

October, 2021  
Volume 2, Issue 6

# Strength & Hope

A message in support of emotional well-being.

## JOIN US ON OCTOBER 23 FOR THE ANNUAL MEMBERSHIP MEETING!

The 2021 EAI Membership Meeting will be held virtually on Saturday, Oct. 23, at 10 a.m. CT. This is your opportunity to learn more about what's happening in our fellowship by hearing from the EAI Board of Trustees and to weigh in with your concerns and questions.

Why attend? It's important that members take an active role in the administration of EAI by participating in making decisions led by our Board of Trustees through Emotions Anonymous International (EAI). EAI is the 501(c)(3) international nonprofit organization that facilitates the EA 12-Step Program.

The EAI Board of Trustees is made up of EA members from across the world. Trustees help EAI develop and approve new literature with input from EA members, guide ad-hoc committees like those working on developing bylaws and communications plans, and meet monthly to collaborate with our EAI Executive Director in managing the business of running EAI. Every Fall the Board schedules the Annual Membership Meeting to offer information and encourage feedback from members.

Please consider joining us at this year's annual meeting! Watch for an agenda posted on our website soon.

- To join the meeting virtually online, [click here](#).
- To join remotely by phone in the US, dial 970-591-2107 and enter the PIN: 297 157 543#
- To view more phone number options, [click here](#).

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### QUICK TIP OF THE MONTH

Starting each day by taking a few moments to read the daily reflection in the Today book can help create a grounded beginning.

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## OCTOBER'S TOOLS FOR RECOVERY

### STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

### 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.

### SLOGAN 10

I need people.

### 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.

### TRADITION 10

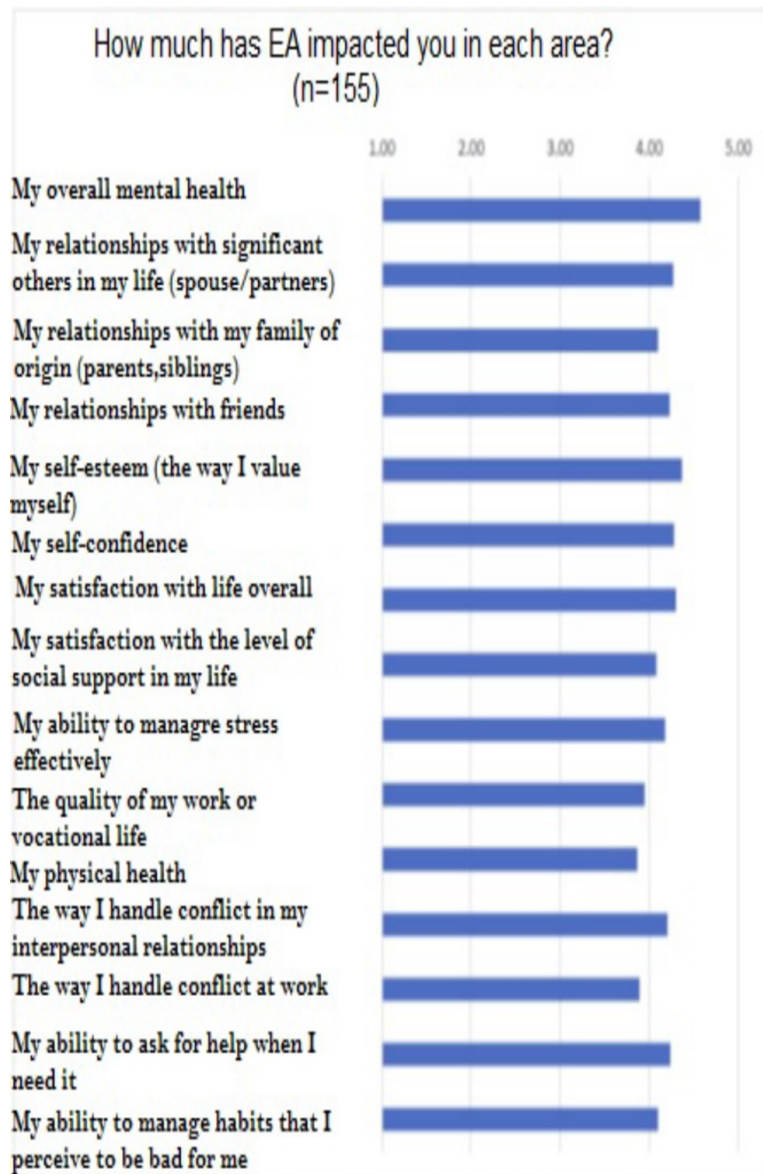
Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.

### PRINCIPLE 10

Perseverance

## EA PARTICIPANT SURVEY RESULTS

An anonymous online survey was conducted last spring to gather data on participation in EA and how that participation related to improvements in affect and emotional management. Participants ranked the impact of participating in the EA program on a scale of 1 (significant negative impact) to 5 (significant positive impact).



You can find the Trustee Reflections on the website,  
[www.emotionsanonymous.org](http://www.emotionsanonymous.org).

This month we focus on Step 10.

## CONTRIBUTION GRATITUDE

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

Virginia Beach, VA Tues  
Bowling Green, KY  
Ukiah, CA  
Bend, OR

21 Anonymous Individuals

Kelley S	Jerry H	Susan F
Lisa C	Gina T	Shireen H
Mark D	Elise J	John T
Daryl B	Bob W	Dana A
Daryl D	Louis V	Matty R
Kathleen M	Audrey L	Jeremy W
Jim M	Carol H	Traci H
Leigh B	Denelle B	Leonard S
Maha A	Rausahn C	Monica T
Margaret M	Robin C	Melvin J

## ADMINISTRATIVE NEWS

The months are flying by! We welcomed a new staff member to EAI recently Karen Ganzhorn will be responsible for production work in the office four hours each week. Keeping our inventory current is always a challenge. Karen will make sure pamphlets are copied and workbooks are put together. This will help Sharon get orders out the door that much faster during the one day per week that she is in!

At this year's recent Board of Trustee workshop we revisited the strategic plan and identified key areas of focus for the coming year. These include:

- Increase awareness of EAI
- Grow the number of groups
- Improve EAI financial state
- Improve health of existing groups

## THE STEPS AS A WHOLE — Maureen H.

My experience has been that the Steps are the heart of the program. I only know my own experience of working the Steps. Each brought me further into the process of getting to know who I was, the parts of me that were healthy or unhealthy; the parts of me that were nurtured or treated poorly during my life. Steps 1 and 2 allowed me to do Step 3 when I was new in the program. A strong foundation of Step 3 gave me the strength to do an inventory in Step 4, which allowed me to look at my part in a situation that was stored within me that triggered me. Sometimes I had a part to play but not always.

I brought what I learned in Step 4 into Step 5 including my character defects. Steps 6 and 7 let me ask for help to change, to improve my character defects, so that I could start to respond to situations instead of reacting. Also from Steps 4 and 5 I learned that I had no part in many events but that forgiveness could bring me relief and serenity. When I was able to respond, I was able to think more clearly about my actions. When I reacted to the trigger of a situation, it was a reflex, perhaps the same reflex I had with the initial trauma, if that was fear, anger or another emotion. I stayed stuck.

Steps 8 and 9 let me make amends when required which brought relief, peace and serenity. Steps 10, 11 and 12 keep the program of EA alive for me. The concepts, slogans, traditions, principles and just for today help me a lot. I always remember my first sponsor explaining to me that if I felt out of sorts or at dis-ease, the Steps would help me figure out why and what I could do. My sponsor helped me so much, as her sponsor had helped her.

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## WRITING AS A SERVICE OPPORTUNITY

We encourage member reflections! Please submit yours to [submissions@emotionsanonymous.org](mailto:submissions@emotionsanonymous.org).

Member shares are used in this monthly publication or may be expanded to create new pamphlets. Your thoughts on the program and how it has helped you can help others better understand and utilize it.

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## OFFICE INFORMATION

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