

Reflections on Promise 10

Promise 10: We intuitively know how to handle situations which used to baffle us.

Prior to joining EA, I used to regularly have 'why did I act like that?' moments after conversations and/or confrontations. What I wanted to do and say versus what I actually did and said were sometimes incongruent. Through working the EA program by attending meetings and truly engaging with the material, I am slowly replacing those mistakes of judgement in words and action with opportunities to make better decisions each day. — Paul N., *EAI Treasurer*

When I first came into the program, this promise was one of hope as well as confusion for me. It wasn’t until I had a full understanding of Step 2 that the confusion drifted away. Through listening to others share about ‘How It Works’ and being reminded to ‘keep coming back’, I began to realize the meetings were an essential tool to restore me to sanity. Being of sound mind and body (more often than not) I gained the ability to think through decisions before acting. That itself still baffles me! I’ve heard this referred to as ‘playing the tape through.’ Playing the tape through allows me to anticipate problems and solutions. If the confusion returns, I ask my Higher Power for guidance. — Kelsey W., *EAI Trustee*

Having Promise 10 come true for me has been one of the amazing gifts of the program, but it has taken work. Growing up, I learned to do some routine things well through practice - like cleaning the house, cooking and paying bills - so that now, I intuitively know what will work well and what won't. To intuitively handle situations I couldn't before, I have had to practice the program in the same way I practiced those routine tasks. That means I've had to bring the program into everything I do, including my personal life, my work life, and my community life. — Colleen C., *EAI Secretary*

After completing some amends, as the ninth step asks us to do, we will begin to intuitively know how to handle situations which used to baffle us. One situation: I didn't know how to take care of myself. Well, shall I say my mental health. Because I knew how to take care of my physical needs, I knew how to work and provide food, clothing, and shelter for myself, but that was about it. When it came to my emotional needs, I was poorly lacking. I would run, run, and run without resting. Today I rest; I take a break. I also know how to ask for what I need. I know how to accept no for an answer; and how to ask someone else until I get what I need. Also when I don’t know what to do, I do nothing and wait on my next cue from my Higher Power. I know how to be patient and wait and also how to occupy myself while I'm waiting to not even feel like I'm waiting. I've found things of interest. Before, I was just interested in eating to deal with all of my emotions, that was how I handled the situation. We will intuitively know how to handle situations which used to baffle us. I love that promise along with the other several hundred promises! Keep coming back! If you get a small portion of what I have received you'll be doing great; but don't stop there! — Derita P., *EAI Trustee*

I find that life has always been baffling to me on a number of fronts. Many situations - especially social settings - can confound me. I'm getting better, though. Through working the program of EA, especially remembering the slogans and just for todays - the promises like this one are coming true. I'm learning to trust my intuition. I'm living with unsolved problems. The power greater than myself that shows up in the fellowship of EA helps me a ton! — Scott J., *EAI President*