

THE EA CONNECTION: OCTOBER 2019

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EA TOOLS FOR RECOVERY

STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

TRADITION 10: EMOTIONS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE, THE EA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.

SLOGAN 10: I NEED PEOPLE

PROMISE 10: WE INTUITIVELY KNOW HOW TO HANDLE SITUATIONS WHICH USED TO BAFFLE US.

JUST FOR TODAY 10: I SHALL BE UNAFRAID. PARTICULARLY, I SHALL BE UNAFRAID TO BE HAPPY, TO ENJOY WHAT IS GOOD, WHAT IS BEAUTIFUL, AND WHAT IS LOVELY IN LIFE.

HELPFUL CONCEPT 10: WE HAVE NOT FOUND IT HELPFUL TO PLACE LABELS ON ANY DEGREE OF ILLNESS OR HEALTH. WE MAY HAVE DIFFERENT SYMPTOMS, BUT THE UNDERLYING EMOTIONS ARE THE SAME OR SIMILAR. WE DISCOVER WE ARE NOT UNIQUE IN OUR DIFFICULTIES AND ILLNESSES.

FROM YOUR EA BOARD OF TRUSTEES

Every fall your Board of Trustees gathers for a workshop, board meeting, and the Annual Membership Meeting. These meetings used to be held wherever the Annual International Conference was taking place. Three years ago the membership told us that attending a conference was expensive and, as fewer and fewer people had been attending them, it didn't seem wise to continue to try to do one major conference for so few members. We switched the emphasis to encouraging groups to hold more local activities outside of weekly meetings and, in creating the new website, provided opportunities for groups to list events for all to see. This has led to far more gatherings that work much better for members at a local level.

The Trustees take time from their lives to come to the main EAI office in St. Paul, MN from around the country and we spend two days working together on organizational issues – the strategic plan, the budget, and key initiatives for the coming year. This has proven to be a very successful way to move the organization forward since I came on board in 2015. We end the workdays with the Annual Membership Meeting where we are able to share ideas with those in attendance (we started providing telephone conferencing three years ago – prior Membership Meetings were limited to those who could travel to wherever the Annual Conference was being held) and listen to member ideas and concerns.

Minutes of both the Board meeting and the Annual Membership Meeting will be available on the website once they are approved by the Trustees at the October Board meeting. We started posting meeting minutes on the website this year so interested members could see what their Board was doing. To my knowledge, prior to this a member had to request meeting minutes from the office – making it much more difficult to get information. This Board – and I – remain committed to making sure members are well informed and involved in the effort to widen the EA community.

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Special Gifts and Memorials

Our thanks to the many folks who have designated a memorial or acknowledgement for the support and love they have received from another.



RECOVERY USING THE TOOLS OF EA



STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Step 10 is one of my favorites. I always say it keeps me on the straight and narrow. I've been in recovery a long time and this step has become ingrained. If I don't make amends when I've messed up, it haunts me! I don't seem to have a choice but to do what the Step asks, which is to promptly admit that I was wrong in thought, behavior or deed. Because of this Step, I can go to bed with a clear conscience and feel good about me ...*Karie*

This darn 10th step is hard! Back in the summer I got angry with a car door as it would not stay open long enough for me to get out. In my anger, I took both my feet and shoved it open. I sprung it! There was a thump when you opened and closed the door. Later in the day, my wife went to use the car and said to me, 'there is something wrong with the door.' I told the truth. It was hard to do but I told the truth. My amends was to give up my weekly coffee money for as many weeks as necessary to pay for the repair.

My youngest takes this car to school and we had to bring it home for a week while my wife's car was getting new brakes. The thump in the door reminds me of what my anger can do...*Jim*



Today Book, September 24:

.....Steps Four and Ten are most useful when I feel separate from God and do not realize why. Working Step Four releases me from all past wrongdoings, and Step Ten keeps present wrongdoings from piling up.

I'm thankful for the idea of taking inventories in these 2 steps. When I do my inventory on a daily basis or (in terms of step 4) over a longer period of time, I make sure to inventory both my helpful and unhelpful aspects of my life (the latter being my character defects). By doing an inventory check of the former things, the character assets, I'm able to celebrate the goodness in myself and my life. I can give thanks for the work of a Higher Power in my life to remind me that I'm perfect in my imperfections and that I have much to be grateful for in terms of my life. I grew up seeing mostly the negative when I looked in the



mirror feeling like I never measured up or I was never good enough. Now I rejoice that sometimes I'm able to take an accurate inventory of my life and see goodness in myself. The bonus aspect of looking for the character defects as well as looking for the good is that I can "stay in my lane" in only taking inventory of my character defects (avoiding taking inventory of others in this fashion) and then I can include others when looking for the good in my life and in theirs. I can even ask, "can I share 3 positive things I've observed in your life in terms of how you're working the program and in terms of who you are to me?" or "Are you open to some affirmation that I have to offer about your character?"...*Scott*

I continue doing a Step 10 at the end of each day. It's become as much of a habit as flossing my teeth. It keeps me from blaming

myself if I've stepped on one's toes or made a mistake. I make amends quickly. I've developed a wee sense of humor about making mistakes. It makes things so much easier for everyone I deal with on a daily basis...*Carol*

SLOGAN 10: I NEED PEOPLE

I need people so that I do not isolate. One thing I did recently to help prevent isolation is started up telephone meetings. I also make outreach calls and requested others to call me. I cannot recover in isolation. Thanks for listening ...*LaQuinta*

PROMISE 10: WE INTUITIVELY KNOW HOW TO HANDLE SITUATIONS WHICH USED TO BAFLE US.

I was at a conference on teaching this weekend. This is a special kind of conference where teachers exchange ideas on how to facilitate emotional work in students.

Two years ago, I was barely able to acknowledge that I was doing such work with my students. It felt preposterous, like a sick man leading the healthy. (How skewed my perception was!) Now I not only acknowledge it, but I shared what I do with other teachers, and they loved it. I got lots of positive feedback and I was able to see how much I've grown. As it says in the promises, I am intuitively able to handle situations that used to baffle me. I am very happy and grateful...*Tobias*



THE PROMISES

I like the 12 promises because they offer realistic expectations. They don't promise wealth or popularity, but do promise things I can expect if I do what I am supposed to do...*Valerie*

DISCOVERING THE TOOLS OF EA

CELEBRATING RECOVERY

I am coming up on one year involved with EA. Next month will be 1 year. A year ago, October, I hit a low that was excruciating. I was so obsessed with a thought/person and a situation that had fallen apart; I simply couldn't stop crying. I actually one night said "God - I DEMAND that you help me. I absolutely DEMAND it! The next day I found 2 things, an article on subliminal messages and EA. The article gave me some immediate relief but EA has given me life-long tools and a life-style to help keep me ok, stable and, sane.

What has EA taught me? That I'm powerless over my Emotions. It seems accepting that calms me. That I'm powerless over other people! This has been life changing. Of course, I love people. Of course, I hurt when they hurt. I suffer when I know someone I love suffers. But it's combined with a conviction that they are them, and I am me. They are in God's hands; He loves them infinitely. It is not up to me to change their lives, choices, feelings. I can help, I can love, I can worry because I'm human but I can also **Let Go and Let God**. This has freed me so very much! I have learned that EA fits nicely with my faith. My faith is important to me. I am often amazed at how the teaching coincides with EA teaching.

I have EA, my faith, and the poetry I read which has been part of my healing. I have the beautiful EA member who offered to sponsor me, and is always there, even when I disappear. Am I perfect? goodness no. Do I always make good choices? Nope! But I am better able to cope. I have the tools to fall back and I always know **This too shall pass**. A statement in one of the EA books says something about "finding something beautiful in every day," for year 2 of EA, which I will be starting, I am making that a path to follow. Thank you all so much for being our there and helping me heal...**Mara**



GROWTH AND GRATITUDE

There was a time that I was heavily medicated and in mental wards. One time I tried to defy a staff worker at a mental ward and they shot me up with tranquilizers. I was put in a room in a straight-jacket and strapped to a bed and locked in there. That is how bad off I was with my mental health. I was actually so mad that I had to put my arms kind of around myself in that straight jacket as I hated myself and everything about me!

It took working the steps with a sponsor to help me learn to like and love myself and learn to like and love others. The 12 steps were how I healed. I still went to therapy through the years and still do, but I am no longer heavily medicated and can live in my own skin okay. I do not hate myself any longer. I do not hate people any longer. I know I have defects, but I have lots of assets, too. I have learned to like and love lots of things in life. I have learned to let go of resentments and if they creep back up on me, I am willing to turn them back over to the Higher Power.

I am grateful I have learned so much by being in EA and my other 12 step groups I qualify for. Having a loving Higher Power in my life, I am able to move through things easier than in the past. I turn to my Higher Power to help me daily. And I am grateful the Higher Power works through people as I have learned so much from others in these 12 step rooms and I know I have more to learn, so I will keep coming back.

Today's gratitude: Waking up in bed with my cute cat purring by me, friends in these 12 step rooms, my two kids, my Higher Power, my siblings, my rental home, 12 step meetings and being able to like and love others, including myself, too. Take care all. Sincerely, Connie with a daily desire to be well emotionally and I can be with the Higher Powers help and the help of EA...**Connie**

A POWERFUL ANTIDOTE



In my experience practicing gratitude is a powerful antidote to depression and anxiety. During my time of prayer and meditation, I was moved to write out my own history of all the ways and times that my Higher Power has set me free in some way or has worked things out for my good. I spent about 40 minutes writing. I have a lot to be grateful for, including the invitation and opportunity to do so...**Joe**

2019 - 2020 EA Board of Trustees

Please feel free to contact members of the Board with questions or concerns

[Minutes of the Board of Trustees Meeting can be viewed here.](#)



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THE TWELVE TRADITIONS

The 12 Traditions are the guidelines by which our group and our fellowship function.

They have proven over the years to be an effective way of holding the fellowship and individual groups together.

**TRADITION 10: EMOTIONS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE,
THE EA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.**

The issues that EA does focus on are mental health and the well-being of our emotional life and our relationships. It's so wise that we have this EA tradition that keeps us from having (and sharing!!) opinions on things like medication, therapy, divorce, the environment, etc... We are able to "stay in our lane" by coming together to only share our experience, strength, and hope and to do our best to try to work our program and not discuss controversial matters. Tradition 10 is a real gift to us and I'm grateful for its guidance...**Scott J**

Outside issues or endorsements, such as religions, politics, racial conflicts, other 12 Step fellowships, and non-EA-approved literature, have no place inside meeting rooms. We stay out of public controversy. These discussions hamper our ability to carry the message of recovery which would discount or disregard our 5th Tradition which states, "Each group has but one primary purpose - to carry its message to the person who still suffers from emotional problems." These conversations cause dissension in the fellowship. The Traditions protect us from our own worst enemy; ourselves. One of the founders of AA, where the Traditions came from, said we can only be destroyed from the inside. No one can hurt us, if we stick closely to the Traditions...**Derita P**

I have always seen Emotions Anonymous as a collective of people looking to improve their emotional health through working the steps, traditions, and other material written in EA. The best way to ensure that the integrity of EA is maintained is to not be a participant in controversy because controversy has a way of tearing people apart. One of the healing powers of EA is the ability to come together and share with other people. I look forward to EA continuing to be a place for healing and growth, independent of outside issues...**Paul N**

EA'S 12 BY 12: TRADITION 10

..... By following this tradition, Emotions Anonymous stays focused on its one purpose. Members know they can attend meetings to share ideas on the EA principles and not have to worry that program discussion will be distracted by talk of local issues or news of the day. If we are spending meeting time discussing current issues, then we are not spending our time talking about and achieving recovery. Controversy has no part in our organization at any level; it can only tear us apart. This tradition gives us an opportunity to practice the spiritual principle of "Live and let live." Through it we retain the unity needed to maintain EA.

We are free to believe in and work for any cause we choose *outside of EA*. EA has only one purpose, and any other issue, no matter how worthwhile, only distracts from it. Members can have opinions, but we do not express them as EA members publicly, nor do we express them as representatives of the EA organization.

We stay out of public controversy because EA opposes no one. By following this guideline we can freely cooperate with anyone, we can be of service to anyone, and we can continue to maintain our primary purpose.

[EA's 12 by 12 is available on our website](#)