



# Experience, Strength & Hope

Dear EA Fellowship,

EAI is beginning a weekly email of Experience, Strength, and Hope, starting with this one. We hope it will help you manage through these difficult times. Each email will include a reflection from EA material and an original writing from one of your Trustees. Please share these emails and encourage others to sign up on our website [here](#) to receive them. During this time of increased worry and isolation, we need to find ways to join together. We hope you find these emails helpful.

**Just for today I choose to believe** that I can live this one day.... I will get through this. Although I might not believe it at the moment, my Higher Power will be my guide and the tools of EA will be my support. I know I am not alone.

Reflection on RFT #12 from Colleen C., *EAI Secretary*

Even after decades in the program, I still allow myself to get “wedded to outcomes.” By this I mean that I not only develop the plan but plan the results – or at least get such a clear vision of what I want to have happen that anything less is disappointing.

Being wedded to outcomes and expectations is, for me, a recipe for discouragement, and for limiting the joy I can generate in my daily life. It is like swimming upstream, when what I really need to do is follow Slogan #1, Let Go and Let God.

In the world we live in today, “planning results” is particularly toxic for me. Some things are within my control but many are not, including how the current economy will affect my job, how my family and friends will handle the health challenges they’re facing, and how long I might be homebound due to COVID-19 restrictions.

I can’t let myself fall into apathy, but I also can’t become so invested in my version of the future that I miss out on what is life-giving for me today. The EA program gives me a powerful set of tools for living in the present. I can be grateful for what I have, live just for today, practice the steps and principles in all my affairs, and in general focus on doing the “next right thing.” This sets me on a course to not only survive, but thrive, no matter the eventual outcomes.

Wishing serenity and health to you and your families.



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