It is strongly recommended that you have your own workbook (#83). Workbooks can be purchased from EAI online:  [https://emotionsanonymous.org/eai-literature/online-store.html](https://emotionsanonymous.org/eai-literature/online-store.html)

Welcoming The Spiritual Awakening Within Me has a positive vision of thriving - moving beyond just surviving, as we work through the 12 Steps. Addressing vital recovery issues not covered in traditional EA literature. Such as:

- Recognizing, exploring, and healing the effects of childhood trauma.
- Exploring all family of origin roles and current roles.
- Discussing healthy and unhealthy understandings of powerlessness.
- Recovering from codependent and dysfunctional relationship patterns.
- Helpful handouts to assist in working Step 4.
- Transforming negative thinking.
- Emphasis on compassion and kindness while working the 12 Steps.