

## The 12 Steps

1. We admitted we were powerless over our emotions — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.

## The 12 Steps (cont'd)

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message, and to practice these principles in all our affairs.

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### HOW TO GET IN CONTACT

*Call us:* 651-647-9712

Hours vary due to limited staff.

*Email us:*

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

*Find us on the web:*

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## What is EA?

A support program designed to help individuals with emotional difficulties in their efforts to live more manageable lives.

*Could someone you know benefit?*

# What is EA?

Emotions Anonymous (EA) is a 12-Step program patterned after AA, designed to help individuals find emotional balance in their daily lives. People of all ages and backgrounds come together to share personal experiences and learn to find serenity and peace of mind through the 12 Steps.

Common reasons for joining an EA group include difficulties with:

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

## **Why anonymity?**

The promise of anonymity gives members the freedom to share real thoughts and feelings at meetings because what is said there will not be repeated to anyone else.

## **Are meetings a substitute for professional help?**

No. EA meetings can be an excellent resource in addition to professional help. Emotions Anonymous is not a medical or psychiatric service, nor does it provide personal or family counseling.

## **What to expect at a meeting:**

Meetings are held weekly. No one person is 'in charge' of any meeting. The 'Trusted Servant' for that particular meeting or series of meetings guides the flow of the meeting, asking for members to read or share, ensuring that everyone has an opportunity to speak, and keeping the meeting on schedule. Meetings are not an opportunity to dwell on problems, but to share thoughts and feelings as they relate to the readings or topics.

## **What about religion?**

All 'anonymous' programs are based in spirituality, not religion, and EA is no different. The emphasis is on finding a "Higher Power" to turn to for strength, whatever that may mean for each individual person.

## **Is there a charge to attend?**

Though there is no fixed cost or fee for our meetings, those who attend and are able to make a contribution are encouraged to do so at a level that they can afford.

This program has helped thousands of people since it was founded in 1971. Today meetings can be found throughout the United States and in 34 countries around the world.