



August, 2022
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Strength & Hope

A message in support of emotional well-being.

TRUSTEE REFLECTION—

Let me introduce myself, my name is Kathleen E., and I am one of three new Board of Trustee Members in 2022. I was invited to share a short history of my experience with Emotions Anonymous over the past eight years. I have been a 12 Stepper for over 30 years and added Emotions Anonymous as a fellowship eight years ago. It was my Neuropsych MD who suggested I reach out and see if there was a 12 Step Program that addresses the need to put more intentional energy into regulating emotional impulses. The suggestion came out of data gathered during post-concussion intake where I shared how I apply my 12 Step Spiritual Discipline to my life. I live with permanent frontal lobe damage from a car accident which in turn triggered a rare progressive disease to be expressed that I was genetically predisposed.

Concept 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. Along with Tradition 3. The only requirement for EA membership is a desire to become well emotionally; I take this Concept quite literally.

I am a church historian and systematic theologian by training. What does all this really mean? It means I know how to adapt to what is in front of me in a practical way without losing sight of where I come from. It means that navigating a medical system with a progressive rare disease with no known cure, gives me multiple opportunities a day to lean into the Emotions Anonymous spiritual discipline that comes with a program and a fellowship. And according to my medical team, that is what makes Emotions Anonymous different in my care plan.

The EA program encourages members to share their thoughts and reflections. Without member engagement we can not share ideas on working the program. Please submit yours to submissions@emotionsanonymous.org.

50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI*

There is no “one way” or “perfect way” to work the program. The goal is progress.

* Item #102

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The EAI Annual Business Meeting is scheduled for October 22, 2022.
Watch for more information via email.

AUGUST TOOLS FOR RECOVERY

STEP 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

PROMISE 8

Our whole attitude and outlook upon life changes.

JUST FOR TODAY 8

I will stop saying, "If I had time." I never will *find time* for anything. If I want time, I must take it.

SLOGAN 8

Know Yourself– Be honest

HELPFUL CONCEPT 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.

TRADITION 8

Emotions Anonymous should remain forever non-professional, but our service centers may employ special workers.

PRINCIPLE 8

Love

“CHIPPING AWAY” WORKS— Kelly M

Before EA, I was a HUGE procrastinator. It was a vicious cycle. I would put off lots of things...and then literally do nothing...just kind of lay around and not "let" myself enjoy ANYTHING...I would not let myself go out to parties, not do nice things for myself, nothing...I would punish myself for not doing what I was "supposed to." Now, thanks to EA, I kind of work based on the "chipping away at" mentality....I do some things I like...then I do some I don't feel like doing or that are on my "list"...then I do some things I want to do...and during hours or days I don't feel like doing much, I remind myself that I must be "tired", that I am not LAZY, and that it is normal

to be tired and that I should rest my mind and body and that this feeling will pass - but while I am resting, I should enjoy resting!! I should rest outside, I should watch nice TV, I should do a nice face mask, etc...as resting should be delightful. This is a whole new mindset than when I came into EA. I used to be so angry at myself that I needed downtime and then when I "finally" did what I needed to do, I had so much to do that I just exhausted myself again. Slow and steady with nice breaks through the day for ME is a much better way to live - and I know I am not doing this / falling back on "old ways" when I start feeling angry/ resentful and overwhelmed.

Mapping the Land– Susan P.

When people reach a new land they usually explore it, mapping its features, resources, hazards, etc, so others following them can travel more safely. Old maps maybe said something like “beware, here be dragons”, or “avoid – quicksand”, or “good water found”. I see EA as mapping the territory of emotions, telling me which are the safe routes to follow, e.g. JFT – *I will try to live this one day only*, or the Slogan – *First things first*. Also what to avoid: HALT – *never let myself get too hungry, angry, lonely, or tired*, and QTIP – *quit taking it personally*. I am very grateful to EA for mapping this land, and giving me strategies to use in navigating the terrain in the best way.

You can find the Trustee Reflections on the website, www.emotionsanonymous.org.

This month we focus on JFT 8.

SUSTAINING DONOR CONTRIBUTION GRATITUDE

All contributions help—and regular monthly giving helps even more! Thank you to all our sustaining donors:

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"The Next Frontier" (Daily Phone Group)		
2:30 PM, ET Sun (Virtual Zoom Group)		

IN MEMORY OF:

MaryEllen, from "The Next Frontier"
EA Daily Phone Group

FROM THE EXECUTIVE DIRECTOR

We began another fiscal year on July 1. Unfortunately, EAI ended last year with a financial deficit. Very disheartening, as we have continued to seek better yet less costly ways to accomplish the organization's goals of providing resources to members. We were only able to end the previous year in the 'financial black' because of the PPP funding made available during the pandemic.

We need member support—not just the purchase of materials, but contributions as well. It has been a very positive sign to see so many people sign up to make regular, monthly contributions and we are grateful to each of those donors.

As groups begin to meet in person, we can hope that 'passing the basket' encourages additional gifts. If you are able to make a gift yourself—online or through the mail—please know it will be put to good use to continue to provide resources to members and share the program more widely.

PROMISE 8 APPLIED TO LIFE— Claire P.

I think dandelions are pretty—they are yellow and look like a flower to me. But they are deemed to be weeds. Why? *What is a weed?* It seems to me that weeds are what we decide are weeds. They could just as easily be called flowers.

I suppose weeds grow faster, are unruly and are in places where we don't want them to be. Or perhaps they turn into something that we don't consider pleasant—like the dandelion.

I raised a special needs child. One religious ed teacher gave a talk about how our kids are like weeds. They are sort of "too much" and in the wrong place—*according to society*. But they are really beautiful flowers.

So this is on my mind this morning. Maybe I sometimes look like a weed. But to my friends, family and my HP, I am always a flower. I do have to work on how I think of myself. Too often I consider myself a weed. I AM A FLOWER.

SELF-CARE—CHRIS D.

My 19 year-old daughter is starting her first "real" job next week and she asked me if she should have her earnings direct deposited into her checking or savings account. I answered: "Deposit your earnings into your savings account. Savings is where you pay yourself. Checking is where you pay others. First pay yourself, then decide whom to pay next. Paying yourself first is the golden rule of finances."

As I was reflecting on that spontaneous advice, I thought about how that can be applied to life in general: if you don't pay yourself first, you can't pay others. If you don't care for yourself first, you can't care for others. If you don't heal yourself first, you can't heal others.

It's as if we learn to love and care for others by loving and caring for ourselves first. We are the "practice" palette to which we apply all life skills first. When we have mastered loving ourselves, we can truly love another. When we have learned to care for ourselves, we can care for another.

To do unto others, it often seems like we should do unto ourselves first.

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