



# The EA Connection: October 2018



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## EA TOOLS FOR RECOVERY

**Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Tradition 10:** Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.

**Promise 10:** We intuitively know how to handle situations which used to baffle us.

**Helpful Concept 10:** We have not found it helpful to place labels on any degree of illness or health. We may have different symptoms, but the underlying emotions are the same or similar. We discover we are not unique in our difficulties and illnesses.

**Just for Today 10:** I shall be unafraid. Particularly, I shall be unafraid to be happy, to enjoy what is good, what is beautiful, and what is lovely in life.

**Slogan 10:** I need people

## FROM GUS S, PRESIDENT, EA BOARD OF TRUSTEES

As I write this, the Board members of Emotions Anonymous are preparing to gather at the ISC Office in St. Paul, MN over the days of October 4-6, 2018 for the annual Board Workshop to continue the process begun a year ago of moving EA into the future. The Workshop will be held on October 5<sup>th</sup>. A Strategic Plan was developed at the Workshop in 2017 and the Board, along with the ISC Staff continues to implement elements of that Plan as well as working with new insights gained over the past months. Members will meet for the Fall Board Meeting on October 5<sup>th</sup> as well and then on October 6<sup>th</sup> we will meet for the Annual Membership Meeting via Conference Call commencing at 11:00 AM, Central Time. More information on this Conference Call and how to access the meeting can be found on the website. And as a reminder, November, our Annual Gratitude Month is just around the corner, providing the opportunity for group and individual EA Contributions. Consider gifting EA with a contribution in gratitude for the serenity you have gained as a member of Emotions Anonymous. Thank you for your generosity and because of it, Emotions Anonymous has seen black ink for the fiscal year ending in June. Happy Fall!

## Annual Business and Board of Trustees Meetings

**For more information, click above**

If you would like to attend the Annual Business Meeting on October 6, the call in number is 1-866-316-1519, the participant code is 67734578#. The conference will be available after 10:55 a.m. CT. if you wish to attend in person, the meetings will be held at Salem Lutheran Church, 11 Bernard St. West, West St. Paul MN 55118.

Of particular interest to members might be the Meeting Topic for Discussion: How to generate more involvement in the EA program—Focus on Step 12. In addition, there will be an introduction of the board of trustees, annual messages from the President and ISC Director, along with literature and financial reports.

**YOUR INVOLVEMENT IN EMOTIONS ANONYMOUS IS VITAL TO IT'S FUTURE**

## SPECIALS GIFTS AND MEMORIALS

In memory of Victoria S, Oxford EA Group MS

We also wish to acknowledge and express our gratitude for the bequest from the estate of Rolland H of Germany.



## RECOVERY USING THE TOOLS OF EA

### **STEP 10: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.**

Doing a daily 10th step helps me get in touch with my feelings. I no longer stuff my feelings down and I feel free to fully express my feelings, but in safe ways.

I don't act out on others with my feelings. First I write in my journal about all I am feeling and then turn it all over to the Higher Power. Then if I still seem to need some extra help, I will call a safe person like a sponsor, 12 step friend, or even share in therapy about what is going on with me.

The main thing is for me to not hurt myself or anyone else with my feelings. I also do not dial for pain and share my feelings with someone who I know will just make me feel worse. I am grateful to know it is okay to feel my feelings...*Connie*

**I've just about mastered the art of projecting my crap on to others, and all the while in complete denial that it's my issue in the first place. Then I sit there and judge them up one side and down the other, and often have pity on them. I can be such a hypocrite! It has only been recently that I've been able to start catching myself in the act, and try to turn my awareness back to my own inventory. Their inventory is none of my**



business! God, help me to know myself in an honest and open way.

...*John*

### **JUST FOR TODAY 10: I SHALL BE UNAFRAID. PARTICULARLY, I SHALL BE UNAFRAID TO BE HAPPY, TO ENJOY WHAT IS GOOD, WHAT IS BEAUTIFUL, AND WHAT IS LOVELY IN LIFE.**

**Managing Fear. I've been waking up** quite early, these days, because I'm just an early morning person. I didn't know, any better, until I made a choice to Let Go and Let God guide my way from being newly retired.

I mentioned fear from way back when because it was my beginning. I woke up feeling happy to have another day on earth. It's a blessing that has been fulfilled Just for Today.

It came out of nowhere, I remembered playing my kids piano along with The Liberace Show. It was then my mother with her new husband in bed and my piano was outside the doorway.

I was told to stop playing and go sit on the couch. I remembered I didn't want to listen and wanted to continue playing. I felt the restraint of my anger and chose to continue thinking, "I'm not going to do it, Mommie."

And so, my mom got out of bed and came over to me and gave me a slap across my cheek. I felt the pain and the heat on my cheek. I then was told again...to go sit on the couch. I did but I was mad at my mom all

day. It was the carryover of many other childhood abuse already done.

I allowed myself to go into details because that is HOW I became emotionally well and manageable with the EA program and therapy. My thoughts came out of nowhere.

Then, I recalled how unfortunate for myself and all those other abused children I know of. I became one of them. Just like I became one of EA's fellowship. Once I allowed my entire thought to be completed...I said thank you God for the reminder of how I was cultured into emotional illness.

There are no easier softer-ways of working through fear. Fear needed to be embraced/accepted/willing to make a change before I was able to do something about it.

My sponsor, meetings, doing the necessary footwork, and a good therapy section weekly, and God's guidance has taken away my fear of leading a good moral life.

It was a good memory for me to not forget where I came from. Knowing God had a plan for me. And, finding my niche in life has brought me a happy and humorous life. My compassion and understanding, the love I feel for all God's peoples.

No need to cry over spilled milk...The past can't be changed but I can choose to use the past for helping someone hurting as I did many years ago. I don't say the child within because I could never never separate or divide my person.

Since, I've been able to resolve my emotional problems. I've been blessed ten fold. I am thankful to all...*Pat M*

## DISCOVERING THE TOOLS



### CHAOS

Before recovery, I knew chaos. I was the supreme commander, the conductor who drove the crazy train through the hearts, minds and lives of good people. These people did nothing other than attempt to love and care for me. That is what I gave them in return for their kindness and support. And these were the very people I said I loved. Insanity at its finest. It chills me to the bone when I reflect on those days. However, I do not regret them because they brought me to recovery. Thanks God!

One of the first things I saw in the rooms of recovery were the promises. I thought, well that's a tall order....Sure, from the depths from which I had fallen, true to be sure. To know serenity, I had to work the steps. I work the steps each year as a refresher, and immediately if, needed. The point is, to know serenity is such a wonderful gift. And, it is the gift that keeps giving. But, early on, I was still self-destructive. That did not go away when I entered recovery. That was a result of working the steps and replacing old tools with new, effective tools. Old tools such as selfishness and self destructive tendencies were replaced with selflessness, charity, and self-care.

The promises are absolutely true. It really helps to keep those in mind as the goal, when working the steps. Because the step work is difficult at times. It requires all the things that I was unwilling and incapable of doing on my own. Trust, finding a power greater than myself, etc. With a Higher Power, there is nothing that cannot be done. I resonate in that ideal when I start to experience negativity or depression. It perks me up and sets me back on a course with my HP. I dare not venture without my HP...*Lynn*

### FEELINGS VS TRUTH

**My feelings aren't necessarily the Truth.** They may FEEL like the Truth but sometimes it IS just what my erroneous thoughts are dragging up. It is true, in moments when I choose to worry or obsess over people, places, and things I cannot control, I'm creating thoughts that trigger unpleasant feelings. Knowing now that worry isn't very productive my best bet is to hand it ALL over to my loving HP and to comfort myself by doing so...realizing no matter how much I worry, I cannot change it. If I hand it ALL over I do have an alternative choice. To live my life, even if that looks different. I need to let myself off the guilt hook for not being able to DO something. I can be kind by acknowledging, if it were in my power I'd make it better, which is a helpful, even kind thought. I can say I care or ....and pat myself on the back...but then get on with life. That MAY look like service for the person that is suffering but without the guilt, pain, shame or helplessness that my stinking thinking had me stuck in. Both of us will be happier and HP will handle it a lot better than me...*ML*

### ASSUMPTIONS

**Something happened in my EA** meeting that I had to share. A certain member has not come for years. I asked him why and he said because he was snubbed by someone in our meeting who refused to hold his hand during the closing and instead extended her elbow. I told him that sometimes people worry about germs and they do that and that he need not take it personally. Later on he told me who the person was who had done this. Well guess what? This member has cerebral palsy which is not that obvious. She cannot extend that arm and can ONLY offer an elbow. How many times in life have I made an assumption that is erroneous? This member has deprived himself of our meeting for years all for a misinterpretation. This was very eye opening to me. Very humbling too somehow. ..*Claire*

**REFLECTION FOR TODAY:** The more we are able to embrace our sorrow and learn from it, the more we will also be capable of experiencing great joy. Yet to embrace our sorrow takes a great deal of courage. So often we try to soften or lessen our pain. In every painful situation there is a lesson to be learned. Our willingness to be open to this learning ultimately brings us to experience a greater joy than we had believe possible.

**MEDITATION FOR TODAY:** May I hang on during my painful times, knowing my pain will eventually turn again into joy

**TODAY I WILL REMEMBER:** The depth of my sorrow mirrors the peak of my joy...**Today Book October 26**



# 2017 - 2018 EA Board of Trustees

Please feel free to contact members of the Board with questions or

**Gus S, AZ** 602-319-3890 [schloessergus@gmail.com](mailto:schloessergus@gmail.com) *PRESIDENT*

**SCOTT J, MN** 507-276-0323 [sdjakel@gmail.com](mailto:sdjakel@gmail.com) *Vice President/Treasurer*

**JOHN W, MN** 612-760-0313 [johnwerner52@gmail.com](mailto:johnwerner52@gmail.com) *Secretary*



## THE 12 PRINCIPLES—Perseverance

In the early 1950's Twelve Steps 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 perseverance factors into Step 10 for them.

**STEP 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**PERSEVERANCE is defined as** a continual effort to do or achieve something despite difficulties. That definition certainly speaks to me as I daily take my personal inventory and attempt to make daily amends to individuals whom I had wronged, which is not an easy task. However, in doing so, it helps me to keep my side of the street clean in all of my relationships. This practice of my righting my wrongs on a daily basis, ultimately results in true and lasting change from who I was to whom I want to become. How blessed I am for the EA Program, the 10<sup>th</sup> Step and this 10<sup>th</sup> Principle of PERSEVERANCE!...**Gus S**

**When I persevere in my program,** life is less severe. In fact, as I practice balanced perseverance – in following step 10 – I'm diligent in taking inventory of the good things about my life, too. I find that the end of step 10 – "...and when we were wrong promptly admitted it" can easily swallow up potential positive aspects of this step. That is why people like me – who are good at persevering in finding all the things wrong with us and all the things we've done wrong – need to also persevere in noting our good qualities. Perseverance in positivity is powerful!...**Scott J**

## PERSEVERANCE

Now that we've reached the tenth step, Continued to take personal inventory and when we were wrong promptly admitted it, we begin to understand how important it is to conduct our future affairs in a way that is not hurtful to ourselves or others. To do so is to accumulate a list of amends that will have to be made at some point. Instead, we take a moment each day to review our behavior, see if there is anyone we've harmed, and offer our apologies as soon as possible. If our own name is on this list, we'll have to spend some time being more gentle and accepting of ourselves. **This daily task requires determination and perseverance.** From *It Works if You Work It*, page 45.



### REFLECTION FOR TODAY— DECEMBER 29, TODAY BOOK

There are times in our life when we want to give up. Our pain seems to have no end. In a sense we are like the runner of a twenty-six mile marathon on the twenty-fourth mile. The runner may think it is impossible to finish the race, or maybe lose perspective. Yet, if there is a reflection on previous efforts, the decision will be made, no doubt, to continue the race or at least give it one last try. It does not matter how many people come in before or after. It matters only that there was no giving up. When the runner crosses the finish line, the pain turns quickly into jubilation.

### MEDITATION FOR TODAY

**May I have the perseverance to continue my race.**

**EMOTIONS ANONYMOUS,™ Website:** [www.EmotionsAnonymous.org](http://www.EmotionsAnonymous.org)

Hours Mon—Thurs: 10 to 3:30, Phone 651-647-9712, Fax 651-647-1593

[director@emotionsanonymous.org](mailto:director@emotionsanonymous.org)

[groupdata@emotionsanonymous.org](mailto:groupdata@emotionsanonymous.org) [shipping@emotionsanonymous.org](mailto:shipping@emotionsanonymous.org)

[editor@emotionsanonymous.org](mailto:editor@emotionsanonymous.org)

[orders@emotionsanonymous.org](mailto:orders@emotionsanonymous.org)