



June, 2020
Volume I, Issue 2

Strength & Hope

A message in support of emotional well-being.

TRUSTEE REFLECTION—DERITA P.

A friend of mine died a week ago (not from the coronavirus).

We gathered outside to celebrate her life and at the end of the celebration we released about 100 helium filled balloons. Most were red, since that was her favorite color. This was my first social interaction since the start of the spread of the virus back in March. I was happy to be around people and many of whom I know and love.

Before the pandemic, I always took these types of gatherings for granted, believing that we could always get together anytime. This coronavirus has really made me reflect on what is important in life.

With my friend's death and all of the deaths we're hearing about everyday, I've come to the conclusion that, without a doubt, people — all people — but especially my loved ones, are the most important things to me. I had believed that before, but now it is really hitting home. Thank God for Emotions Anonymous! It made me the person I am today. It taught me about gratitude and how not to take things for granted. *It taught me that I am not alone.*

With the changes I've faced due to this virus, I was beginning to feel alone and isolated, but I remembered that I am not alone, ever. I have this wonderful fellowship, people who love me and most importantly, the Higher Power I found here. You all loved me until I learned to love myself. You promised me that when I was new and you kept your word.

I love Emotions Anonymous. I owe my life to EA.

QUICK TIP OF THE MONTH

Stuck in working the EA program? Keep a list of the *Just for Today's* on your bedside and read one every morning. Then reflect on that once or twice throughout the day, focusing on putting just that one practice to work in your life. By nightfall, you can take satisfaction in making progress in the program in one small way!

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THE MONTH OF JUNE'S TOOLS FOR RECOVERY

STEP 6

Were entirely ready to have God remove all these defects of character.

PROMISE 6

We have less concern about self and gain interest in others.

JUST FOR TODAY 6

I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or finding fault, nor try to improve or regulate anybody except myself.

SLOGAN 6

Know yourself — be honest.

HELPFUL CONCEPT 6

We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.

TRADITION 6

An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

REFLECTION ON STEP 6 — STEVE O.

The principle of willingness brings up questions about my will compared to the will of God (as I refer to my Higher Power). I have tried sacrificing my will to create room for God to make me recover. Now I worry I was just taking the easy way out.

Sacrificing my will came too close to avoiding responsibility, and made it too easy to blame God for whatever happened. Now I see God inviting me to join in the work of my own recovery where I can exercise my own will in line with what I understand of God's will.

OUT OF THE FOG — JERI R.

The EA program I discovered when I was down and feeling hopeless *changed my life*. I remember coming to my first meeting being very scared of my feelings. I had been conditioned to believe that my feelings were bad — not to be expressed; that they made people uncomfortable. As a child and adult, I hid my true feelings around my life experiences. The result? I did not know what I was feeling about people or situations and I did not trust my instincts.

Often I had been told that I was imagining everything I was feeling. I would often be disapproved of by the people I was trying to share my feelings with. So I would stuff my feelings instead of learning that they were a gift to me and learning to be comfortable with them and then let them go if they did not serve me. Looking back, not being able to feel my reality and express my true self, hindered the formation of a solid identity.

When I came into the EA program, I met people who were kind and not afraid of my feelings; in fact, they had the same feelings and experiences. We identified with each other, and *I learned to live in the solution to my problems rather than analyzing things over and over again and creating more pain for myself. I was taught to use my mind in a healthy way, not against myself, and to stay in peaceful spaces and with positive energy people*. The group members taught me tools and slogans to help me achieve balance and a sense of peace. I feel understood and not alone anymore thanks to the EA program and fellow members.

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

This month we focus on Promise #6

CONTRIBUTION GRATITUDE

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

| | |
|------------------|-----------------|
| South Euclid, OH | Toronto, ON |
| Burlington, IA | Reading, UK |
| Montclair, NJ | Mississauga, ON |
| Salem, OH | Nerang, QLD |
| Midwest City, OK | Reykjavik, IS |
| Bloomington, MN | Slovenija, SI |
| Costa Mesa, CA | Intergroup— |
| Atlanta, GA | Switzerland |
| Burk's Falls, ON | |

IN MEMORY OF:

Bob M., from the
Owosso, MI group

ADMINISTRATIVE NEWS

We are happy to report that the shelter-in-place order in Minnesota was lifted as of May 18, 2020. However, our Governor encouraged those who could to continue to work remotely for now. For EAI, this means some employees are back in the office during their regular hours and some are only in the office on Thursdays. Hopefully members have not noticed much delay during the past, in spite of having to reduce work hours for a few weeks and the changes in work locations.

We are also happy to share two new pamphlets—Confidentiality and Higher Power—with the membership. Much thanks goes to your Trustees for working on both of these.

Thank you to all EA members who contributed on Giving Tuesday Now (May 5th) and during the month-long effort. We raised \$1,770! Your support keeps the EAI organization running!

MEMBER PROFILE: VINCENT G.

How did you find out about EA?

I discovered EA in 2018 while searching online for resources to help me deal with some painful, ongoing emotional issues. EA sounded like what I was looking for, so I went to a meeting to learn more. That first meeting was a game changer. I kept going back.

What has life been like since becoming an EA member?

Today I am in a better place emotionally thanks to the program. I often feel calm and happy instead of riled and grumpy all the time. My relationships with others are improving instead of worsening. I am learning to live with uncertainty instead of trying to control the uncontrollable and then freaking out when I (inevitably) fail

to do so. I am working on accepting my past without judgment or shame, instead of denying it. I have a higher power in place of a void.

Do you have any tips or thoughts to share with other members?

In addition to the 12 Steps, EA has 12 Traditions that we read at every meeting. At my first meeting, the third tradition grabbed my attention: "The only requirement for EA membership is a desire to become well emotionally."

To me, this spoke of belonging (all are welcome), shared experience (we get each other), and flexibility (take what you need and leave the rest.) EA turned out to be a great fit for me.

PLEASE WRITE!

We encourage member reflections! Please submit yours to submissions@emotionsanonymous.org. Reflections should be no more than 200 words. Please note which step/promise/tradition etc. you are referencing.

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