

# The EA Connection: May 2018

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## EA TOOLS FOR RECOVERY

**STEP 5:** Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**PROMISE 5:** The feelings of uselessness and self-pity lessen.

**JUST FOR TODAY 5:** I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.

**SLOGAN 5:** First things first.

**HELPFUL CONCEPT 5:** EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.

**TRADITION 5:** Each group has but one primary purpose—to carry its messages to the person who still suffers from emotional problems.

## FROM YOUR BOARD OF TRUSTEES

*EA has openings on committees and the Board for the next fiscal year (beginning July 1). Below are reflections from your current trustees. If you are interested in learning more about the openings, please email Elaine at: [director@emotionsanonymous.org](mailto:director@emotionsanonymous.org) . Thank you.*

**Why do I serve on the board?** I find that I can take my recovery regarding relational, mental, and emotional issues/problems to a whole new level through my serving on the EA board of trustees. I am called to a high level of responsibility as I carry out my role as a trusted servant in this capacity - it's not just my personal recovery that I need to attend to. Questions I ask are these: Am I being rigid and controlling? Do I let my ego (over identification) get in the way of how I relate to projects and people in this position? Am I responsible to meet deadlines? Can I think about what is best for the EA community - and get good input from others - even as decisions are made that may not be popular? For me, getting the opportunity to serve on this board demands that I surrender so much to my H.P. and to trust this Higher Power to guide me in all aspects of my life. It's a joy and - honestly - a source of some frustration and fatigue to serve on this board. I wouldn't have it any other way! This is how I can grow and see positive change in my life. Serving in this role can (hopefully) help our whole organization to move forward to be more whole and healthier in the days to come. I hope others who are committed to their own personal recovery and are willing to do what it takes to move this organization forward to brighter days will also step forward to serve in this way, on a com-

mittee or on the board. We, and all the people on this planet struggling with their thoughts and emotions and in their relationships need your help!!...**Scott J**

**It's simple. I believe in myself.** I believe in the program. I've seen results of my working the 12 Steps of the program. My emotional life has stabilized. The Promises have become a reality for me. Without this belief and the insights I've gained because of my working the program, it would be very difficult for me to serve as a board member. But since I've seen the program "at work" in my life, as well as others in others, I believe I have the insights needed to serve as a trusted servant. I understand the pain that individuals and groups, especially the new members, live with day in and day out. While I don't always have "the answer", I can draw on my own experience and speak from that perspective. Lastly, having worked Step 3 over and over again in my time in EA, I rely heavily on my Higher Power for the insights, and patience I need while attempting to make decisions that will benefit individuals, groups and EA as a whole. I'm proud to be a Trusted Servant serving Emotions Anonymous...**Gus S**

**Serving on the board is away to give back** for all I have received. It is also a way to honor the people that were here for me 27 year's ago when I needed help. If we don't take care of what we have, it is going to be gone. There is way more to this than just going to a meeting once a week. I don't think most members know how much work is done by the great group of people in background . Serving on the board is a way to give back for all I have received., just one small thing I can do...**John W**

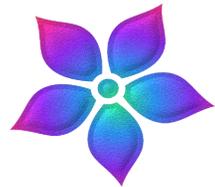
## SPECIALS GIFTS AND MEMORIALS

*In memory of Sister Mary Jane, who led me to EA —- Christopher K, Ontario, CAN  
In Memory of John K— Susan, AZ*





## STEP 5: ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.



Having an emotional illness is a bummer! Doing a Step Five helped me a lot. I

did it with my sponsor Pamela. She wasn't horrified at all. Amazing! I learned in EA f2f meetings that we were as sick as our secrets. I have shared all of my secrets. No one abandoned me. I don't believe that the EA program is easy. I have never found anything worthwhile that came easily. My words for the newcomer, please please be KIND to yourself! Do NOT beat yourself up, that activity helps no one!...*Carol*

### EXPERIENCE

It was so difficult for me to face another human admitting my wrong doings. I thought it might kill me to do so. I carefully chose a person I knew would keep my personal business and could trust in their honor. It wasn't as hard as I thought it would be trusting someone. My sponsor and spiritual adviser both would hear my fifth step.

### STRENGTH

As I held onto my written fourth step...I began to feel as though I wanted to die. I knew it was best to get the fifth done before any regrets or procrastination held me back from the telling the truth. I didn't reread it because I knew if I did...my perfectionism would kick in. I thought doing the fifth step would

bring me serenity. I was so sick and tired of being emotionally sick. I was ready to be rid of the heavy load I'd carried around for years. I didn't want to suffer anymore, I wanted to live in reality.

### HOPE

Admitting my character defects didn't kill me. I thought the world would come to an end. I thought so many things would go wrong but I kept plowing through. I wanted to have the freedom to make better choices. To be happy without feeling guilty. I wanted to learn how to live with myself. And, for this I needed to learn to rely on my HP, myself and another human being.

I found that the fifth step is an ego buster. I had so much false pride and no humility. I couldn't laugh at my mistakes nor did I realize my membership to EA was a life time membership. I continue to make mistakes, I make wrong choices, I have adversities. But thanks to working these Steps the Promises have come true in my life. *Pat M*

### SLOGAN 5: FIRST THINGS FIRST.

**This helps me** to not to be in the future but stay in the present. So I've taken it to mean "take care of the things that are right in front of you before you start thinking about things further down the road". So in other words do the first things first. Let the rest come later...*Sophie*

**When living "First Things First"** in my life, I actually make a plan for the week. I have that where I can see it daily. Those are my "first things first" that I need to do each day to help me stay well emotionally. Things include weekly

12 step meetings in my town and online EA meetings, my volunteer job work, daily exercise, daily chores, meetings with friends or family, a class I attend or other appointments. Then after I make sure I do my important things, I can then do other things I want to do, but I make sure I keep in my mind to do the most important things first and not procrastinate on them as procrastination is a defect I need to try and "not" practice.

"First Thing First" in my life is having the desire to be well emotionally. So I ask myself if something that I am going to do is going to help me with my emotional life or not. If it is not something that will help me with my responsibilities or is not something good for me to be doing, then I just don't do it. I make sure I pay my bills on time and my rent, make sure I buy healthy foods, make sure I budget my money since I am on a fixed monthly income and I ask my Higher Power daily to please direct my thoughts, my feelings, my actions and my words. I am not perfect on all this, but this is what I strive for when living "First Things First" in my life ...*Connie*

**Today I have** put my emotional concerns aside, and decided to tackle my to-do list. After putting laundry away and paying some bills, I'm feeling productive and more in the present

moment. This is a nice relief after several days of being in my head worrying/stressing.

I'm grateful for the slogan 'first things first.'...*Sarah*





## DISCOVERING THE TOOLS OF EA



### SELF-ESTEEM

Today I am 64 years and 1 day old. As yesterday was my birthday, I heard from each of my adult kids. And each of them were frustrated with their inability to get in touch with their siblings. I just said, "I'm sure you'll work something out." Not my job to own or try to solve their problems. But it took me down memory lane, to the good old days. "MOM...She called me a poo-poo head!" Well, ARE you a poo-poo-head" "No, I'm not." "Then it doesn't really matter what she said, does it?" "MOM...He said my picture was ugly and I can't color good!" "Do YOU like your picture and think the coloring is good?" "Yeah, I do." "Then it doesn't really matter what he said, does it?"

I was, without really thinking about it, teaching my children something I myself had not thoroughly learned. If, after examining something unpleasant said about me (inventory) I find that it's not true, then it truly doesn't matter. It's about the other person, not me. It's time to let it go.

If I discover it *is* true, then I can make amends, clean my side of the fence, and make the effort not to repeat the behavior. And let it go. Much of the time now, I find that I am really not a poo-poo head. And I let a lot of things go. Still Learning...*Abbey*



### SELF-DISCLOSURE

"Only through self-disclosure do we discover the beauty of self." However, self-disclosure is something I need to work on in terms of choosing appropriate venues, contexts and people. I am grateful for the generous folks who allow me to share, but I also see how in this world some people are not comfortable with others' weaknesses, foibles and/or neurosis. Much less to listen to them. I speak from experience where I have made professional and even friendships a bit strained due to too much disclosure of personal vulnerabilities. I am not bitter, but wiser and again I now tend to err on holding my cards closer to my chest with most people. It alleviates guilt, increased vulnerabilities, and ammunition for those who may like to hurt or diminish others. I do think my psychiatrist was right in suggesting the world can be cruel. I think in protecting oneself and cultivating safe and respectful relationships, one may have a chance to be emotionally well. I do not have any answers about why abuse happens, but being on the receiving end along a spectrum of affronts and forms, I think I can respectfully say I need to protect myself. Moreover, I do celebrate the forum and people that allow for open and honest sharing about fears, vulnerabilities, painful experiences and emotional troubles, thank you EAnon...*Cynthia*

### SELF-LOVE



I really like Today's reading (April 5) about how my daily inventory helps me see how my shortcomings alienate me from me and me from others. Alienation has been a big part of my life. I have isolated from others and I saw that as a choice for protecting myself from getting hurt again. What I missed is that the same decision also separated me from myself.

I lived so long separated from my heart, my feelings, my soul and spirit. I did not know what I liked or wanted. I did not know anything except what was in my head and most of that was trash talk to myself.

When I found this program I slowly began to discover myself. I like to say that I came home to myself because for the first time in my life I was comfortable in being me. I know that part of the journey was discovering loving accepting fellowship in the rooms. Then I began to learn how to love myself.

Loving myself is a daily struggle. I have years of practiced habits where I don't love myself: I eat too much and did the wrong things. I don't take walks, I trash talked about me, I blamed and sit in self-pity. I let my emotions lead me instead of containing them, accepting them, and releasing them.

Now I am learning to journal, to sit quietly with my feelings, to share those feelings with others. I am learning honesty. I am learning how to affirm myself. I am learning to congratulate myself on the exercise I do and whatever other positive action I take. I am learning to sit quiet and be. I am learning to practice gratitude where ever I go and what ever happens. I am learning to receive and to give to true friends. I am learning and growing instead of being stuck and alone and this has changed my whole life and outlook...*Wren*



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## THE 12 PRINCIPLES, STEP 5: INTEGRITY

**ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.**

In the early 1950's Twelve Step groups began informally sharing what has become known as the Principles of the 12 Steps. Each step has a corresponding principle that one can keep in mind when working the steps. Below members share how **INTEGRITY** factors into Step 5 for them.

**INTEGRITY is a "life-word" for me.** I'm in integrity when my thoughts, words, and actions are lined up/congruent. If I make promises to deliver on something and I fail to deliver, I'm restored to integrity by apologizing, making amends, and making new promises. Then I seek to stay in integrity in that aspect of my life. The 5<sup>th</sup> principle of EA, integrity, is a gift to me, in keeping me on track with my recovery toward healing and wholeness in my life and in my relationships. Through integrity, I emphasize my responsibility to manage my life, with the help from my Higher Power....**Scott J**

**INTEGRITY – the gift of assuming responsibility** for who we were yesterday (the person who no longer exists) – not the individual we are today (a new creation if you wish). Getting to where we are today, took courage (4<sup>th</sup> step principle) as we looked at our shortcomings and took responsibility for them, and ultimately, sharing them with self, a trusted individual and our Higher Power. This integrity allows us the freedom to become who we are both on the outside and inside of ourselves. What gift this integrity is!...**Gus S**

***It Works if You Work It, pages 39-40.***

We are now ready to admit "to God, to ourselves and to another human being the exact nature of our wrongs" in Step Five. In some ways, this step may be even more frightening than Step Four. It's bad enough to write the embarrassing details of our lives, but to share them with another person? That seems like going too far. And it is.

All of the steps go too far, past our own safe boundaries where we've been hiding out for most of our lives. The reason for sharing this step in three ways. With ourselves, our Higher Power, and another human being is to show complete **INTEGRITY** (commitment to a higher moral purpose) by breaking down each of these boundaries.

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