



EA CONNECTION - OCTOBER 2017



Your monthly newsletter from ISC

To help support this publication donate at [EA Connection](#)

From the EA Board of Trustees President

The Board members of Emotions Anonymous gathered at the ISC Offices in St Paul, MN last Wednesday, Thursday and Friday for the annual Board Workshop to begin the process of moving EA into the future. Our time together consisted of three important meetings: EA Board of Trustee Workshop; EA Board Meeting and the Annual Membership Business Meeting via Conference Call. We had a small but vibrant group of people for the meeting. As always, additional information will be forthcoming, so please check our Web Page for this information. As a heads up, our Annual Gratitude Month (November) is just around the corner, providing us the opportunity for generous group and individual EA Contributions. Please be generous in your response for the Serenity you have gained as a member of Emotions Anonymous. Happy Fall!

Gus S, President EA Board of Trustees

OF IMPORTANCE TO GROUPS

1. We're hearing that some groups are being asked for insurance at the location of their meeting. Please know that the ISC does NOT provide any sort of insurance coverage.
2. Are you organizing a local event? Please let ISC know if you are holding something special so we can share your information on the Calendar! Send your notices to our director, [Elaine](#).
3. Has your group contact or meeting information changed? Email [Bobbie Jo](#) with updates. Correct information on the website listing is important so newcomers can find a meeting or someone to contact with questions.

THE LOOP (EANON)

Many shares used in the EA Connection are from our online discussion group, the Loop. Click here to learn more about the [Loop](#)

EA Recovery 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.

New Literature: Real Listening #29

A reflection on listening and why we might focus on it. This shares how the JFT's, promises and slogans remind us to listen to others and ourselves and how the noise in our lives makes this difficult. Available on our [website](#)

A SERVICE OPPORTUNITY

Do you have graphic design skills and a few hours available for some service work for EA? The ISC is in need of a professional designer who can help us update/refresh/design our materials. You can work from wherever you are and you don't have to commit to more than one piece at a time! Currently we are looking for someone to update our cards that mark time spent in EA (30-90 days etc) and to recreate our "I have a Choice" and "The 12 Promises" cards. New ideas are welcome! Contact Elaine at director@emotionsanonymous.org if you are interested.

Memorials and Special Gifts will be acknowledge, to donate click [here](#)



RECOVERY USING THE TOOLS OF EA

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

I am doing a daily written 10th step and it is helping me to connect more to my Higher Power and to see the truth about things. I can't really fool myself when I write down my feelings about things and face facts about my day. Then I can turn things over to the Higher Power and pray for guidance.

Having these quiet times for myself really helps. I can see in writing some of my resentments, self-pity or anger. Then I can come to resolutions on things. Like praying for people I resent, or practicing gratitude when feeling self-pity, or thinking about ways I can be more calm and forgiving of others instead of being angry. I discovered these things today when I took my inventory. I am going to practice these quiet times for myself as I feel they not only will help me, but help others around me as I behave better. I trust my Higher Power will keep helping me and guiding me as I connect daily with that Power.

I love our Just for today that says: Just for today I will have a quiet time of meditation wherein I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek truth.

I can do that while doing a written 10th step. I can do that while going for a nice quiet walk or bike ride when I just connect with my Higher Power in the present moment. I can

do that while listening to music, too, which calms my mind and helps me connect more to my Higher Power, too. I can do that at night just while praying and meditating. I can even pray and meditate while doing something as simple as the dishes. Mainly it is connecting with the truths within myself and ask my Higher Power to help me and guide me daily to the right things I need to be doing for myself and others. It takes work doing this program, but it is worth it. So work it because you are worth it!...Connie

Today my 13 year-old son and I went grocery shopping. I intentionally took him grocery shopping so I could apologize. This year we've had a lot of things going on in our family and though I hate to say it my wife and I have often let the grocery shopping slip. Our kids would often tell us over the summer, there is nothing to eat in the house! Sometimes when they say this, what they are really saying is nothing that I like to eat is in the house. But this summer, it has been true, we've just not gone grocery shopping a lot! Even I got to the point where I would say to myself, our house is like "old mother Hubbard." So, I took my son with me today and we went grocery shopping. And I apologized to him for letting the groceries slip. After all, there is not much he can do about it and I felt bad.

I'm trying each day this month to apologize on the spot when it calls for it versus getting defensive and project the blame onto someone or something else. I'm trying to practice making amends daily...Chris

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.

I was busy most of the day with errands and chores. I was thinking that I had not taken the time to find one thing that was beautiful and lovely today, when I remembered that a friend had posted on Facebook some gorgeous photos she had taken while she was stuck in traffic of a beautiful sky and the sun setting behind a bridge which cheered her up. I decided to save the photos and make them my "something beautiful and lovely" for today. Yet another example of my Higher Power supplying exactly what I needed as long as I was open to it...Joe

.SLOGAN 10: I NEED PEOPLE

Dear God, help me let go of my need to stay immersed in negativity. I can change the energy in myself and my environment from negative to positive. For my part, I will affirm the good of who I am, and the world around me until it sinks in and feels real. In learning to live at peace with problem people, I will also strive to find one quality that I like about someone else who is important to me, and I will take the risk to tell him or her that...Victoria





DISCOVERING THE TOOLS OF EA



NEGATIVE THINKING

A few days ago I was feeling really horrible and realized it was time for some much needed step work. I use a 10-step inventory that I made based on another 10-step inventory.

It's a worksheet with a few columns. In the first one, I write down all the people, places, and things that I am feeling strong emotions towards. In the second column, I write a few details about these people, places, and things that are triggering my different emotions. The next column is sub-divided with room for 4 basic positive emotions and 4 basic negative ones. The last column is for writing any recovery actions that I might be able to take.

I didn't have any specific actions that came to mind, but what jumped out at me is all the things in the first column—my wife, kids, the holidays, and my work—and that all my negative feelings were towards them. It felt like a smack in the face, "Hey, your perception must really be warped here because these are things that a lot of people would probably think of in a positive light, but all I do is feel annoyed towards them all." That helped me shift my perspective, and I have been feeling more positive since then.

I did wake up one day and a negative thought about something flashed into my mind, then I was feeling negative about everything else throughout the morning. When I noticed that I was feeling bad, I tried to trace back my thought process to the beginning and identified the thought that set off the avalanche. Other people might be able to realize the original thought, neutralize it, and then feel good. But for me, that one thought poisoned my whole system and after it had taken hold, I was not enough to neutralize that thought.

I walked through all the steps in my head, surrendering my will and my life to a Power greater than myself, and that is what it took to clear my head again...Elyah



POSITIVE THINKING

After stating that I alone cannot change my thinking, I need to accept it then turn it over to my Higher Power. I think HP had me get the books so I might have some tools in retraining my thinking about myself. There are some positive affirmations in the Book "It Works If You Work It Book" Pgs. 94-96. I found in my darkest hours that I hadn't a good thing to say to or about myself. I was all misery. But underneath that misery was also a desire to stay miserable, to punish myself. I was very comfortable with *being not good enough*. There was a lot of very self-centered willfulness on my part to keep myself 'miserable'.

Reading the affirmations felt stupid and useless at first, but it was a 'balancing' experience. It helped me to remember there is a white side as well as a black side and a lot of gray in between. I wouldn't call it 'positive' thinking, I would call it a reality check. A lot of statements in the affirmative were actually true of me. I have defects, but I also have assets too - to dwell on only one or the other isn't quite being 'honest'. It challenged me to think outside my misery box, outside my pity party attitude. I started to realize, I am not a demon or an angel, I am human. I have strengths and foibles but that is part of being human.

That helped me a great deal as I asked HP to assist me in also accepting my own 'positives' and maybe focus on some of these for awhile, as well as challenge my own desire to strip myself of positive assets and stay stuck in self-pity of who I am. In other words to stop focusing exclusively on the 'negative' thinking...**ML**

Yesterday evening I was humming one of the tunes from Charlie and the Chocolate Factory - don't know how it got in my head! - when I realized the wisdom of the words I was humming. "If you want to view paradise, simply look around and view it." It seemed so simplistic, but the message is profound. My Higher Power is right at my fingertips, and always has been...**Thomas**



2017 - 2018 EA BOARD OF TRUSTEES



GUS S, AZ 602-319-3890 schloesser_us@gmail.com *PRESIDENT* from Region 2
SCOTT J, MN 507-276-0323 sdjakel@gmail.com *Vice President/Treasurer* from Region 1
JOHN W, MN 612-760-0313 johnwerner52@gmail.com *Secretary* from Region 1
JACK M, IL 773-720-1827 disaster_man@msn.com from Region 3
VALERIE C, NY 585-371-4347 valcea@gmx.com from Region 5



“The Concepts provide us with the basic structure of EA”

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.

Thoughts from your Trustees on Concept 10

We live in a world of labels which are used everywhere. The medical profession used them to identify illnesses; they are used to identify sexual orientation; a person's marital status; nutritional information in our food, etc. But, EA is unique. We're asked to not use labels, as they can be hurtful and judgmental, plus we gain nothing from them. What a blessing to know that EA is label free...*Gus S*

The best part of the EA program in terms of our pursuit of improved emotional / relationship health is that we go about this goal without comparing each other. I focus only on myself in terms of where I used to be, prior to EA. I have observed many different symptomatic emotion-based behavior in others. Nevertheless, I don't think that others are "special" in terms of their lives being better / worse than others. We're in this thing together (working toward balanced / healthy thinking patterns). I'm glad I'm not on this journey alone...*Scott J*

I can suffer from "terminal uniqueness" where I continually compare myself to others. I can feel like I have more or less recovery or more or less willingness, more or less hardship, etc. This prevents me from learning, because I think what worked for others can't work for me. When I am open-minded and willing to try new things, my recovery improves. Avoiding comparisons helps me to stay open-minded...*Val C*



REGIONS OF EMOTIONS ANONYMOUS

REGION 1: NORTHWEST

CAN: AB, BC, MB, ON, SK

USA: AK, ID, MN, MT, ND, OR, SD, WA, WI, WY

REGION 2: SOUTHWEST

USA: AZ, CA, CO, HI, NM, NV, OK, TX, UT

REGION 3: CENTRAL

USA: IA, IL, IN, KS, MI, MO, NE

REGION 4: SOUTHEAST

USA: AL, AR, DC, DE, FL, GA, KY, LA, MD, MS, NC, SC, TN, VA, WV, Puerto Rico

REGION 5: NORTHEAST

CAN: NB, NF, NS, NT, PE, YT

USA: CT, MA, ME, NH, NJ, NY, OH, PA, RI, VT

REGION 6: FRENCH-SPEAKING CANADA

EMOTIONS ANONYMOUS™

Hours Monday—Thursday: 10 to 3:30

Phone 651-647-9712

Fax 651-647-1593

PO Box 4245

St Paul, MN 55104

www.EmotionsAnonymous.org

director@emotionsanonymous.org

editor@emotionsanonymous.org

groupdata@emotionsanonymous.org

info@emotionsanonymous.org

orders@emotionsanonymous.org



**SAVE THE DATE:
SATURDAY, DECEMBER 9, 2017**

The EA Way of Life: A Telephone Conference

**Saturday,
December 9, 2017**

9:30am—4pm EST

Join by calling: 605-475-4120
Pin: 2567966#

*Press *6 to mute or un-mute during
the meeting.*

*Attending the conference is free, however,
check with your provider regarding
possible charges for making calls to a free
conference call line. Some companies do
charge.*

Cost: FREE

There is no registration fee for the
conference. However, our 7th
Tradition encourages
contributions to EA as a whole.
We suggest \$2 per session or \$10
if you attend the entire day.

To find out what EA has to offer
you, find a meeting, order
literature, make a donation and
more, go to our website at
emotionsanonymous.org or call
the ISC at 651-647-9712.

Join us for our first Emotions Anonymous Telephone conference.

Emotions Anonymous (EA) was formed by a group of individuals who found a new way of life by working the 12-step program of Alcoholics Anonymous, as adapted for people with emotional problems. We come here to live a "New Way of Life" through the 12 steps. The program has helped many find solutions that lead to serenity.

The conference begins at 9:30am with a Meet & Greet.

From 10am until 4pm, six sessions of one hour each will be available.

The meeting schedule is being finalized, but will include the following:

- A Personal Story of the EA Way of Life
- The EA Way through Steps 1-6
- Humor in EA Recovery
- The EA Way through Steps 7-12
- The Role of the EA International Service Center (ISC)
- Coping through the Holidays with EA

There will be time allotted at the end of each session for discussion.

You can break for lunch whenever you want.

Watch the EA website for more specifics.

For more information on the conference only, contact eatelephoneconference@gmail.com