

# EMOTIONS ANONYMOUS



## Welcoming the Spiritual Awakening Within Me Workbook Study Group

**Saturday 4 PM - 5 PM, [EDT]**  
**GROUP BEGINS: November 4, 2023**

- **Method: Specialized Group** (*Does NOT Follow EAI's Meeting Format*)
- **Type of Group: Remotely by Phone**
- **Phone Number:** +1 605-313-4162
  - **Participant's Access Code:** 181510#
- **Group's Main Contact:** Elana P. at [greatfulg6@gmail.com](mailto:greatfulg6@gmail.com) or +1 618-771-9655 PST
- **Group's Second Contact:** Yvonne P. at [yvonneptoday@gmail.com](mailto:yvonneptoday@gmail.com) or +1 503-490-5186 PST
- **Group's Third Contact:** Tracie B. **Please Text** : +1(915)566-8424 MST

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>

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.**
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