

Quotes from Members:

“The Emotions Anonymous program changed my life. I was overwhelmed by feelings of anxiety, depression, and fear that I did not know how to cope with. I felt isolated and alone. Anything could trigger these painful feelings; a memory, the time of day, and a new experience like coming to my first EA meeting. Yet in Emotions Anonymous the people were kind and not afraid of my feelings. Listening and talking at meetings was helpful. I started seeing what my mind and emotions were doing. When I stop trying to control what I have no control over, my creative energy is free to move my life forward in a positive direction. I feel understood and not alone anymore. Thanks to the Emotions Anonymous program, I have a sense of peace.”

- Gerry

“EA’s promises are coming true for me now. I now believe that learning how to trust and feel safe is at the foundation of my recovery. I am active and close with family and friends. I have a meaningful place in the community where my love, strength, and wisdom are needed. I know that I am incomplete without their love, strength, and wisdom. When I see others new to the recovery path, I can see the hunger for real connection in their eyes. I hope they will take a risk and show themselves. Being open and connected to my EA friends and God is joyful and fulfilling.”

- Charlie B.

If someone you are working with would benefit from:

- A forum with members who are able to turn negative thoughts into positive ones
- A way to share the significant events of their lives
- A chance to grow in their serenity and peace of mind
- A safe place to explore their own spiritual connections
- A place to grow and practice healthy relationships
- A better understanding and acceptance of their past
- A place to discover growing security within oneself by practicing the tools of this program with their peers, EA can help.

Could you provide space for an EA meeting or are you interested in seeing a new virtual meeting get started? We can provide information, material, and support to help you start a group. Contact us at director@emotionsanonymous.org for more information.

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Information about the Emotions Anonymous 12 Step Program for the Healthcare Provider



www.emotionsanonymous.org
651-647-9712

Thank you for your interest in learning more about Emotions Anonymous International. We are a non-facilitated, peer-to-peer support fellowship with an international service center located in St. Paul, Minnesota. Our program is adapted from the Twelve Step Program of Alcoholics Anonymous. EAI was incorporated as a nonprofit organization in 1971 and currently has groups operating throughout the world.

What we do

EA fellowship members come together via in-person and virtual meetings, as well as online chats and one-on-one sponsorship relationships, to share their lives, challenges and hopes with each other. Our purpose is to help anyone struggling with their emotions to manage their daily lives and move along a continuum from surviving to thriving.

Our goal is to provide a warm, caring, confidential, supportive atmosphere where individuals can feel free to share their concerns and work toward emotional sobriety. We do not give advice or counsel and we do not provide any form of professional services.

We neither endorse nor oppose the use of any medication or therapy. Many members find that EA is an excellent complement to professional support. Through regular attendance members grow in emotional wellness, becoming more empowered to live happier, more peaceful lives.

If you believe your patient or client may benefit from a non-professional peer

support network visit www.emotionsanonymous.org to learn more about EAI and to find EA meetings and resources.

Benefits of Peer Support Groups like EA

Do you work with clients who have difficulty coping with the stresses of daily living and who have a desire to become well emotionally? If so, EA may be helpful in their recovery.

Online literature tells us peer support groups provide a number of benefits, including offering a judgement-free and stigma-free environment for individuals to share their lived experiences of recovery. At EA we refer to this as “sharing our experience, strength and hope with others.”

Group meetings (typically held weekly) and sponsorship opportunities can provide an emotionally safe zone for individuals to practice new skills and attitudes. EA’s Twelve Steps are based on the AA Steps. Our literature and outreach materials, including our standard meeting instructions and the rotating role of “trusted servant” as meeting guide, serve as our common basis for working toward emotional health. In addition, as members progress in the program, they are invited to share their recovery with newcomers to EA, thus reinforcing their growth.

Meetings are confidential and we use first names only, protecting the anonymity of fellowship members. Anonymity is a key

feature of the EA program and allows individuals to feel comfortable sharing as much or as little as they choose. There are no dues or fees for participating in EA. We are self-supporting through voluntary contributions of our members and literature sales. Individuals of all ethnicities, races, identities, interests, abilities and walks of life are welcome at our meetings.

What about religion?

All ‘anonymous’ programs are based in spirituality, not religion, and EAI is no different. The emphasis is on finding a “Higher Power” to turn to for strength, whatever that may mean for each individual person. The only requirement for membership in Emotions Anonymous is a desire to become well emotionally.

Emotions Anonymous International is not allied with any sect, denomination, political organization or institution and does not engage in any controversy. Our primary purpose is to support members in becoming and staying emotionally well.

Common reasons for joining an EA group include difficulties with:

- Excessive anger
- Resentment
- Depression
- Relationships
- Low self-esteem
- Fear
- Guilt
- Grief
- Anxiety
- Obsessive/negative thinking
- Panic
- Phobias
- Compulsive behaviors.

Many fellowship members do not suffer from these life-changing challenges or clinical symptoms, but simply are seeking a way to bring more serenity to their daily lives.