

- When referring to a “power greater than ourselves” that we rely upon for strength and guidance in this program, please refer to a “Higher Power.” We refer to a Higher Power because we are a spiritual, not religious program. Language that regularly refers to “God” or even He/Him (because often we think of God as having a male pronoun) can be quite off-putting for many people who are seeking help from EA, but do not have a religious point of view when defining who or what their Higher Power is. The exception to this is to use language such as “God is my Higher Power: or words of that nature, when sharing who or what your Higher Power is personally.
- Focus on the essentials of the EA program. Literature material can encompass Steps, Traditions, Concepts, Promises, Just For Today's, and Slogans.
- Writings on the principles of the program would be helpful, which can include:

Acceptance	Willingness	Selflessness
Honesty	Humility	Spirituality
Open-mindedness	Compassion	Courage
- Include several (4-7) relevant questions as part of a pamphlet is beneficial. Questions should be thought-provoking and open-ended (vs. closed “yes/no” questions).
- Share personal stories and illustrations to help material be more relatable.
- Have a focus on the healing and wholeness possible for the person suffering with emotional issues. EA is a program that helps us to grow in our work to be responsible for our own lives. Literature that can center on the positive aspects of our program is the most beneficial.
- Make sure that what is shared is written with good grammar and sentence structure. (EA-ISC may choose to edit your material.)
- For pamphlets, keeping the word count to about 900 words. Longer pieces may be made into workbooks or booklets.
- Material should NOT be formatted. Documents should be *submitted in MS Word only*.
- Submit information to: submissions@emotionsanonymous.org Materials will be forwarded to the Book & Literature Committee. If accepted, writers will be required to sign over copyright.
- EAI will format, produce, and include new materials in the online store and on the order form, as well as communicate with EA members.
- Below are a few topics EA literature does not currently address for your consideration:

Anguish	Illusions	Pride
Denial	Maturity	Rage
Dependency	Mediation	Selfishness
Divorce	Nurturing	Sloth
Facades	Partnership	Social Roles
Gratitude	Paranoia	Spite
Greed	Peace	Surrender
Guilt	Prayer	Trust



Would you like to write a reflection for EA? We are encouraging EA members throughout the world to submit their reflections to use on the website, social media and in the monthly newsletter and in new literature. Writers will be acknowledged by name (first, last initial) and country of origin. All final decisions on material will be made by the EAI Board of Trustees. Please include all the information below and either send as a *MS Word* document to ***submissions@emotionsanonymous.org*** or mail in a hard copy.

How would you like the submission to be recognized?

- ☐ I prefer that my submission be recognized by "Anonymous."
☐ I prefer that my submission be recognized by my first name and last initial

Your country of origin:

Your email address (for EAI Office use only):

I am submitting a reflection on:

- | | |
|--|---|
| <input type="checkbox"/> Step # _____ | <input type="checkbox"/> Concept # _____ |
| <input type="checkbox"/> Tradition # _____ | <input type="checkbox"/> Just for Today # _____ |
| <input type="checkbox"/> Promise # _____ | <input type="checkbox"/> Slogan _____ |

Reflection: (you may use the reverse side as well)

- ☐ I allow Emotions Anonymous International to use this writing for publication as directed by the Board of Trustees and hereby acknowledge that EAI is the owner of all copyright interests, throughout the world.

Signature

Date



Meditation/Reader Submission

Suggested book title:

Subject (from list on page one):

Meditation (no more than 100 words):

Reflection (no more than 25 words):

Suggested Action (no more than 20 words):

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Signature

Date



Pamphlet Submission

Subject (from list on page one):

Pamphlet Content (no more than 900 words):

Relevant Questions (4-7):

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Signature

Date