

ANNUAL REPORT 2026

LETTER FROM THE BOARD OF TRUSTEE PRESIDENT, JANA S.

Every year since I walked through the doors of Emotions Anonymous has felt like the most difficult of my life. Yet, nothing quite compares to the experience of this past year.

In the past, every obstacle felt like the absolute worst case scenario. I realize now that this was because I was letting other people act as my Higher Power, leaving me completely unequipped to manage my own feelings. Well, as it turns out, I still have difficulty managing them! The difference today is that I finally have the tools to take life one day at a time. I have a community to reach out to, and I have meetings I can always attend.

I am incredibly proud of what our small but mighty fellowship has been able to accomplish over the past twelve months. Notably, building our WhatsApp chat has made EA accessible 24/7, offering a lifeline to members whenever they need it most.

While this year has been my most challenging, it has also been the most gratifying. I have forged new connections and witnessed the greatest amount of personal growth in myself yet. I have cultivated deeper self-compassion, I lean heavily into the four A's (my personal version: *Awareness, Acceptance, Action, and Attitude*), and *I choose never to stop being vulnerable*.

I used to think that having more bad days than good days was an indictment of my character and my growth. Today, I know that is not true. As long as I am **honest**, **open**, and **willing**, I can find gratitude. I no longer view life as a series of "good" or "bad" days, but rather as a collection of moments.

To be perfectly clear: my struggles still can, and do, overtake me at times. My relationships are still affected. But this past year has confidently taught me that I can only focus on myself, because it is *me who is powerless over the rise of my emotions. As long as I stay anchored in my values and hold onto my integrity, I will never be helpless.*

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QUICK FACTS:

MEETINGS:

180 In-person U.S. mtgs
100 In-person Int'l mtgs
120 Remote meetings
53 New meetings begun

ORDERS

1,319 Orders, including:

- 1,918 Books
- 743 Workbooks
- 421 Welcome kits

COMMUNICATIONS

4,606 people receive the monthly email
16,326 website visits each month
321 Requests for the New

SCHOLARSHIPS

16 given out to defray cost of materials to start a new group

LETTER FROM THE BOARD OF TRUSTEE PRESIDENT, CONT'D

Thank you all for your unwavering commitment to recovery and to this organization. I am excited to see what the next year has in store for Emotions Anonymous International.

LETTER FROM THE EAI EXECUTIVE DIRECTOR, ELAINE D.

It was a good year overall at EAI. Our staff continues to work hard, providing support to groups worldwide. Our Board of Trustees continues approve new literature created by the Literature Committee and help shape the overall organization. We also continue to expand our reach globally, with Trustees from all over the world. While we continue to see more members contribute to the organization, our finances continue to be a struggle. I am pleased to report that unaudited results show that we ended the past fiscal year with a very small surplus of \$642.00. *We continue to need everyone who benefits from this program to support it.*

We processed more than 25 orders every single week of the year! In addition, we kept the website up to date and the meeting locators current; we stayed in touch with the membership through monthly emails, and we continued to incorporate new literature and materials to help members continue their journey to improve their wellbeing. All in a combined total of 45 staff hours per week! Small but mighty indeed!

I am very proud of this organization! We continue to increase the number of groups throughout the world, helping more and more people to find their way.

NEW MATERIALS

3 New Pamphlets

- #118—Insecurity
- #120—Pause
- #121—Unplugged

5 Revised Pamphlets

- #84—Self Pity
- #86—Confidentiality
- #81—Procrastination
- #76—Highly Sensitive People
- #55—Grief

3 New E-books

- Hoy
- Emotivos Anonimos
- 12 Steps & 12 Traditions

Translations

- #225—Apadrinamiento en EA

Merchandise

- #119—Car Magnet

WhatsApp Group

- Begun in Dec. 2025
- 189 members

Group Contributions

\$2,000+

PUBLICATION FRANCAISES EA

\$1,000-\$1,999

BEND, OR ZOOM GROUPS

EMOTIVI ANONIMI 2025 MILAN, ITALY

EA SELBSTHILFE GERMANY

LONDON, UK

\$500-999

AUSTIN, TX ZOOM

BRAINERD, MN

FRIDLEY, MN

NOTTINGHAM ZOOM

ST CHARLES, MO

\$200-499

APPLE VALLEY, MN

BURLINGTON, IA

COLORADO SPRINGS, CO

EA UK CONVENTION 2026 (LONDON, UK)

EA FRIDAY NIGHT ONLINE UK

11 STEP MEDITATION DAILY ZOOM 6:30AM ET

GLENDALE, AZ

HALLGRIMSKIRKJA, ICELAND

LOMBARD, IL

MIDWEST CITY, OK SUNSHINE GROUP

"ONE DAY AT A TIME" SUNDAY 1:00 PM ZOOM

\$200-499

RIALTO, CA GROUPS

SACRAMENTO, CA DISCUSS THE SOLUTION

ST PAUL, MN FRI DAYTON GROUP

NEW GROUPS

We welcomed 10 remote groups and 43 new in-person groups. Groups began in:

- CANADA
- GEORGIA (THE COUNTRY)
- INDIA
- NEW ZEALAND
- UNITED KINGDOM
- ARIZONA
- CALIFORNIA
- COLORADO
- CONNECTICUT
- NORTH DAKOTA
- GEORGIA (THE STATE)
- ILLINOIS
- INDIANA
- IOWA
- MARYLAND
- MICHIGAN
- MINNESOTA
- NEVADA
- NEW YORK
- NEW JERSEY
- OHIO
- OKLAHOMA
- PENNSYLVANIA
- PHORDE ISLAND
- TENNESSEE
- VIRGINIA

Group Contributions

\$200-499 CONT'D

SETAGAYA, JAPAN

SPAIN

TORONTO, CANADA

UKIAH, CA

WELLESLEY, MA

\$100-199

CHESAPEAKE VOYAGERS

COON RAPIDS, MN

DAVENPORT, IA

DARTMOUTH, NOVA SCOTIA, CANADA

DUBLIN/DOYLESTOWN, PA

LISBON, PORTUGAL

MESA, AZ

MOUNT CARMEL, TUES

NIPAWIN, SK, CANADA

OAKLAND, CA

"PATH TO SERENITY" GOOGLE MEET, PORTLAND, OR

ROSWELL, GA TUES 7:00PM

SYLVANIA, OH

TUESDAY 6:30PM ET PHONE GROUP

WESTWOOD, NJ

WESTBURY, NY FORMERLY LEVITTOWN

VIENNA, VA

\$1-99

ALBUQUERQUE, NM MONDAY NIGHT PHONE

ATLANTA, GEORGIA TUES & FRI 6:30 PM, ET ZOOM

BLOOMINGTON, MN

BROOKLYN, NY

CITRUS HEIGHTS, CA

EMAIL AND ONLINE LOOPS

EAI Board of Trustees July 2025—June 2026

Jana Santangelo,
President
Fred Freeman,
Treasurer
Margot Finley
Shirin Shekarchian

EAI Staff

Elaine D.,
Executive Director
Sandy W.,
Accountant
Molly R.,
Shipping & Donation
Coordinator

Group Contributions

\$1-99 CONT'D

MUNSTER, IN
MAYFIELD, OH "INSTEPPERS"
MIXED NUTS GROUP BEAUFORT, SC
"NEVER ALONE", CHICAGO, IL
NEW DOUGLAS, IL
PUERTO RICO ZOOM
SMITHTOWN, NY SAT 7:00PM
SOUTH EUCLID, OH
ST. ALBANS, ENGLAND, UK
ST. CLOUD, MN
SWEDEN
THE NEXT FRONTIER TUESDAY 8:30 AM CT ZOOM
VIRGINIA BEACH, VA SAT 2PM AND 8:00PM
WINNIPEG, MANITOBA, CANADA REACHING OUT

Gifts in Support of the Hardship Fund

ANONYMOUS (2)
HILARY M.
CARLA M.
AKRON, OHIO
CANTON, OHIO
MUNSTER, INDIANA
LIDIA L.
RACHEL K.
ST. CLOUD GROUP, MN

Financial Report *

Fiscal Year 2026 (unaudited)

Gross Income \$165,562
Net Income \$134,484
Expenses \$134,756
Surplus/Deficit \$642.00

FY 2025

Gross Income \$193,780
Net Income \$169,302
Expenses \$136,236
Surplus \$32,586

FY 2024

Gross Income \$164,962
Net Income \$141,271
Expenses \$131,873
Surplus \$9,398

**EAI operates on a fiscal
year from July 1 through June 30.*

Individual Contributions

\$2,000—\$5,000

ANONYMOUS (2)

ALOK A.

\$1,000—\$1,999

ANONYMOUS (3)

DAVID K.

DONNA L.

JANET R.

PAM AND RUSS R.

PATRICIA Q.

\$500—999

ANONYMOUS

DAVID M.

JANET I.

JOSEPH O.

MICHAEL J.

PAUL N.

RYAN S.

VICKY G.

\$200—\$499

ANONYMOUS (9)

ARYAN A.

BETTY L.

CHARITIES AID
FOUNDATION

COLLEEN C.

DAVID Q.

GRETA F.

JAMIBETH R.

JAY B.

JUDITH Z.

LORI S.

MARY C.

MIXIE FAMILY TRUST

NANCY B.

RACHEL K.

REMINGTON P.

ROBERT W.

THERESA F.

WARREN S.

\$100—\$199

ANONYMOUS (14)

ARTHUR H.

COMMUNITY RECOVERY
INTERNATIONAL

DONNA G.

ELIZABETH G.

HELEN L.

HOLLY V.

IAN G.

JEFF D.

JERRY R.

JOHN G.

KATHY F.

KEN R.

KERRY W.

LOUIS E.

LUZ M.

MARILYN J.

MONIQUE P.

PAUL P.

REV. MAXINE S.

RICK F.

ROBERT S.

ROBIN C.

SUSAN & DAVID J.

THERESA S.

THOMAS F.

TONYA B.

Gratitude Gifts

ANONYMOUS

BERNADETTE F.

DUBLIN, PA GROUP

LISA C.

JAN D.

JOAN F.

JONATHAN L.

KATIE F.

MONDAY EA GROUP

MONIQUE P.

SUSAN & DAVID E. JONES

WARREN S.

WELLESLEY, MA GROUP

ZIVIT A.

Memorial Gifts

AYLA D.

ANONYMOUS

BERNADETTE F.

DEBORAH A.

MARILYN J.

MICHAEL V.

VIRGINIA BEACH GROUP,
VIRGINIA

Individual Contributions

\$1—\$99

ANONYMOUS (64)	LIDIA L.
ANDY S.	LISA C.
ANI S.	LISA C.
ANNE L.	LISA K.
BARBARA G.	LORI W.
BRIAN G.	LOUIS V.
CAMILLE D.	LUCIANA D.
CARMELITA B.	MARISSA S.
CAROL H.	MARY D.
CHRISHENDA F.	MELANIE M.
CLAIRE P.	MICHELLE C.
DARYL D.	MOUNIR F.
DIANE M.	NANCY M.
DONNA D.	NATHANIEL Z.
GINNIA C.	NICK K.
GLENN V.	ORLANDO H.
HAMLIN CHURCH UNITED METHODIST, ST. PAUL, MN	OSCAR A.
IZUMI I.	PAM J.
JANICE L.	RICHARD M.
JANICE M.	RICHARD P.
JOHN & LAURA S.	ROBERT B.
JONATHAN G.	SANDRA I.
JONATHAN L.	SCOTT J.
JOSE F.	SHARON A.
JULIE U.	SHARON H.
KAREN A.	SHEILA S.
KATHERINE W.	SHERRI K.
KOJI M.	SUSAN M.
LARRY H.	TAMARA B.
LAURA S.	VICTORIA S.
LAUREN S.	

Thank you

We appreciate everyone who has supported EAI through a financial contribution. Forty percent of the annual budget comes from individual and group contributions, with the remaining 60% from literature and merchandise sales. Contributions and sales are the only methods allowed to sustain this 501(c)3 nonprofit organization.

Planned Giving

We have received several gifts through estate plans recently. You can remember EAI through a gift in your will/estate plans by including a specific amount or a percentage designated to EAI, noting our EIN # (23-7301869) and our address.



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