



# THE EA CONNECTION: FEBRUARY 2020

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## EA TOOLS FOR RECOVERY

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Promise 2:** We do not regret the past or wish to shut the door on it.

**Slogan 2:** You are not alone.

**JFT 2:** Just for Today I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself.

**Tradition 2:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

**Concept 2:** We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.

## FROM YOUR EA BOARD OF TRUSTEES

When I went to my first Emotions Anonymous meeting, I did not know what to expect. Everyone has emotions, so it seemed to me like a group that would be open to anyone. I realized quickly that it indeed was, and as a result, the group attracts a wide diversity of people from those who very recently experienced trauma to people whose 'life changing' event was far in the past.

I got through the worst of my pain a few years before going to my first EA meeting. Even though I had attended years of personal therapy sessions, I realized once I started working EA's steps that there was so much more work for me to do before being as emotionally healthy as I could and deserved to be.

The steps are all important in their own special way in the process of getting to emotional healing and freedom. And they all have one thing in common: they are humbling. For most of my life, I have considered myself to be a decent person. But going through the steps, I realized that I had so many chips on my shoulder that I needed to 'brush off'. It sounded like if I admitted that I was powerless over my emotions that I was out of control. But I learned in time that admitting the full awesomeness of the power of my emotions was the only way to be set free from the grips of them. When I approached the self-inventory step, I thought it would be a breeze because I thought I was very self-aware, but there was a great discovery of previously unaccounted for defects, and strengths, for me in this exercise. I made amends to people who I was holding grudges against for past grievances; it was cleansing, but I have more people on my list. And previous to this program, the ability to meditate eluded me. However, persistence helped me find a quiet place that has been beneficial when there is a lot of noise in my life. I am grateful that this program exists and will do my best to never take it for granted. *Paul N, Trustee*

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## Special Gifts and Memorials

Bill B will be deeply missed by all of us, but he left us with wonderful memories.

Gloria B and Sunnyvale, CA EA Group



## RECOVERY USING THE TOOLS OF EA



### **Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.**

I came to believe that I could be restored to sanity. In people, my life and in recovering people I saw the evidence. But I'm mindful that like any relationship the one with my HP needs attention and all the other ingredients that lead to healthy relationships. Often times without even realizing, it, I move away from my HP. Then I blame him for leaving me until finally I realize that it is I that have moved away from my HP not vice versa.

I also need to keep in mind that my mental health, sobriety and ultimately my life are contingent on the maintenance of my spiritual condition and my relationship with God as I understand him or her.

Step 2 is an ongoing process for me. My insanity and my mental illness for me are 2 separate but interlinked things. My insanity was doing the same thing over and over again but expecting a different result. *"I know, but this time it will be different"*. That was my thought so I kept doing what I was doing and got what I always got.

Faith doesn't come natural to me. My faith ebbs and flows. I'd like to say that my faith is constant and unwavering but that isn't true.

The basis of my faith comes from my "bad and painful" experiences. I say that because through hell and high water, my HP has brought me through it. That is the evidence. Not what my head tells me.

I can't trust my head. It wants me alone, in bed, duvet over my head, isolated, not answering the phone, the door, the mail. It wants me blaming you, and thinking that you are my enemy. Ultimately, I believe that my head wants me dead. The

only enemy I have today is my head. That has been the case for most of my recovery.

The anti-venom to my head for me is to stick close to recovering people, work the steps, do the next right thing and cultivate gratitude. Gratitude allows joy to enter into my life. Thanks for being here. Without you, there is no me.  
hugs...**Adam**

**I am gratefully** POME, POOP, PO many other things but I am absolutely not Powerless over my Actions or my Attitude ever.

This week I had someone who abused me when I was a little girl sincerely apologize to me. It was a sincere apology from the heart with no counter accusations and no excuses. I am extremely Grateful.

Step 2 talks about a Power greater than myself. I am pretty certain if it were not for this Power (Sprit, Father, Jesus, for me), that is a constant source of good, unfailing love, comfort, guidance, wisdom, joy and peace, I could not be at a place where I would allow an abuser from my past close enough to my life or my heart to offer an apology. I know there is an enemy out there who likes to keep us tangled in the pain, the bad memories, the trauma and the torment.... The enemy has been defeated! My Higher Power truly is amazing...**Jessica**

**Step 2 is a step of HOPE.** Without hope, life is a dark hole. I have experienced being in that dark hole but thanks to the EA program I'm choosing not to go there any more...**Carol**

**Slogan 2: You are not alone** I used to think that I was all alone and really had no one to rely on but myself. I used to think I had to do everything all on my own and that I had to be totally self-sufficient. Now

I know that self-sufficient is a lie. I need people! So, I no longer isolate and try to be a part of not only 12 step groups, but part of life daily. I try to not add misery to any one's life and if I do, I try to make amends right away.

If I am lonely, I try to remember that my Higher Power is always with me. That I am never alone! I also try to reach out to others whether online or at face to face meetings or just in life in general. Sometimes I ask my Higher Power to give me the courage to reach out to someone when I am nervous about it, too.

I am grateful for those in recovery who keep coming back and keep sharing what works for them. When we share our solutions and what we are doing that is helping us, we are able to help others.

I have learned how to live serenely, even with unsolved problems, by coming to EA meetings. And I have learned lots of solutions that I am very grateful for.

When I hear someone dealing with a loss and I see how they are coping by reaching out, that gives me courage to reach out when I am dealing with a loss, too. And when I hear someone struggling and having a tough time, but I hear they are going to meetings, reading literature and praying, I know that they are in the solution and that is always helpful and gives me hope that I can do that when I am having a tough time, too.

When I don't isolate, when I keep being a part of Emotions Anonymous, I will never really be alone again! I will keep being able to hear all the good things I hear in these 12 step rooms and hope by the grace of a loving Higher Power, that I can keep sharing good things I have learned, too...**Connie**



# DISCOVERING THE TOOLS OF EA



## Reflection for Today August 19: Love

The intrinsic value of love is hard to measure or describe. Love encourages brotherhood and acceptance of others. It allows appreciation of one's surroundings. Love is easily detected in how one responds to annoyances and diversity. It promotes thinking of the positive aspects of daily situations rather than on the negative failures and shortcomings. Love is being truthful in our relationships with others and is expressed in our response to everyday life because it is not limited by boundaries.

### Meditation for Today

Help me to sincerely love and appreciate the life I am privileged to live each day.

### Today I will remember

Love without truth is not good; neither is truth without love.

### How to Love

I am grateful to EA because EA as really taught me how to "love". I definitely used to think love was like banking —you put something in—and get something back. I don't think I consciously knew I was thinking this way until EA. When I started EA, I was so down on life and myself and I really felt like I had lost my capacity to love anything. I felt completely abandoned. I now realize that I was using my love almost like a terrorist, yes, I did a lot of things that "seemed" nice but I really did think I was banking good deeds for people to then do for me...this is not love, it is manipulation. I see this now, thanks to EA. Thanks to EA, I realized that I had to begin by taking care of myself in order to really learn what love is, that I should never do anything for anyone else that I would not do for me, or am not doing for me. This is what love my neighbor as myself means, to love me first, so I can love others. Now I get too that love needs to be given away for free, no strings attached, no expectations, no unspoken contracts. This is a huge concept to understand and it was a huge concept for me to learn to embrace. I now think of love this way. It is a far more peaceful way than I used to think of love, a very unselfish way, and a way that helps me to not feel resentful towards people anymore too as I only give the love that I can and want to give....**Kelly**

### Being Loved

My first experience in the area of being loved was EA. I was totally accepted with no strings attached. With the help of these great people, I learned to accept their love. I learned that love is not control or manipulation. Love is letting people be themselves and loving them that way. Your love has no strings attached. Help me to love the same way." I have been thinking that there are still times I do not let others express their feelings fully around me. Or to tell me what they think when their opinion is very different from my own! I tend to want to fix them or run away and hide if they are expressing something that threatens my idea of myself or even what recovery in the program "should" look like. Darn if that self-righteous part of me isn't tricky! Yet, I would like to be that EA friend that "lets you have total freedom to be yourself - and especially to feel. Or, not feel. Whatever you happen to be feeling at the moment is fine with them. That's what real love amounts to - letting a person be what he really is. I will re-set my course and believe I can be the friend I want to see in the world...**Ham Sah**

### Love & Honesty

Words are very important to me and are to be used wisely. There is responsibility involved when using the word love. Love is the antidote to all but it cannot always be given freely and honestly by humans. Unconditional love is a tough thing to continually offer. But I try my best and am getting better and better at this. This love I extend to others is also necessary to extend to myself. I try to be an honest person and at times when dealing with others I have found it quite necessary to be direct with them. This may seem unkind but they have over-stepped boundaries and need to be informed. I feel it is better they understand than continue to be disillusioned. I try to do this as kindly as I can, it is not always taken as such. Over this I have no control. I do not and cannot take the word love lightly nor use this term to please someone or to be dishonest with them. I would be doing them and I a great disservice to lead them into thinking something that is not true. Being kind is one thing, saying things I do not mean to get a result I want is not in anyone's best interest...**Twyla**

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## The Twelve Promises—EA Book pages 70-71

These Promises may seem idealistic, exaggerated, or extravagant at first, but they really are possible. As we thoroughly and honestly work the program through Step 9, we start to notice new attitudes and feelings in ourselves. Some of these promises may be realized quickly, others slowly, but they all develop naturally as a result of honestly working the EA Program

### **Promise 2: We do not regret the past or wish to shut the door on it.**

**When I regret** things, I wish they didn't happen. When I shut the door, I'm cutting myself off from the past - keeping it from other's awareness. The past is integral to who I am. I can only be grateful for my past – even the painful parts. My past made me who I am. Sometimes I am selective in terms of what I dwell on and whom I share things with. That's neither regret nor shutting the door – that's discernment - exercising good judgment. Can I trust that this is a good time and a good person to share this with and reflect upon it? That's the key!...**Scott J, Trustee**

**My biggest regret** in life was the fact that I left a good job. The way the promises are written in the Big Book, the book entitled Alcoholics Anonymous, is as if we don't have these promises but we can attain them. This promise is written, "We will not regret the past nor wish to shut the door on it." That tells me that I have to do something in order for that to happen. These 12 promises come true after we have completed the 9th step. Newcomers come to a few meetings and wonder why they are not feeling these promises, especially in meetings where the 12 steps are not the focus. So, newcomers get discouraged and don't come back. I am so very grateful that my early meetings and the meetings I go to now focus on the program, the 12 steps... **Derita P. Trustee**

**This is one of** my favorite promises because regrets and resentments—the two Rs—seem to go hand-in-hand for me and have always posed a danger to my emotional health. I have to continually remind myself that I have great tools to manage these pests. The 4<sup>th</sup> and 5<sup>th</sup> Steps give me a chance to get my tormenting ghosts out into the open and to share them with another person and with my Higher Power. The 8<sup>th</sup> and 9<sup>th</sup> Steps give me a chance to make amends to myself and others, allowing me to reconcile my past with my present and set a new course for the future...**Colleen C, Trustee**

**'Move past it,' 'Get over it':** these are phrases that we hear when we go through something traumatic in our lives. In fact, I think a lot of us join the fellowship due to these traumas. In some respects, this advice is valid. In order to move forward in the world and experience a life guided through our Higher Power, we need to put past events in a healthy context. If we don't, it can cause us to act inconsistently with how we truly want to relate to the world. Heal from the past, but don't forget it, so that we can grow from it...**Paul N**

