



## Experience, Strength & Hope

Dear EA Fellowship,

EAI is offering a weekly email of Experience, Strength, and Hope. We hope it will help you manage through these difficult times. Each email will include a reflection from EA material and an original writing from one of your Trustees. Please share these emails and encourage others to sign up on our website [here](#) to receive them. If you would like to see previous emails you can do so [here](#). During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

JFT #11 Reflection from Colleen C., *EAI Secretary*

**Just for today I will not compare myself to others...** When I'm stressed my stinking thinking tells me I'm not good enough. This prompts me to compare with others who seem to have it all together, though I know this is often an illusion. Today I will respect myself and realize that even if I don't know all the answers or have that imaginary "perfect life" I wanted, I am right where I need to be.

Reflection from Colleen C., *EAI Secretary*

A fellow Board of Trustees member shared something that got me thinking this week: There is no strength and hope without experience. If you're like me, you came into the EA Fellowship with a low balance in your strength and hope "bank account." My life experiences, and those of other members and sponsors I learned from, helped me build up that account. I have to remember this during these days of social distancing. Lately I've been battling a tendency to double down on isolation, even from those closest to me, from the people I share my home with, and from those I work with remotely. I'm an introvert and can really shut things down when I'm stressed. I have to keep in mind that life is to be lived, and the Steps, Just for Today's, and Promises are my roadmap. My experiences can bring me both joy and sorrow, but it's only through reaching out and connecting with others that my strength and hope grows.



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