

Reflections on Promise 8

Promise 8: Our whole attitude and outlook upon life changes.

The 8th Promise brings to mind Slogan #8, “Know yourself, be honest.” Self-honesty has been my pathway to changing my attitude and outlook on life. And when I can’t be honest with myself and others, my old attitudes and familiar patterns return. — Colleen C., *EAI Secretary*

I can definitely attest to this. I see the world and its people differently today. When I came here, I didn't trust anyone. I thought everyone was out to get me or something from me. I didn't believe that a person could genuinely like me or love me just for me. My self-esteem was so low that I thought I was the scum of the earth and who could possibly like me or love me just for me and not for what I could do for him or her. It's a beautiful thing to find out that it is quite possible for a person to like me or love me just for the person I am. And I could also like and love people too, just for who they are. I used to use people too. If you couldn't do something for me, I didn't want to be bothered with you. So I guess in writing all of this, I intuitively knew it already, but it is good to be reminded, people treat you how you treat them; and the ones who treat you worse, you pray for them because they are hurting, they are sick people too. I've learned here that hurt people hurt people. It is so very true in my case; when I feel good I treat people well. When I don't, I'm short with them, I'm sarcastic and cynical. Thank God for Emotions Anonymous and all I've learned here. Well, thank EA for getting me back in touch with this God, my Best Friend. — Derita P., *EAI Trustee*

Through attending meetings and working the literature, I have been able to manage my emotions instead of my emotions managing me. This has improved my outlook in terms of being able to sustainably carry out a well-rounded and meaningful life. For that, I am thankful to the program and to all who make it meaningful by regularly attending meetings. — Paul N., *EAI Treasurer*