

Reflections on Promise 6

Promise 6: We have less concern about self and gain interest in others.

To gain interest in others, I had to learn to trust my Higher Power, myself, and people. The Twelve Steps have been my path for learning to trust, since trust is critical to making progress in the program. It’s not enough to lean back and say, “Higher Power, take care of everything.” I had to (and still have to) actively and with confidence turn my will and my life over daily. Trusting my HP as a safe haven and trusting myself to move forward by living the program was the key to getting out of my own head. Trusting others worthy of trust was the last step toward making Promise 6 start to come true for me. Once I trusted, I could truly see the need all around me and feel the urgency to help. Now, on good days, I’m able to set my concerns aside for a little while and reach out to meet that need. — Colleen C., *EAI Secretary*

Today I like to surprise people with nice things. Here are a couple examples: I do my mom's grocery shopping during this Coronavirus. She likes me to give her the total cost when I am on my way so that she could leave the money outside of her door. A few days ago, I left her groceries outside of her door and didn't call her until I was close to home. I told her to look outside her door. She asked why I didn’t tell her I was coming so she could leave me the money. I said, "mom, I am long gone, please just eat the food.” She smiled and said Okay Derita, as if she wasn't going to argue with me about the money. This next one is about a lady I constantly clashed with in the meetings. Somehow (it was God working) we became instant friends one day last week. I was so happy and wanted to show her how much I cared. She loves the fashion boots I was wearing. Somewhere in our conversation we talked about shoe sizes. I surprised her with a pair of my same boots. I ordered mine on line months ago and they still had them in stock. It warmed my heart to see how surprised she was to receive a gift, especially that gift and from me of all people. I give myself to my sponsees too. I love them dearly, but sometimes a couple of them can really try my nerves. But that does not stop me from working with them. I truly give them my all. Nowadays I am usually exhausted when my head hits the pillow at night. I would be remiss if I didn't contrast this with my old life. Before, I couldn't see past myself or my problems. If something didn't benefit me somehow, I had no interest in doing it. Even though a lot of the things appeared selfless. For example, I bought the majority of my nieces' and nephews' baby things and that seemed selfless, but I learned that the reason I spent all of that money was for people to say what a wonderful auntie I was. And something that's not material, I would constantly talk about myself and my problems and sometimes wouldn't let others get a word in edgewise. I wanted people to listen to me, but I was not that concerned about allowing them to share too. I have a plaque in my living room that says, "It is when you give of yourself that you truly give". I have it to remind me about giving of myself. Emotions Anonymous gave me this wonderful life and I will be forever grateful. — Derita P., *EAI Trustee*

It is a challenge for me to have less concern about self and to gain interest in others. My *exaggerated* ego needs get in the way. I think of my “ego issues” as being the tendency to just be concerned about myself and to only have an interest in others if I will benefit in some way. Steps 6 and 7 are about me being willing and humble enough to have a power greater than myself help me to have defective things related to my character – i.e. egotism – removed. I can see how surrender of self-centeredness can only happen as I trust in the forces of life to provide enough of all that I need and to allow me to be interested in making sure that the interests and needs of others are met, as well. This will involve a life-time of learning and letting go. — Scott J., *EAI President*