



## Submission Guidelines for EA-approved Literature

- When referring to a "power greater than ourselves" that we rely upon for strength and guidance in this program, please refer to a "Higher Power." We refer to a Higher Power because we are a spiritual, not religious program. Language that regularly refers to "God" or even He/Him (because often we think of God as having a male pronoun) can be quite off-putting for many people who are seeking help from EA, but do not have a religious point of view when defining who or what their Higher Power is. The exception to this is to use language such as "God is my Higher Power" or words of that nature, when sharing who or what your Higher Power is personally.
- Focus on the essentials of the EA program. Literature material can encompass Steps, Traditions, Concepts, Promises, Just For Today's, and Slogans.
- Writings on the principles of the program would be helpful, which can include:
  - Acceptance
  - Honesty
  - Open-mindedness
  - Willingness
  - Humility
  - Compassion
  - Selflessness
  - Spirituality
  - Courage
- Include several (4-7) relevant questions as part of a pamphlet is beneficial. Questions should be thought-provoking and open-ended (vs. closed "yes/no" questions).
- Share personal stories and illustrations to help material be more relatable.
- Have a focus on the healing and wholeness possible for the person suffering with emotional issues. EA is a program that helps us to grow in our work to be responsible for our own lives. Literature that can center on the positive aspects of our program is the most beneficial.
- Make sure that what is shared is written with good grammar and sentence structure. (EA-ISC may choose to edit your material.)
- For pamphlets, keeping the word count to about 900 words. Longer pieces may be made into workbooks or booklets.
- Material should NOT be formatted. Documents should be *submitted in MS Word only*.
- Submit information to: [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org). Materials will be reviewed by the Book & Literature Committee. If accepted, writers will be required to sign over copyright.
- EAI will format, produce, and include new materials in the on-line store and order form, as well as communicate with EA members.
- Below are a few topics EA literature does not currently address for your consideration:

Anguish	Guilt	Peace	Spite
Denial	Illusions	Prayer	Surrender
Dependency	Maturity	Pride	Trust
Divorce	Mediation	Rage	
Facades	Nurturing	Selfishness	
Gratitude	Partnership	Sloth	
Greed	Paranoia	Social Roles	

