

EA CONNECTION—OCTOBER 2016

YOUR MONTHLY NEWSLETTER FROM ISC



FROM THE PRESIDENT OF THE BOARD OF TRUSTEES:

Having just returned from the 2016 EA Convention here in Phoenix, and if you weren't with us, I dare say you missed out! Though low in numbers (40+ registered EA members from Canada and the United States) there was a tremendous spirit amongst the participants. With the Theme of Sponsorship, the Convention Speakers and Workshops all focused on one or another aspect of it. I'm sorry that you weren't able to join us, but you will be able to listen to most of the Key Speakers, on our website, in the very near future. Your Trustees, along with our Executive Director, Elaine Weber Nelson, spent a day and a half in executive session working to strengthen our Organization. We looked at possible scenarios which would increase membership; increase existing groups, as well as the establishment of new groups. As well, we looked at and began to make some proposed changes to the By Laws of the Organization to reflect the reality of our time. In addition we spent considerable time looking at the Financials of our Organization. Keep checking these pages for additional EA information. Thank you for your support of our Organization and your Trustees!

Gus S, President, Board of Trustees



OCTOBER TOOLS:

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.

OF IMPORTANCE TO GROUPS:

Are you looking for an EA-related activity outside of a regular EA meeting? You can find retreats, public information meetings, celebrations and any other type of activity related to EA on the EA website (www.emotionsanonymous.org). You can access the Event Calendar in *three places on the homepage*: At the very top of the page, click on Upcoming Activities; under the "What We Offer" tab, click on Event Calendar; or, scroll down the homepage to "Activities" (under the left side photo of the hands) and click the link to the Event Calendar. Want to get to the Event Calendar right now? Click here: <https://emotionsanonymous-org.presencehost.net/what-we-offer/event-calendar.html>

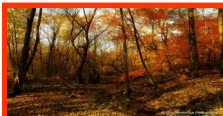
Does your group have an event they would like listed? Email Elaine at director@emotionsanonymous.org with the event information and we'll get it listed on the website!

MEMORIALS DONATIONS & SPECIAL GIFTS:

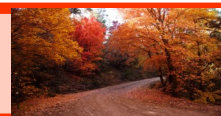
This is your place to acknowledge that special person in your life.

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EA TOOLS



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

I FOUND MYSELF getting upset at someone tonight, so I just put their name in my God box. I think I will continue to do this with anyone who upsets me. I took my own inventory just now and found that I was starting to get into a little slump. I found that I was allowing someone else to control me with what they do that is hurtful. I commit to not allow hurtful persons to control me and I will continue to turn them over to the Higher Power.

I do not want or choose to go into a slump just because someone was not nice to me. I can still be kind and loving to myself and still have a cheerful life if I choose to. And I do choose to have a good life. So taking my own inventory just now, helped me see what was going on and I commit to just sticking with my Higher Power and trusting I will still be okay and not have to go into any slump just because of someone else's cruel actions. Grateful I can use the steps to help myself as I continue to take my inventory daily with the help of my HP...**Connie**

IN THE STEPS prior to the 10th, we have been dealing with the past - cleaning house, so to speak. We have searched the corners of memory for grievances to be adjusted by means of our new view of our role in life. Now, with Step 10, this procedure becomes a daily ritual; housecleaning that takes place in a nightly review of the day's happenings. "Continued to take

personal inventory, and when we were wrong promptly admitted it." If this step becomes a part of our daily life, there will be no backlog of guilt to worry about; we keep order as we go along. today's reminder The 10th step is essential to the promise we make ourselves to live **One Day at a Time**. Although I cannot expect to achieve perfection, I can observe my progress and enjoy the deep satisfaction self-reflection can bring me. It may have little obvious effect on my outward circumstances at first but keeping myself receptive to solutions will guide me to them. Look to yourself - it is there all your answers are found...**Victoria**

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.

THIS REMINDS ME and frees me to take time to smell the flowers, look at the sky, admire the sunrise or sunset...**Joe**

TELLING ME TO be unafraid can be like telling me to win the lottery—it seems impossible. Fear has motivated so many of my actions and decisions, and has been the cause of so much anxiety. But the EA program challenges all of my old beliefs, assumptions, and behaviors, so perhaps it is even strong enough to help me fight off fear.

Then, when that first shadow of fear approaches, I can fight back by recalling the good feelings I enjoyed on that special day. I will stay positive by reaching for my

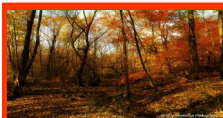
affirmations, such as FEAR is False Events Appearing Real; I can't, He can, I'll let Him; God don't make junk and others.

If I can keep my fears at bay for even a little while, I'll begin to build the confidence I need to acknowledge, and then let go of my fear. I will celebrate the small victories, which tell me that there is hope. So much is good and beautiful in the world around me. I will try to open myself to this goodness and refuse to let my fears run my life...**It Works if You Work It**, pages 146-147

I HAVE LIVED most of my life in fear. Fear of others, fear of situations, and fear of failure. I sometimes think back at my childhood and teen years and reflect back on what I did not do or try because of fear. I missed out on carnival rides, swimming, skiing, dates, dances, kissing, holding hands, oh so many things. I just never put myself out there.

Today I watch my daughter struggle with fear. She experiences and is fearful of things a bit different than I ever was and in different ways but still it stops her from trying, from experiencing. Sometimes I think her homeschooling and lack of worries about self with peers helped with that. Now- that she is back in school I notice the confidence has fallen again. My daughter's therapist suggested she ask herself one question when she gets fearful/worries/or has those thoughts that play over and over in her mind:

What is the worst thing that could happen? Avoiding and running just keeps you away from this emotion. Face it—or it will always be there waiting for you...**Belinda**



EA TOOLS APPLIED: TODAY BOOK



ONE EASY WORD: APPROVAL

One easy word of approval has the ability to change even the most bizarre state of affairs...Today, August 6.

When I was growing up, I did not get the approval I longed for from my parents. I got approval at school from my teachers but it was not enough. I never stopped yearning for it, or killing myself to get it. I seemed to have an insatiable need for it. The lack of approval at home, as well as the great amount of disapproval, was more than I could endure, but as with most children, I had a lot of resilience. It took a long time for my spirit to crumble and break. I started getting unconditional acceptance and approval when I came into 12-step recovery. I found "easy words of approval" which were foreign to me. What I saw was that they approved of me and accepted me because of who they were, not who I was. I eventually realized the same was true with my parents—they were who they were because of what had happened to them and where they had been. They had no idea how to give approval because it had not been given to them, freely offered. Now I can accept approval as well as give it. What a gift...**Gail**

GROW UP

For a good part of my life it always seemed people were telling me to grow up...Today November 6

This reading for today a good reminder of "progress, not perfection.." Before coming into a 12-Step program, I believed that when there was an issue I needed to learn from, I was supposed to work through it in one day and then not be upset by it again. I finally had to admit that this wasn't how things actually were for me. I may have to work on it for what seems like a long time. Often something I thought I could respond to in a healthy way, hits me again with those same emotions, maybe even stronger.

One way I can see an event is that it is a "growth opportunity." Sometimes this idea restores my sense of humor, because of the delightful way that a long-time member used that expression when she shared in meetings. More often my response at first is to resent what's happening. The attitude of that long-time member gives me hope.

The reading for today also gives me hope. I like the concept of negative traits being replaced with positive ones. For me, that's what Steps 6 and 7 can bring to me. My Higher Power can change my attitude when I'm willing to use our program tools. When I can get back to "**one day at a time**," I can let go of the history of a problem. I'm working on another 4th Step, and I'm inspired by how others use the 10th Step...**Anonymous**

ACCEPTANCE SELF AND OTHERS

Acceptance, the magic word in my life—Today July 29

I love the word acceptance, I love the action of acceptance. The more I work Steps five, six, seven and eight, the more I learn how to accept myself and how to accept others just the way they are. Acceptance for me is the by product of working the program. As I come to know myself better, to face those things that maybe aren't so pretty, the better able I am to accept others.

A big character defect of mine was disbelief in God. Another one that grew out of the lack of belief in God was "self righteousness." Today I have more faith in a Power Greater than myself and less faith in myself...thank God. Acceptance was not something I ran after. I ran after God and finding Him in the center of the Steps—in the center of my brokenness—in the center of my "sins." I am so thankful that the program is a life long process. I used to resent that I would never be done, but now I look at the steps and the tools as part of my road map for maneuvering my emotional self to places I could never go without the insight and faith that working the steps offers me. I love the promises of EA and I am blessed, thankful, and grateful to say I have experienced them all...**Jessica**

TOO MUCH THINKING

My life is occupied often with too much thinking and not enough feeling...Today, December 3

What a great reminder that I need to continue to work the steps in my life, "One day at a time." I am a person who thinks and analyzes a lot and this causes me pain. I think things over and over until I am totally drained and exhausted. But when I apply the 4th step and write down the exact nature of my wrongs, it is a way of getting it out of my head and out of my body, helping me to recognize my feelings and emotions...**Clare**

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FROM YOUR TRUSTEES: SLOGAN 10—I NEED PEOPLE

The slogan, I need people, helps me confront my persistent self-sufficiency tendencies. I'm often forgetful of the fact that I'm created to be a social being. Plus, team work makes the dream work, right?. When I allow others to contribute to my life, things go well. Isolating is deadly. Connecting with others is life-giving. It's about as plain as that. Specifically, to the person reading this, I need you!...**Scott** I Need People has been one of the hardest slogans for me to accept. I had to be too independent too young, and this remains a habit. I can accept that I need people to practice Step 12, but I also need them just to love and accept me. The program helps me form a relationship with a Higher Power that can be a model for relationships with other people...**Val** The truth of the matter is that I can't recover alone! I've tried. I've failed. I need the support, the encouragement, the understanding, the love of others, and quite honestly, that's why we have groups. As I listen to your stories, what's worked for you and what hasn't—apply your experiences to my own and in the process become a healthier person. I owe you a debt of gratitude. Thank you. ..**Gus**

IT WORKS IF YOU WORK IT—I NEED PEOPLE

And people need me. I have unique gifts and talents that make me a valuable contributor to other people's lives, even if only in small ways. I have to be involved in the affairs of the world in order to be at my best. If I have social anxieties and phobias, I will try to get help for them. I will try to leave the house at least once each day, maybe just to say hello to a neighbor on the street, or at least make a phone call to a friend or relative. I will try my best to get to at least one EA meeting a week...continued page 78, *It Work if You Work It*

MORE FROM ISC

The 2016 Annual Report is on the website now, at <http://emotionsanonymous.org/who-we-are/financials.html>.

The ISC needs your help! We will be starting a research effort soon to identify other organizations/individuals who should know about EA. Contact Elaine at director@emotionsanonymous.org for more information.



EA EVENTS & ACTIVITIES

For a listing of current events go to <http://emotionsanonymous.org/get-involved/2016-events-activities/>
To post an event contact Elaine at: director@emotionsanonymous.org

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