

EA CONNECTION –JUNE 2016

YOUR MONTHLY NEWSLETTER FROM ISC



FROM THE PRESIDENT OF THE BOARD OF TRUSTEES:

The May issue of the EA Connection had some wonderful articles, reflections as well as important information for EA members from Regions 3 & 5, e.g. the election of a Trustee to serve on the Board. In the lead article From Our Executive Director, Elaine shared the fact that she has been with EA for one-year. Congratulations, Elaine! We're happy that you are with us and are proud of the work you have done for the Organization. Our new website has resulted in renewed interest in Emotions Anonymous, exactly what we were looking for! Hopefully this will signal the growth of EA membership internationally. Unfortunately, Elaine does not have a magic wand that could result in improving our financials. As an organization we continue to struggle in this regard. Serious efforts are being taken to improve our bottom line, but we continue to need the financial support of our groups thru donations, purchasing/selling our literature, materials and etc. And of course, our EA 2016 Convention in Phoenix, AZ is just five months away! Important Convention information as well as the Registration form can be found attached. Lastly, Congratulations to EA Sweden on the accomplishment of their first EA Convention! Thank you Sweden! Oh, almost forgot, hope to see you in Phoenix for Convention 2016!...Gus, President, EA Board of Trustees



JUNE TOOLS:

Step 6: *Were entirely ready to have God remove all these defects of character.*

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.*

Concept 6: *We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.*

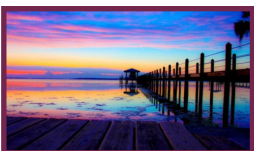
Promise 6: *We have less concern about self and gain interest in others.*

Slogan 6: *Look for the good.*

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 find fault, nor try to improve or regulate anybody except myself.*

OF IMPORTANCE TO GROUPS:

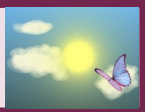
Trustee nominations to the EA Board are being sought for Regions 1, 3 & 5. If you wish to receive a ballot, please email groupdata@emotionsanonymous.org and ask for a ballot to be emailed to you, otherwise please check with your group contact. Nominations are due in June. Please consider providing service to EA as a whole by nominating yourself or another to the Board. Not sure which region you are in? See page 4.



REFLECTION FOR TODAY—JUNE 1

Sometimes I forget that I am never alone and have a terrible feeling of deprivation because of absence of friends and loved ones. On those days I have to remind myself of God's presence within me. I have forgotten for that moment that God is always with me – at home, at work, in the car, or even in unfamiliar surroundings. Wherever I am, God is with me. When I remember that fact, a feeling of peace and serenity enfolds me, and I relax. I feel strong, courageous, and loved. I can do all that is required of me this day. I can get along without the friends and loved ones until their return because my Higher Power is with me.

To help support this publication, donations can be made to: [EA Connection](#)



STEP 6: WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

I found the things that cause me emotional pain in Step 4, then I shared those things in Step 5... Then came Step 6, I thought I was going to have to do that once, and then poof! my Higher Power would remove my flaws, and make me a saint...NOT! I have struggled over the years with the same character defects. I still have to get on my knees and ask God to remove from me those things that keep me away from the sunlight of the Spirit. Some days that is easier to do than others. I have not been able to remove those character flaws from myself, I have to be entirely ready, everyday, one day at a time...*Ed*

I've been an EA member for almost 2 1/2 years now. I have a little Program, I pick a Slogan or a Just For Today and try to live it, one day at a time. I read the Reflections and ponder. I pray daily, I write gratitude's most days, and I attend Skype meetings most weeks.

I have learned a lot about my emotional problems and why they occurred in the past and what makes them flare up now. My character defects of comparison, competition, ambition, greed, envy, and dissatisfaction have made my life utter misery for many, many years. I never wanted what I had, only what I didn't. I spent many, many hours, days, weeks, years even, obsessed with what I didn't have.

My character defects are being relieved I believe, by God, through my little EA Program. If just for today, I

don't compare myself to others, well that is a day that my defect of comparison and envy are put to rest. When I let go and let God, my ambition and competitiveness quiet. When I focus on gratitude and stay in the moment, my dissatisfaction evaporates.

And since now, how I live my days is how I live my life, my life has become far more serene. I even sometimes have true hope, and sometimes I find myself relatively happy, without working at it. This is a very long way from where I have been.

Just recently, I noticed that I really have changed, deep down. I don't mind using the phrase character defect because then I have to give it to God. I also know what still triggers me. I am not completely free of defects! I still react very strongly to perceived disrespect along with other things. There is more work to be done in me. But now I know I have a full partner in God and I have hope and trust that these issues and others will heal eventually as well.

I want to take the next Steps now. I feel I am finally ready and have enough evidence to convince my stubborn self. And I'm not scared of the Program anymore...*Angela*

CONCEPT 6: WE NEVER DISCUSS RELIGION, POLITICS, NATIONAL OR INTERNATIONAL ISSUES, OR OTHER BELIEF SYSTEMS OR POLICIES. EA HAS NO opinion on outside issues.

I just read a contribution in the EA Connection about sharing religion in program/meetings and am inspired by that. Though I grew up in a recog-

nizable organized religion and still am faithful and practicing that (works for me) I do not like references to any particular religion in a meeting or other sharing meant for a wide audience. Our traditions cover this for us, and it makes me feel safer in the whole group.

So, I do not want to hear about your specific religion, or have you try to evangelize me in a personal conversation. I rejoice that you have a strong belief and are devoted to that. I appreciate that and many other beliefs/descriptions of a HP. And we all need a HP in order to recover...*Theresa*

SLOGAN 6: LOOK FOR THE GOOD.

Looking for the good in others has been quite a learning for me....not judging, criticizing or wishing that others be different from the way they are....and a path I am still on. My son is my greatest teacher in that sense, in whom I relentlessly see the bad if I don't check myself. But thanks to the program I can see that this as unhelpful and correct myself when I slip.

Of course, it also applies to the way I relate to myself too. I am probably my own worse critic.

I have a needs wheel which shows all of the things we need as humans. Nowhere on that wheel does it say anything about criticism or condemnation:-) However, this does not mean that I have to be everybody's best friend either. Some people I have a natural affinity with and that's what makes a friendship work. I don't think that's what this reflection is about. No, I think that this is more about tolerance of others and also about respect...*Ian*



EA TOOLS APPLIED: EMOTIONS

EMOTIONAL WELLNESS

How do we know if we are emotionally well or not? These are only my thoughts. To me, the key word is “desire” to become well emotionally. Do I want to get better? Emotional wellness usually means to feel good about myself as a person, that I’m just as important as any other human being (most of us come into this program with very low self esteem), and to have some form of peace of mind with myself, my life, and my Higher Power. If depression or anxiety is a part of my life then it is reducing or eliminating that from my life, but I don’t do it, my Higher Power does when I work through all 12 steps.

For me, having the desire to get better emotionally means giving up old behavior patterns that are destructive to my well-being like: sleeping all day, wallowing in my misery by not reaching out to share it with someone (sponsor or program person if possible), Having an “I can’t do this” attitude, feeling sorry for myself, harboring a resentment, and thinking only about the negative. If I truly want to get better I will go to any lengths by using the tools (meetings, sponsor, literature, phone calls, etc.) of this program.

This is a daily living program so if I want to get better I use it daily. If I’m not doing this, then I need to check my “desire.” Believe me, if I’m tired of being sick and tired (hitting bottom) and desperate, then this program gives me the option to do something about it. The choice is mine, but the results are God’s...*Renee*

EMOTIONAL VOID

I have found that the void deep down in myself cannot be filled by another human being, or by accomplishments I make, or by attributes I have. As I work this program I find spiritual growth. When my power comes from my Higher Power, both outside and inside myself, I find peace and serenity and that void is filled...*Tess*

INTENSE EMOTIONS

Yesterday I had an emotion which felt like intense fear, where my head felt like it was going to explode, my thoughts raced really fast, I couldn’t concentrate to hear my wife speak, I felt like I was going to lash out, and I felt like I was either going to go mad or run out of the building. It just felt so intense. I’m not sure whether this is anxiety or mania – in some ways the label doesn’t matter. I chose to accept this rather than fight it, and came home to rest. I’m not sharing this because I want to share my troubles, but because I just wondered if any of you had the same intense emotions at times, and what ESH you could give me about dealing with them. Is it best to keep going through these feelings or better to take a rest. I just feel quite lonely sometimes when it seems no one close to me can understand...*Ian*

EMOTIONAL PAIN

I am in great emotional pain today. I am afraid of the cycle, Wednesday and Thursday - filled with anxiety, Friday and Saturday came with feelings of calm and clarity--happiness, joy even! And today a great sadness, and anxiety, but mostly just a great heavy sadness that comes from anything it seems. Leaving Sofie alone in the apartment, seeing an old man walking alone, the soap my mom gave me for my birthday (I showered with it and felt great sadness that someday she will die and these little trinkets she gives to me will be only a memory). I don't feel well, I am cold and my belly aches. I took a hot shower and made some tea. I feel very, very lonely.

Just trying to be present with my feelings, let them be. They are really painful. I don't want to make the suffering last longer by reacting to them. I talked with a good friend, I'm writing to the loop, next I will do some work on my dissertation. When I surface from each thing, the feelings are still there. I acknowledge them, say to myself, they are hard to feel, but they will pass. It's all I can think to do...*Sarah*

STUFFING EMOTIONS

It is true that once I embraced those ugly feelings inside me, I began to work through them. Stuffing any feeling isn't healthy. After recognizing and accepting all of my feelings I am able to see them for what they are. They are how I feel now. They will change. Some feelings last longer than others. when I truly see them and not try to hide them, I am able to accept and move through them more quickly than I had in the past. I also see the past in a different light now. Grateful to live another day with unsolved problems...*Irene*

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SLOGAN 6—LOOK FOR THE GOOD: THOUGHTS FROM YOUR TRUSTEES



It's easy for me - and perhaps you as well - to take friends for granted despite the criticism we allow ourselves to fall into. The same can be true to our daily tasks. If we look for the negative, we'll be negative. But, focusing on the good things that happen daily, be that in our relationships or in the events of daily living we'll surely bring happiness into our lives. So, Look for the Good and leave the negative behind ...**Gus** It has been my experience that attitude is a matter of perception. Generally, things are the way you think things are. I have been having a bit of a physical problem lately, my right leg is causing me pain. Sure, if it gets any worse, I will see the Dr. But the issue is, am I going to whine and complain about my leg, or be grateful that I feel the pain. The pain is what reminds me that I'm alive. I am so grateful. Its pretty simple, I can look for the good, or sit on my laurels and not do anything, but complain...**Lynne** When I look for the good, I look for that which "rings true" and comes across as authentic. When I look for the good in people, I look past their exterior and their words/actions to see the good that my HP has created within them. My initial looking is often for "what is wrong", so this call to be looking for the good is a great challenge—especially when I look at myself. I'm glad for the discipline this slogan calls me to practice...**Scott** Looking for the good (in a healthy, realistic way) is difficult for me. One thing that helps me is to think of situations as learning experiences and opportunities to grow. Also Promise #4, which says, "No matter how far down the scale we have gone, we see how our experiences benefit others" is comforting. It helps to get my mind off of myself and onto someone else or something productive...**Val** People tend to prefer to associate with optimists rather than with pessimists, and the former tend to have better mental health. When I got over my depression and saw I could have a brighter future, my recovery was assured. ..**Vince**

"Few situations in life, it seems, are as good as we hope or as bad as we fear. Every situation can be viewed in either a positive or negative light, and this will affect how we talk to ourselves and others. Positive self-talk will lift us up and allow us to see over and above a bad situation..." It Works if You Work It , p 75

EVENTS FAR AND NEAR:

DON'T FORGET THE EA CONVENTION

SEPTEMBER 23-25, PHOENIX, AZ

REGISTRATION—PAGE 5

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To post an event, send your information to editor@emotionsanonymous.org .

Karen Mead , Editor



2016
Emotions Anonymous
International Convention
 Phoenix/Tempe, Arizona
 Friday-Saturday-Sunday
 September 23-24-25, 2016

LOCATION:	ROOMS:	RATES: 9/20* - 9/28	
DoubleTree by Hilton 2100 South Priest Drive Tempe, Arizona 85282	King or 2 Queens	1-2 Guests	\$93
	Rate is per night	3 Guests	\$103
	*Rates Available 9/20 - 9/28	4 Guests	\$113

Come Early! Stay Late! EA Hotel Rates Available 9/20-9/28 (<http://tinyurl.com/EA2016Hilton>) Tel:(480)967-1441

2016 Emotions Anonymous - International Convention Registration & Fees

Name: _____
 Address: _____
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 My Meeting Info: City _____ ST _____ Day _____ Time _____

Please Check all that apply:

- () I will be my Group's Official Delegate at the Annual Meeting
 () I will volunteer at the convention (check one): Decorations() Welcome / Registration Table()

SESSION TIMES: Friday 7:00 pm-10:00 pm, Saturday 9:00 am-10:00 pm, Dinner 7:00 pm, Sunday 9:00 am-12:00 pm

FEES:	Enter Your Amounts Below	Credit Card Information
ALL SESSIONS (Paid BY 8/29)	\$75 _____	CC# _____
ALL SESSIONS (Paid AFTER 8/29)	\$85 _____	(Visa/MC/Discover Only)
SATURDAY SESSIONS Only	\$45 _____	Exp (mm/yyyy) _____
Optional Donation to EA Int'l Svc.Center	\$ _____	3-digit code _____
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<i>(For every lunch purchased Hotel will donate \$2.00 to EA-ISC!)</i>		_____
Saturday Banquet Fiesta Buffet Dinner	\$35 _____	(signature)
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