me to feel more secure about myself. I'm discovering who I really am through the service work that I do and through finding my voice in this program - sharing MY experience, strength, and hope. I'm finally figuring out who I am and I'm able to be more bold and secure based on my own sense of who I am - instead of based on what others think of me. — Scott J., *EAI President*

The 11th promise came true for me when I found that I should do just my duties, and my Higher Power will manage the result. This division in duties helped me worry no more. I also get daily advice from my sponsor so that I feel far less insecure about my tasks. Furthermore, daily meditation (both in the morning and at nights) has been a powerful tool to feel more security within me. — Behzad D., *EAI Trustee*

What does it mean to acquire of feeling of security? For me it has meant developing my self-esteem to the point where I reliably care for and trust myself. It has also meant maintaining a trust relationship with my Higher Power and others in my life. Pre-Program, I did not have a solid sense of self-esteem. Insecurity was a constant worry and I found it difficult to celebrate successes or maintain a positive attitude. I had to rely on others for my sense of self-esteem. I can’t say that every day is easy today, but every day I’m able to work the program is one more day Promise 11 and the other promises can continue to come true for me. — Colleen C., *EAI Secretary*

My security came when I began to like myself. I hated myself. I would be so critical and hard on myself. I heard someone say, "If someone treated me like I treat myself, I would sue him or her." I thought I had to be perfect to be ok. Today I love myself. I am secure within. I don't need anyone to validate me for anything. I know how I look. I don't need to ask anyone, "Do I look fat." I don't need anyone to tell me what I am capable of. I know what I am able to do. I also know what I am not able or willing to do. This, liking myself, was the game changer. I am no longer a people pleaser. I don't bend over backwards to get a person to notice me or like me. What freedom! I was so bogged down with what people thought of me or more often what I thought people thought of me. Thanks Emotions Anonymous! — Derita P., *EAI Trustee*

If I don’t feel secure with my performance at work or how I am acting in my relationships it can cause me to act in ways that are inconsistent with my value system. This is why promise 11 is so important. When I feel secure that *I am enough*, it shows through improved communication with those around me. Feeling secure with myself also helps to reduce my anxiety, as I’m no longer constantly worrying what more I could do. — Paul N., EAI Treasurer

For this promise to come true in my life has been a long, dark road. Before understanding steps 2 and 3, I felt I always needed to be in control. My inability to have control left me feeling insecure. This desire for power and control led me to find only how powerless I really am. When I turn my will over to the care of my higher power, I no longer need to be in control. It is only when I fully rely on my higher power that I am able to fully believe in myself. My higher power knows who I am and knows what I am capable of. When I believe in myself, I feel secure in my ability. This feeling of security I acquire, by doing life while keeping my higher power close, allows me to have faith in the plan for my life. And on a daily basis, I am reminded that I am not in charge of the plan which is a good feeling. Being in charge of the plan for my whole life is a big job! — Kelsey W., *EAI Trustee*