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Strength & Hope

A message in support of emotional well-being.

PRACTICE MAKES ... BETTER — PAUL N.

Emotions Anonymous represents a lot of different things to the people who participate in the program. It's the big book, Today book, in-person meetings, virtual meetings, sponsorship, fellowship and so much more. I think what makes all of these things work is consistency. By consistently attending meetings and working EA literature, I give myself the best chance of doing better each day. Without regular reminders of the importance of healthy living and that leading a healthy life takes practice, I'm likely to slip back into unhealthy patterns of thinking.

The more time that I spend in EA, the clearer it becomes that *I deserve to live a healthy life*. When I carve out time each week to not only attend a meeting, but to really be present, it reinforces that idea. Sometimes if I'm having a down day, I find time to spread the word about EA or submit writing for publication and that brings my spirits up and reminds me that there are people and circumstances outside my own misery that matter. When I don't make time for these things, I am the one who suffers. At best, my progress towards a healthy life will be stalled. If I take a long enough break from all things EA, I leave the door open for actually taking steps back in my journey of emotional health.

Even when I am working the program regularly, I know I'm not doing it perfectly. I'll never get it perfect, just like I'll never get life perfect. But the more that I am an active participant in my own recovery, the better that recovery will be.

50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI*

The best hope for the program to work is to work it consistently.

*Item #102

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FEBRUARY'S TOOLS FOR RECOVERY

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

PROMISE 2

We do not regret the past or wish to shut the door on it.

JUST FOR TODAY 2

I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself.

SLOGAN 2

You are not alone

HELPFUL CONCEPT 2

We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.

TRADITION 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

PRINCIPLE 2

Hope

Focusing on Other People — Gail R.

The June 21 reflection in the EAI *Today* book talks about wasting time and causing turmoil within myself when I spend too much time focusing on what others are doing or thinking. I think I've made some progress with this, but I can go right back pretty fast. I think I focus on my son too much, frequently, which isn't good for him or me. I just need reminders - often. "I can change only myself." Wise words.

I'm grateful to know that I'm powerless over my emotions. I've been feeling emotional and a little out of control since my son moved out. I realize part of it is that he isn't around for me to fuss over, or focus on, and I have a lot of time on my hands as a result. I'm glad to be able to see that. Each day I feel a little healthier. He seems to be fine and I'm very grateful for that.

I need to focus on me, and my recovery. I need for my recovery and my spiritual connection to be my main priority. When I do that, things seem to go well. I worry less, and I'm more able to just live in the moment, without spending too much time in the past or the future. I've been eating poorly, which doesn't help my mood any, and I have to ask my Higher Power for help with that, one day at a time.

When I share on the loop daily, I feel better, because I believe that for me, being here and sharing honestly is part of HP's will for me. I don't always know what HP's will is, but I do ask my HP to help me align my will with his, and that works better for me than anything when it comes to living my daily life. I'm just grateful for this program.

THINGS DO WORK OUT — Louise H.

My therapist has mentioned to me how important it is to have hope, faith, and love, which I have. Sometimes it's just a little hard when you feel so overwhelmed with everything. However, somehow I have always discovered no matter how bad things are or get somehow things always have a way of turning out even if at that time of your saddest and hardest time it is hard to know and believe that it will all work out. My motto is and I strongly believe: *Everything happens for a reason.* That's why it's important to know and remember you are not alone and to always remember to have hope, faith, and love.

You can find the Trustee Reflections on the website,
www.emotionsanonymous.org.

This month we focus on JFT #2.

CONTRIBUTION GRATITUDE

EAI could not operate without donations and we deeply appreciate your support! Recent gifts have been received from these EA groups:

Ukiah, CA (2 Zoom groups)
Bend, OR groups (3 Zoom groups)
“Discuss the Solution” Sacramento, CA
“Apple Valley EA” Burnsville, MN
Sunday 2:30 PM, EST (Zoom)
Calgary, AB Canada
Midwest City, OK
Lombard, IL
Burlington, IA
Fridley, MN
Levittown, NY

IN MEMORY OF:

Debbie S, Bob W

ADMINISTRATIVE NEWS

As we approach the second year of managing through a pandemic, the EAI office continues to do what we can to stay on top of things. The paper, labor, and shipping shortages have affected lead times for our book publisher and our books are flying off our shelves! We are keeping a close watch on all our inventory to avoid any delays.

Members have really stepped up running more and more virtual/remote meetings—this is wonderful! We regularly hear that people love being able to access meetings anytime, from anywhere and this helps more people access our meetings.

Contributions continue to be a concern, however many members have signed up to make online, monthly contributions. It's an easy, fast, and secure way to make contributions to keep EAI functioning. Please consider making monthly gifts if you are able.

Hope—Lynn A.

Before finding recovery, hope was a dangerous idea. It led to disappointment and depression. I had no positive coping skills, so the skills I did have made most attempts at dreaming big disastrous. Recovery taught me that hope meant all things are possible. Go ahead, dream big. To not stunt my own growth by never taking risks. To not submarine my progress by fears of failure or success. *There is hope.* Hope is an essential emotion, whose value seems to know no bounds. When I anchor hope to a solid foundation of recovery, I experience optimism and joy for what may be ahead of me. I look forward to what may be ahead and turn away from fear. I stay grounded in reality, but dream as big as I want. Today, I will dare to dream, to entertain my inner child.

HUMBLE LEADERSHIP — Kelsey W.

Tradition 2: For our group purpose there is but one ultimate authority a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

As our God humbles Himself to serve us, we must humble ourselves to serve others. Allowing members to lead gives them the opportunity to be of service to others. It is in serving others that we can escape our own troubles. Leading in Emotions Anonymous is conditional, such that leaders are not in control. Tradition 2 reminds us that there is only one who has all power, that one is God. By letting go of the desire to control, we free ourselves to be a useful servant to God and to the fellowship.

PLEASE CONSIDER BECOMING A SPONSOR!

Would you be willing to do some service to the fellowship by becoming a sponsor or entering into a co-sponsoring relationship? Click [here](#) to go to the website or find the link on the homepage under Service.

OFFICE INFORMATION

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