Through the EA 12 step program, I no longer live the defeating hero drama of trying to be everything to get love, security and control.  

Sharon H.

The Emotions Anonymous program changed my life. I was overwhelmed by feelings of anxiety, depression, and fear that I did not know how to cope with. I felt isolated and alone. Anything could trigger these painful feelings; a memory, the time of day, and a new experience like coming to my first EA meeting. Yet in Emotions Anonymous the people were kind and not afraid of my feelings. Listening and talking at meetings was helpful.

I started seeing what my mind and emotions were doing. When I stop trying to control what I have no control over, my creative energy is free to move my life forward in a positive direction. I feel understood and not alone anymore. Thanks to the Emotions Anonymous program I have a sense of peace.  

Gerry

Could someone you are working with benefit from:

- A forum with members that gradually turn negative thoughts into positive?
- A way to share the significant events of their lives?
- Growing serenity and peace of mind?
- A safe place to explore their own spiritual connections?
- A place to grow and practice healthy relationships?
- A better understanding and acceptance of their past?
- A place to discover growing security within oneself by practicing the tools of this program with their peers?

If so, please consider recommending an EA group.

Could you provide space for an EA meeting?
We can provide information and material to start a group. Contact us at director@emotionsanonymous.org for more information.
Hello
Thank you for your interest in learning more about Emotions Anonymous. We are a peer-to-peer support group based on the Twelve Steps as adapted from Alcoholics Anonymous. More information, including a meeting listing, is available on our website at www.emotionsanonymous.org.

What we do
EA members come together to share their experiences good and bad, their strengths and weaknesses, hopes and needs with other members. Our purpose is to help anyone with any emotional challenges.

At EA we do not give advice or counsel. We neither endorse nor oppose the use of any medication or therapy. However many of our members find that EA is an excellent supplement to professional support.

Through regular attendance members grow in emotional wellness, eventually becoming more empowered to live happier lives.

Our goal is to provide a warm, caring, non-judgmental atmosphere where individuals can feel free to share their concerns and to hear of the progress of their peers in a confidential setting, all of which are important elements in the healing process.

Who to recommend
If you work with individuals who have a problem coping with the stresses of daily living and who desire to improve their emotional well-being, you may wish to refer them to a local EA meeting.

Who we are
Members of EA come from all walks of life. We have 600 groups worldwide and an active presence on the internet.

What about religion?
All ‘anonymous’ programs are based in spirituality, not religion, and EA is no different. The emphasis is on finding a “Higher Power” to turn to for strength, whatever that may mean for each individual person.

No requirements
The only requirement for membership in Emotions Anonymous is a desire to become well emotionally. There are no dues or fees for EA membership; we are self-supporting through voluntary contributions. Emotions Anonymous is not allied with any sect, denomination, political organization or institution. EA does not engage in any controversy; it neither endorses nor opposes any causes. Our primary purpose is to become emotionally well.

Common reasons for joining an EA group include difficulties with:

- Excessive anger
- Resentment
- Depression
- Low self-esteem
- Guilt
- Grief
- Anxiety
- Obsessive/negative thinking
- Panic
- Phobias
- Compulsive behaviors

From our members’ perspective:

EA’s promises are coming true. I now believe that learning how to trust and feel safe is at the foundation of my recovery. I am active and close with family and friends. I have a meaningful place in the community where my love, strength, and wisdom are needed.

I know that I am incomplete without their love, strength, and wisdom. When I see others new to the recovery path, I can see the hunger for real connection in their eyes. I hope they will take a risk and show themselves. Being open and connected to my EA friends and God is joyful and fulfilling.

Charlie B.