These are selected sections from some of the readings in The EA Message booklet to give you an idea for your own writing! Please submit your piece no later than July 1, 2019 to [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org). Thank you!

Step Three

I feel God has been working through me since I started working this Program. When I find myself in the middle of a really pressing problem, I have to say, “This is happening to me for a reason. I do not know what it is, I may never know. But this whole incident is part of God’s working in someone’s life.” Turning my life over has meant that I can no longer avoid “rocking the boat”.

I have had to stick up for myself facing people who were stronger, bigger, older, wiser and financially better off than me. Before this Program, I wouldn’t have had the guts. I would have looked too far ahead and considered the drastic consequences that this action might have. Because there were drastic consequences there, I would not have moved at all. I would not have been willing to take the chance. To me, this Step is being willing to “take the chance”. It’s something I’ve been praying about, and I am doing what I think Is right (regardless of what anybody else thinks) then I have to be willing to go ahead. Too often in the past my fear of “doing something wrong” has kept me from doing anything at all.

S., Appleton, Wis. 10/75

Two Days

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension. One of these days is yesterday with its mistakes and cares, faults and blunders, and its aches and pains. Yesterday has passed forever beyond all control.

All the money in the world cannot bring back yesterday. We cannot undo a single act we performed, we cannot erase a single word we said. Yesterday is gone.

Anonymous in Minn., 11/74

Alone at the Meeting

The EA sign is on the door; the room is open and chairs arranged; the “box” has been retrieved from it’s shelf in the closet; it’s fifteen minutes past time, and I’m the only one here. What shall I do - go shopping, page through one of those books over on the table, go back home to the sink full of dishes and the basket of ironing? After all, I can’t have a meeting when I’m alone - or am I? It’s rather strange, God, but I feel you are here with me in a very special way, as though You came just for a meeting with me.

Defeat and depression are really distressing me today, Lord. I know why I’ve slipped - I haven’t been following the Program, especially the part about turning my will and life over to you daily. A few weeks ago when the first seeds of self-pity and resentment began to appear, I just let them stay. They took root in the fertile soil of my flabby mental state and before long they blossomed and I was really believing all those things my sick emotions were whispering in my ear. “If only” I had a different husband who really loved me; “if only” I could control my children so they wouldn’t goof up their lives; “if only” we could move to a new place and start all over again, then I’d really be happy.

S.G., St. Paul, Minn. 4/73