



June, 2022
Volume 3, Issue 2

Strength & Hope

A message in support of emotional well-being.

SOBRIETY AND RECOVERY — COLLEEN C.

Lately I've been hearing about and talking to others about the terrible burden of addiction and how the global pandemic has exacerbated drug abuse. For example, more than 93,000 drug overdose deaths were estimated to have occurred in the United States in 2020, the highest number of overdose deaths ever recorded in a 12-month period and a nearly 30% increase from 2019, according to recent provisional data from the Centers for Disease Control and Prevention. Mental and emotional health challenges often accompany (or even contribute to initiating) substance abuse.

We in EA also battle our own form of addiction – one that may include dishonesty, depression, anxiety, relationship or work problems, hurting ourselves or others, and an inability to cope with reality among other things. Fortunately, our Twelve Step Program offers hope. EA tells us we are not alone with our struggles and that recovery, as well as joy and thriving, are ours for the taking when we work the Steps. In short, that becoming “sober” emotionally is possible.

Now we have a new pamphlet that grapples with what sobriety in EA means. Written by members of a German group, translated into English and edited by members of the EA Literature Committee, *Sobriety in EA* (#104) gives us insight into how addiction factors into our lives even if we don't have an unhealthy reliance on a substance or an activity. It also identifies mile markers on our sobriety journey: *Emotional sobriety may be characterized by several markers on the way to surviving and thriving in Emotions Anonymous:*

- *I begin to see the terrible destructiveness of some coping strategies (or adaptations) that have served me in the past but are now stumbling blocks to recovery.*
- *I realize that self-honesty must be more than a phrase: It must become and remain a daily way of life for me.*
- *I begin to lose the constant fear of the future that causes me to either exaggerate or minimize my negative character traits.*

For me, emotional autopilot remains a serious temptation and a daily “slip” to avoid, even after many years in the program. I'm so grateful that the German group chose to tackle this difficult subject and begin to let me see how my own struggles parallel those of individuals suffering from substance abuse. It is insights like these that make the EA program a life-long commitment for me. *Growth is always possible,*

50 TIPS FOR 50 YEARS: CELEBRATING 50 YEARS OF EAI*

Dark times happen to all of us, yet we are never alone – we have a supportive fellowship to help us.

* Item #102

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JUNE'S TOOLS FOR RECOVERY

STEP 6

Were entirely ready to have God remove all these defects of character.

PROMISE 6

We have less concern about self and gain interest in others.

JUST FOR TODAY 6

I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or finding fault, nor try to improve or regulate anybody except myself.

SLOGAN 6

Look for the good.

HELPFUL CONCEPT 6

We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.

TRADITION 6

An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

PRINCIPLE 6

Willingness

EA Workbooks will be on sale this month!

EAI offers 5 different types of workbooks and each one is on sale at a 20% discount during the month of June. Go to the EAI website online store to place an order.

SUBJECT: PRINCIPLE 6—WILLINGNESS

- Steve O.

Now that we have accomplished an inventory of the good and not so good aspects of our character and behavior, are we willing to change them? *All of them?* The important part in this 12 Step principle is the willingness to let go of old behaviors.

DOCTORAL STUDENT SEEKS STUDY PARTICIPANTS

Katharine “Kate” Heaton, a doctoral candidate at the University of the Cumberland in the Counselor Education and Supervision Ph.D. program, is seeking participation in a qualitative research study: *A Transcendental Phenomenological Study: Understanding the Lived Experiences of Members of Emotions Anonymous*.

Participation is open to those engaged with Emotions Anonymous if:

- You are 18 years of age or older
- Engaged with EA through at least one of the following:
 - Attending EA meetings
 - Working, or having completed, the 12-Steps of EA
 - Involved in EA sponsorship, co-sponsorship, or outreach

If you are interested in and eligible to participate in this study or have any questions, please contact Kate at kheaton16043@ucumberland.edu.

You can find the Trustee Reflections on the website, www.emotionsanonymous.org.

This month we focus on JFT #6.

CONTRIBUTION GRATITUDE

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

Alhambra, CA
"Una luz Que Brilla"
Rialto, CA (5 groups)
Colorado Springs, CO
Roswell, GA
Burlington, IA
Wellesley, MA
Midwest City, OK
Bend, OR (3 groups)
Austin, TX
Houston, TX
Wed Winston-Salem, NC
Sun 2:30 PM, ET (Zoom)
"One Day at a Time" (Zoom)

IN MEMORY

Latonya Crowell, from Anonymous

ADMINISTRATIVE NEWS

We recently received notice of an estate gift that will be coming to EAI in the fall. We are deeply grateful for the EA member who thought to include EAI in their will. Remembering any nonprofit organization is as simple as adding a codicil to an existing estate plan/will. The option to include a set dollar amount or a percentage of the available funds is up to you. Many times, making such a gift allows a donor to give a much larger gift than is ever possible during their lifetime.

EAI's finances are always precarious, which makes it difficult to launch new initiatives, provide new technology to members, or staff the office fully.

While the pandemic and subsequent move from in-person to virtual meetings has had benefits, the lack of regular giving through groups has declined. If you are able to help this program financially, please consider a gift today.

IDEAS FOR ENERGIZING YOUR GROUP

Last month I asked groups to submit some ways they keep their meetings fresh and interesting. Thank you to those who sent in responses! Here are a few—perhaps your group could find some new ideas to use.

We have done Steps and pamphlets. Usually, now since online we have the core participants and a few online joiners, we focus on a word, like tonight it is "Worthy" touching on Self-Esteem, and the question "What do I deserve?" The topic either pops up during the discussion as something to explore at another meeting or as the evening's discussion winds down.

The Slogans are a good simple set that may generate future topics.

*We follow the suggested format with weekly topics:
First meeting of the month corresponds with the number of the Step.
Second meeting is an EA pamphlet topic.
Third meeting is a personal story from the EA book.
Fourth meeting is back to an EA pamphlet topic.*

LOOKING FOR THE GOOD

— JOE

In my experience this works because when I "act as if" life is wonderful, I focus my attention on the positive aspects of my life and the world around me, whereas, if I have a negative attitude, I focus my attention on the negative aspects.

It's not what you look at that matters. It's what you see.

SEEKING A VOLUNTEER!

We need someone willing to reach out to writers on the Loops and ask permission to use their reflections in EA materials. Requires an understanding of the Google shared drive. Contact director@emotionsanonymous.org if interested!

OFFICE INFORMATION

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