

## **Welcoming the Spiritual Awakening Within Me Workbook Study Guide**

**#83A**

A supplement to the Spiritual Awakening #83 Workbook

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)  
651-647-9712

EAI hosted an introduction session by telephone in 2019 in support of the newly published workbook *Welcoming the Spiritual Awakening Within Me*. You can find the recording in EAI's audio library on the website. The session was interactive and might help you prepare to start utilizing that workbook either as a group or individually.

***Welcoming the Spiritual Awakening Within Me*** has a positive vision of thriving - moving beyond just surviving. The workbook goes through the 12 Steps and addresses vital recovery issues which were not covered in previous EA-approved literature including;

- Recognizing, exploring, and healing the effects of childhood trauma in working the 4th Step.
- A section exploring all family of origin roles and current roles.
- Exploration of healthy and unhealthy understandings of powerlessness.
- Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.
- Recovering from codependent and dysfunctional relationship patterns with EA's 12 Steps.
- Powerful ways to work steps 6 through 12 which help transform negative thinking.
- Emphasizing compassion and kindness in working the 12 Steps.

**Please consider the following:**

- ❖ Purchasing the *Spiritual Awakening Within Me Workbook* (#83)
- ❖ Utilizing the *Spiritual Awakening #83 Workbook* readings in meetings
- ❖ Hosting a new study group working through this *Spiritual Awakening #83 Workbook*
- ❖ Listening to the introduction session

## Welcoming the Spiritual Awakening Within Me Workbook Study Schedule Guide

EA's Big Book Related Pages = EA BB Pgs

Week	Step: Topic	Pages	EA BB Pgs	Homework
1	Welcome & Introduction	5-9	Not Applicable	Not Applicable
2	Step 1: Recovery Stage 1	10-15	41-45	Page 18
3	Step 1: Powerlessness	16-19	Not Applicable	Practice Check In
4	Step 2: EA Sobriety	20-25	45-49	Page 24
5	Step 3	26-29	49-53	Page 29
6	Step 3: Sponsorship & Closing Recovery Stage 1	30-34	Not Applicable	Page 33
7	Step 4: Recovery Stage 2	35-40	53-57	Start Inventory
8	Step 4: Dysfunctional Family Typical Roles	41-45	Not Applicable	Finish Inventory & Page 43
9	Step 4: Your Family Roles	46-50	Not Applicable	Page 47
10	Step 5 & Plateaus & Slips	51-56	57-60	Page 54
11	Step 6	57-61	61-62	Page 61
12	Step 6: Changing Negative/Obsessive Thinking	62-64	Not Applicable	Page 63
13	Step 7	65-70	63-65	Page 70
14	Step 7: Mental Illness	71	Not Applicable	Practice Page 70
15	Step 8	72-76	65-68	Page 75 & Page 76
16	Step 8: Codependency	77-83	Not Applicable	Write Amends List, Page 81 & Page 82
17	Step 9: Recovery Stage 3	84-87	68-71	Page 87
18	Step 9: Forgiving Self & Others	88-91	Not Applicable	Plan Amends
19	Step 10	92-100	71-74	Page 99
20	Step 10: The Four A's	101-104	Not Applicable	Page 103
21	Step 11	105-108	74-78	Page 108
22	Step 11: Wholeness	109-111	Not Applicable	Read Page 133
23	Step 12	112-118	78-82	Page 118
24	Step 12: Awakened Living & Closing	119-124	Not Applicable	Gratitude Journal & How Will You Serve?

# Remotely Accessible or Virtual Meeting Agenda Example

## **FIRST INTRODUCTION SESSION FOR PHONE OR VIRTUAL MEETINGS —**

- Open with Serenity Prayer
- Welcome & Moderator Introduction
- Explain participant controls (camera, microphone, etc.)
- Review Schedule
  - Allow time for questions
- Show where to find EA Steps on EAI's Website
  - <https://emotionsanonymous.org/literature/ea-program-basics/12-steps.html>
- Goal of Workbook Study Group
- Allow time for any additional questions

## **WEEKLY SESSIONS FOR PHONE OR VIRTUAL MEETINGS —**

- Open with Serenity Prayer
- Welcome & Moderator Introduction
- Explain participant controls (camera, microphone, etc.)
- Opening statement from Suggested Virtual Meeting Guide (#7A) if desired
- Explain “Round Robin (RR)” sharing style
- Use RR sharing style and check in
- Use RR sharing style and share assignments and responses
- Review schedule and assignments for next meeting
- Use RR sharing style and check out
- Allow time for questions
- Closing statement from Suggested Virtual Meeting Guide (#7A) if desired

# Face-to-Face Meeting Agenda Example

## **FIRST INTRODUCTION SESSION FOR FACE-TO-FACE MEETINGS —**

- Open with Serenity Prayer
- Welcome & Introductions
- Review Schedule
  - Allow time for questions
- Show where to find EA Steps on EAI's Website
  - <https://emotionsanonymous.org/literature/ea-program-basics/12-steps.html>
- Goal of Workbook Study Group
- Allow time for any additional questions

## **WEEKLY SESSIONS FOR FACE-TO-FACE MEETINGS —**

- Open with Serenity Prayer
- Welcome & Moderator Introduction
- Opening statement from Suggested Face-to-Face Meeting Guide (#7) if desired
- Explain "Round Robin (RR)" sharing style
- Use RR sharing style and check in
- Use RR sharing style and share assignments and responses
- Review schedule and assignments for next meeting
- Use RR sharing style and check out
- Allow time for questions
- Closing statement from Suggested Face-to-Face Meeting Guide (#7) if desired

## Frequently Asked Questions for Workbook Group Facilitators

- 1. Is it important to have a facilitator for the group and what is the role of the facilitator?** It is not essential to have a facilitator, however the facilitator is someone who helps a group of people understand their common objectives and assist them in this process. The facilitator prepares materials, coordinates the logistics of the group meeting, and moderates the meetings.
- 2. Does the facilitator function as a sponsor?** It would depend on the facilitator to set their boundaries. The suggestions are that the group co-sponsors each other or each person seeks out their own sponsor.
- 3. What are the requirements for becoming a workbook facilitator?** None, only the willingness to do service for other members. It would be helpful or ideal if the person has been through the 12 Steps, however it is not necessary.
- 4. Our group would like to start a 12 Step Study Group, however there is no one that has been through the 12 Steps and 12 Traditions. Is that okay?** A group can still move forward with starting a 12 Step Study Group by following the process and suggestions laid out in the Spiritual Awakening Workbook (#83).
- 5. Are participants required to have sponsors?** It is encouraged that participants find a sponsor when they are ready or the group members may co-sponsor one another.
- 6. How does co-sponsorship work?** Please view the page "What is Sponsorship/Co-Sponsorship?" on EAI's website or purchase/read the *Sponsorship in EA* (#25) pamphlet.
- 7. If the participant does elect to have a sponsor, what is the role of the sponsor since the participant is going through the 12 Steps with the 12 Step Study Group?** The sponsor and sponsee would come to an agreement of how their relationship would work. Please view the page "What is Sponsorship/Co-Sponsorship?" on EAI's website or purchase/read the *Sponsorship in EA* (#25) pamphlet.
- 8. Can participating in the 12 Step Study Group be effective without a sponsor?** Yes through the agreed co-sponsorship of another participant in the 12 Step Study Group.
- 9. What are the benefits of a remotely accessible or virtual study group?** Convenience - low cost (no room rental), accessible wherever you are able to connect online or have phone service, and no travel time.
- 10. What are the benefits of face-to-face groups?** More personal because you are in the same physical space.
- 11. At what point do you stop accepting new participants?** A general suggestion would be the group would close after the end of Step 2. Any latecomers would need to do the Step 1 and Step 2 work outside of the meeting to catch up. The other option would be the group holds a group conscience meeting to discuss the matter if it comes up.
- 12. What is the suggested size of a study group?** The recommended size is six people (five participants and one facilitator).
- 13. Is there a time limit on sharing?** It is recommended that the group hold a group conscience meeting to determine time limits and how long each person would be allowed to speak.

## Now What?

Facilitators and groups need to inform EAI that they are creating a Spiritual Awakening #83 Workbook Study Group. Below is the information that EAI needs to know.

- What type of meeting?
  - Face-to-Face, Remotely Accessible by Phone, or Virtually Online
    - If it is face-to-face
      - Where is the meeting?
        - City, State/Province, Zip Code, Country
        - Location Name
        - Address
    - If it is remotely accessible by phone
      - Phone Number
      - Access Code (if required)
    - If it is virtual
      - Platform (Zoom, Skype, etc.)
      - Meeting ID
      - URL Link
      - Password (if required)
- Start Date
- Facilitator Contact Information
  - Phone Number
  - Email Address

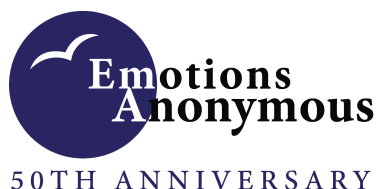
Share flyers locally and meeting information with other EA members you know that might be interested in joining.

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## Example Flyer



(Group Name if desired; city, state/Platform, Day, Time & Time Zone) Announces  
New Spiritual Awakening #83 Workbook Study Group

*Welcoming the Spiritual Awakening Within Me* has a positive **vision of thriving** - moving beyond just surviving. The workbook goes through the 12 Steps and addresses vital recovery issues which were not covered in previous EA-approved literature including;

- ***Recognizing, exploring, and healing the effects of childhood trauma in working the 4th Step.***
- ***A section exploring all family of origin roles and current roles.***
- ***Exploration of healthy and unhealthy understandings of powerlessness.***
- ***Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.***
- ***Recovering from codependent and dysfunctional relationship patterns with EA's 12 Steps.***
- ***Powerful ways to work steps 6 through 12 which help transform negative thinking.***
- ***Emphasizing compassion and kindness in working the 12 Steps.***

The workbook came from members' solid experience of joy and thriving that are possible in the third stage of recovery. The workbook is available to purchase off of EA International's website ([www.emotionsanonymous.org](http://www.emotionsanonymous.org)), by emailing Sharon at [shipping@emotionsanonymous.org](mailto:shipping@emotionsanonymous.org), or calling the Service Center at 651-647-9712.

For a Face-to-Face Meeting

[Group Name if desired; otherwise you can use city, state EA Group] will be starting a *Welcoming the Spiritual Awakening Within Me* 12 Step Study Group on [start date]. We will be meeting once a week for 24 weeks beginning on [start date] at [meeting location].

For a Remotely Accessible or Virtual Meeting

[Group Name if desired; Platform, Day, Time & Time Zone] will be starting a *Welcoming the Spiritual Awakening Within Me* 12 Step Study Group on [start date]. We will be meeting once a week for 24 weeks beginning on [start date] by [access information].

Please contact me if you are interested in joining.

Contact Information: Name, Phone Number and Email Address