



# THE EAI CONNECTION: APRIL 2020

PLEASE CONSIDER A CONTRIBUTION TO EAI TO SUPPORT THIS PUBLICATION.

## EA TOOLS FOR RECOVERY

**STEP 4:** Made a searching and fearless moral inventory of ourselves.

**TRADITION 4:** Each group should be autonomous except in matters affecting other groups or EA as a whole.

**SLOGAN 4:** Live and let live.

**PROMISE 4:** No matter how far down the scale we have gone, we see how our experiences can benefit others.

**JUST FOR TODAY 4:** I will take care of my physical health; I will exercise my mind; I will read something spiritual.

**HELPFUL CONCEPT 4:** We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs.

## FROM YOUR EAI BOARD OF TRUSTEES

The title of this article is **WHY TRUSTEES SERVE**. Well, I don't know why other trustees serve, I can just speak about me. I serve because I love Emotions Anonymous, it saved my life, and literally; I was on my way out the door to drive my brand new car off a bridge somewhere and I had a bridge in mind. I focused on brand new car, the car was more important than my life. Thank God my mother interceded and dragged me to my first EA meeting. I don't remember that meeting, all I know is that I must have heard some kind of hope because I kept coming back and I'm here today to tell the story. My nephew was recently diagnosed with a mental illness and he's just like me. He doesn't want to take the prescribed medication or recognize that he is different from his peers. I want EA to be here for him when he decides, like me, that he has to do something different. His way is not working. I am so glad that EA was there for me. I had tried everything else, psychiatrists, therapists, excess food, other people, etc. Emotions Anonymous is the solution to my life problem; you see, I just didn't know how to cope with life or the people in it. Serving is a spiritual principle like love. You can tell a spiritual thing from a physical thing in the sharing of it. The more you give of a physical thing, say money, the less you'll have or be left with. On the other hand, sharing something spiritual, like service or love, the more you get back in return; and the people it's shared with then share it with still others and it creates a mushrooming effect. I see so many young people, not just my nephew, who could use our program of recovery. I can't say enough about Emotions Anonymous and that is why I serve. **Derita P. Trustee**

[www.EmotionsAnonymous.org](http://www.EmotionsAnonymous.org)

PO Box 4245 St Paul, MN 55104-0245

Phone: 651-647-9712

Hours Mon—Thurs: 10 to 3, CT

[director@emotionsanonymous.org](mailto:director@emotionsanonymous.org)  
[info@emotionsanonymous.org](mailto:info@emotionsanonymous.org)  
[submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org)  
[groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org)  
[orders@emotionsanonymous.org](mailto:orders@emotionsanonymous.org)  
[shipping@emotionsanonymous.org](mailto:shipping@emotionsanonymous.org)  
[loop@emotionsanonymous.org](mailto:loop@emotionsanonymous.org)

*Thank you for being part of the Emotions Anonymous International ("EAI") fellowship and submitting your suggestions, writings, concepts, images, testimonials, and other materials to share with others. Please know that by submitting material, you are allowing the EAI organization to use it. All materials (except your personal information) submitted by any means become the property of the organization upon submission. Anything shared in any form of a meeting (face-to-face, chat, phone, The Loop etc.) is not a submission. EAI copyrights materials so that members may be assured that anything with the EAI name on it has been verified as being true to the program; submitted materials maybe edited.*

**Dear Friends in Recovery,**

**The time has come for me to say farewell, this is the 130th EA Connection that I have been privileged to publish. I have loved doing the EA Connection, but now it is time for me to *let go and let God*. My wish for you is that you stay healthy and continue to use the program of Emotions Anonymous to guide you through this difficult time... *Yours in 12 Step Recovery, Karen Mead, Editor EA Connection ( this one last time.)***





## RECOVERY USING THE TOOLS OF EA



### STEP 4: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Step 4 was an eye opener for me. I prepared this list knowing my deepest darkest secrets were about to come out. I took my time. Ok, I procrastinated, I mean who doesn't right! I was scared to be exposed and vulnerable! I spent years keeping those secrets so no one would know how I had hurt others. I thought " my goodness my sponsor is going to hate me for sure and probably dump me!" I tried to postpone that! I really like her! Well I couldn't waste her time so I got on and worked hard to get it all out on paper. Of all the steps, that was my freedom from guilt, shame and fear. I was accepted bad past and all AND she didn't dump me! My mind plays terrible tricks on me. Always has! The acceptance and compassion my sponsor showed me and still shows lead me to freedom. Instead of telling myself how awful I was, I can



look at myself as someone who did the best with what I had and yes, I did make some terrible choices but in one instance, my HP (God) was right there even before I had a program. It was my breaking point where enough was enough. Did I want to live or die a slow death. I had a huge falling out with my best friend. I thought she would hate me forever. That was one of the most remembered times when I first met my HP (God). I surrendered in tears and despair and asked for forgiveness. Not only was I forgiven, I got the gift of my best friend back. Step 4 made me appreciate that gift even more. Step 4 is tough and it can be painful but the rewards after are truly wonderful. That is if you can see the step for what it is, *a step of discovery...*

### Denise

For years I had mostly anxiety, but for the past several months I've had mostly peace. I've struggled with depression, and there's been a lot of improvement for me. I've been taking anti-depressant medications. I've struggled with anger, and there's been a lot of improvement there. I've struggled with compulsive overeating, and there's been a lot of improvement there.

I've been doing the 12 Steps of Emotions Anonymous. Part of my continued healing is that I share the solution with others.

For me, I made a list of memories that I don't like. And I made a list of memories that I like, to try and keep it balanced. And I made a list of resentments (who it was, what they did, what the effect on me was, and my part). I also made a list of what I've felt guilty about. And I made a list of who I've hurt with my character defects and how...*Kevin*

**Thinking about the** inventory today and am trying to come up with a good way to approach it. I don't think just a laundry list of character defects or positive traits is the best solution—though that seems like a good place to start.

It seems like another good approach is to express how the defects or positive traits helps or hurts another person. And also how they help or hurt me.

I also thought quite a bit about asking a critical question which could help my understanding. These are tough questions to answer—partly because it's not as if I consciously don't want good for myself. I just never learned to ask myself what I do want—and then work to achieve that... *Chris*



### JUST FOR TODAY 4: I WILL TAKE

### CARE OF MY PHYSICAL HEALTH; I WILL EXERCISE MY MIND; I WILL READ SOMETHING SPIRITUAL.

Ways I take care of my physical health, currently, is to ride my indoor exercise bike, do household chores and to eat meals or snacks in moderation.

Ways I exercise my mind are, currently, to read interesting things on the internet. I love to learn new things. I can even check out online books to read.

Ways I am reading something spiritual, currently, are to read your shares here at this EA Loop, reading EA literature as well as any other spiritual things that I come across.

I also am trying to take good care of my mental well-being, because my body can be affected physically, if I don't take care of my emotional health. So I am relying on the 12 steps & my Higher Power and all the spiritual things I have learned from my time in recovery. This is helping me with lots more serenity than not.

...*Anonymous*

I've always been self-sufficient since I was a young boy, growing up with 12 siblings. I was never a squeaky wheel, I just made due and found a way. I always considered it a strength to be able to do it all myself, but in doing so we leave behind others who desire to be a part of our lives, and we close off our feelings. Being self-sufficient is wonderful, as long as we can do it and be available emotionally for others. I have much gratitude that we get along, love and respect each other, and can meet, eat, and share as often as we do. I resolve to have the courage to change the parts of me that live alone and are not whole, and replace them with a connection, an understanding, and love...*Ty*





# DISCOVERING THE TOOLS OF EA



## REFLECTION FOR TODAY

I am complex. My emotions do not have to make sense – they just are. As I accept them, contradictions and all, I can choose how I want to act. When I deny their existence or try to force them into my current understanding of my pattern, they control my actions. I become angry when there is no reason; I become depressed over nothing. As I accept myself, I find things make a lot more sense. This understanding usually comes without my exerting an intense effort. It most often “occurs” to me. This comes because, as I can accept all of me, I am open. **Today Book, April 6th**

## GROUNDING DURING COVID19

I meet with a counselor who’s been helping me manage my anxiety in tandem with my use of the program principles and tools. She gave me an idea for a tactic that I’ve found helpful, so I wanted to share it.

The concept centers on the fact that during stressful times, I can feel unmoored or ungrounded – literally as if I’m floating or in a dream. This is usually accompanied by difficulty concentrating and fuzzy thinking. Saying the serenity prayer and turning things over to my Higher Power is my first move, but sometimes I need to do something to better connect to my physical self. So this week I’ve been adding something when I feel this way. I get outside, if possible, for a five-minute walk and reflect on what surrounds me.

Using the fingers of my right hand, I identify five things I can see, four things I can touch, three things I can hear, two things I can smell and one thing I can taste. This gets me out of my head and into what’s real. I also tell myself, “Right now I am okay; right now I am grateful for what I have; right now my Higher Power has it under control.” This practice has helped “ground” me so I’m better able to cope with what the day brings. With the world in such a state of flux and my reality changing from day to day, EA has been my rock. Mindfulness tools like this one have been useful too...**Anonymous**

## LIVING IN TODAY

During the current global crisis, I find my mind easily falls back into a pattern of feeding off drama. I've been entertaining the possibility of a post apocalyptic world and using this as a justification for why I should reach out to people I haven't spoken to in years (my ex best friend, my first love, childhood friends, men I was involved with). Well, my brain has always felt most alive during the highest of highs and the lowest of lows, and early in life I learned to manipulate drama so I could feel alive, feel like I mattered. Of course, I learned another way with EA and my other resources, and I know all those dead relationships are dead for a reason--they were codependent, unhealthy, restrictive in some way. I remind myself that they weren't all terrible. There was love there in many of them, and lots of growth and beautiful moments. But they no longer serve me in whatever way--and even if the world comes to what I imagine it could in the darkest moments, those relationships would not serve me. So I come back to the present moment by focusing on my breath, petting my cat, drinking a cold glass of water. I focus on things I can do like exercising my body, reading something spiritual, and writing to the loop. I also have to laugh at myself a little. The world is living through a historic time. Drama abounds, and yet my mind imagines a Walking Dead post-apocalyptic world, and from there wants more and more and more. Well, go ahead, brain, do your thing. In the meantime, I'll be washing dishes, revising my courses to be put online in a few weeks, and learning how to use pastels. And I will be staying connected to the people in my life now through phone and facetime--and wishing well via prayer and meditation all those people who no longer are... **Sarah B**

## THE RESILIENT OF HUMANITY

I give myself about five minutes a day to chat with myself about how much I don't feel like wiping down door knobs / handles, etc...how much I hate washing my hands so much that they hurt....and how I really don't feel like walking around my neighborhood....or the boring track...ok...the honesty DOES help me.

I have been researching my ancestors. Three of my great-grandmothers died between 1918 - 1919 and there is no record of where they are buried / not a lot of information on them. So, three of my grandparents grew up without moms. This makes me wonder if / how they were affected by the last pandemic that hit the USA!! Was this how they died? It makes me think a lot about the history of humanity...the suffering...and the resiliency of humans. Then I have to laugh to myself and think WOW: all I have to do is isolate, wipe-wipe-wipe, work from home, watch TV and walk around my block and stay calm. I could not be more blessed!!! Nevertheless, I can still be honest with myself about how I feel :) I am allowed to have all the emotions that come my way. Thank you for being with me as we walk this 12 step journey together...

**Anonymous**



# 2019 - 2020 EAI Board of Trustees

Please feel free to contact members of the Board with questions or concerns.

[Minutes of the Board of Trustees Meeting can be viewed here.](#)



**SCOTT J, MN** 507-276-0323 [sdjakel@gmail.com](mailto:sdjakel@gmail.com) *President*  
**JOHN W, MN** 612-760-0313 [johnwerner52@gmail.com](mailto:johnwerner52@gmail.com) *Vice President*  
**COLLEEN C, MN** 651-245-5461 [coyne2003@hotmail.com](mailto:coyne2003@hotmail.com) *Secretary*  
**DERITA P, OH** 216-624-3559 [deritapippen@gmail.com](mailto:deritapippen@gmail.com) *Treasurer*  
**PAUL N, NJ** 201-264-1807 [paul@nobleequity.com](mailto:paul@nobleequity.com) *Trustee*  
**STEVE B, CA** 909-438-4938 [stevebell\\_28@yahoo.com](mailto:stevebell_28@yahoo.com) *Trustee*



## THE TWELVE PROMISES—EA BOOK PAGES 70-71

These Promises may seem idealistic, exaggerated, or extravagant at first, but they really are possible. As we thoroughly and honestly work the program through Step 9, we start to notice new attitudes and feelings in ourselves. Some of these promises may be realized quickly, others slowly, but they all develop naturally as a result of honestly working the EA Program

### **PROMISE 4: NO MATTER HOW FAR DOWN THE SCALE WE HAVE GONE, WE SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS.**

**The way this promise** is written in the Big Book, the book entitled Alcoholics Anonymous, is “No matter how far down the scale we have gone, we will see how our experience can benefit others.” Similar, right? Except for one crucial word: will. So we don't automatically see how our experience can benefit others. But, after doing the work, working the 12 steps, we WILL see how our experience can benefit others. You have to be recovered (recovered from a seemingly hopeless state of mind and body) in order for people to see the difference or change in you. Then, when you tell your story you will benefit others. They will be inspired by your work and want to then do the work themselves because they will want the payoff or the result, thus the promise...*Derita P, Trustee*

**As I move through** life and continue to work the program, I always find Promise 4 to be an understated yet crucial point to keep in mind. Working the program has been crucial for me in improving my emotional health. But it is not easy. Every day I fail and unless I keep Promise 4 in mind, I will be tempted to give up on myself. Promise 4 helps me to remember that giving up on myself is tantamount to giving up on those around me, whether it be friends and family or people in the program. Life is too valuable to give up on all of the people who matter to me. ..*Paul N, Trustee*

**The difficulties and challenges** I've faced are not what I'd choose for myself. But sometimes bad things do happen, and sometimes I make poor choices, usually related to my relationships with others. Often I know what's right but lack the discipline to do the right thing (Hungry, Angry Lonely, Tired, etc.), but there have been a few times when I lost my compass entirely. When I experience setbacks, I have a choice to wallow in the negatives or put my program to work and look for the positives. Sharing my story can help me turn things around and make this promise a reality for me...*Colleen C, Trustee*

**The key things for** me to share about my experience – to benefit others – is to say what I've learned and how I've grown. We could easily change Emotions Anonymous into Whiners Anonymous – just by emphasizing our difficult experiences in detail, whining about them. Instead, when we share lessons learned and when we speak about our spiritual growth, it's a real gift for others. Rather than comparing “how far down the scale we've gone”, we can share – without comparing to anyone else but our selves – how far up the ladder of health and well-being that a power greater than ourselves has helped us to climb...*Scott J, Trustee*

**With dark honesty,** I thought I had failed at life, at living, at even wanting to be here. I started writing in my journal and discovered it was having come through very difficult times that I had learned the value of the using 12-step tools. With the experience of 'failure' and through the work of recovery, I actually discovered hope, my story lived. My experience eventually gave to others who need depression recovery. The journey became others' hope...*Sharon H, Member*

