



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 #3 Reflection from Collen C., EAI Secretary

Just for today I will try to adjust myself to what is... This one is difficult. Many of us are facing difficult economic times. There are people who are sick and want answers. Our world, our nation and our states are in flux. I have to turn and face the facts but not let the facts become who I am. I am lovable and valuable and I know my Higher Power is on my side no matter what.

Reflection from Paul N., EAI Trustee

Even though I am away from every day, face to face interactions with people, I feel like there has never been so much information presented to me at one time. There's what I hear first hand from reliable sources, what is said on cable news, daily updates from the governments and the opinions of family and friends. Normally I am able to silence a large portion of these influences because they don't directly impact my life, but this virus is different. It has both personal and professional implications. Not being able to see my parents is not sustainable. I worry that I am missing time with them that cannot be made up in the future. Expectations for when the economy will re-open change daily in either direction and can also have a real impact on the sustainability of my work as well as income potential. So, while it would be nice to be able to ignore everything, it is not a realistic solution.

Given this uncertainty, how am I expected to stay happy? I can be happy, because as the third JFT states, my happiness does not depend on what others do or say or what happens around me. Because of what I have learned in EA, I can properly contextualize all of the information coming at me. Living this way is easier said than done and it requires me to regularly attend (phone) meetings and practice the steps in my everyday life. The days when I remember to practice the steps are indeed my happiest days.



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