

## **WELCOME TO Emotions Anonymous**

\*\*The secretaries lines have been highlighted in blue\*\*

Welcome to the Thursday 8pm meeting of Emotions Anonymous. My name is \_\_\_\_\_ . Please join me in the serenity prayer.

***God Grant me the Serenity to accept the things I cannot change,  
The courage to change the things I can  
And the wisdom to know the difference.***

- EMOTIONS ANONYMOUS is a Twelve Step program for people whose emotions are causing difficulties in their lives. Emotions Anonymous is based on the same program introduced and used by Alcoholics Depression
- Anxiety
- Fear
- Loneliness
- Compulsions
- Obsessions

are causing problems in your life, perhaps Emotions Anonymous can help.

There are no dues or fees for Emotions Anonymous membership; Emotions Anonymous meetings are self-supporting by voluntary contributions of its members. Emotions Anonymous is not allied with any sect, denomination, politics, organization, or institution, nor does it endorse or oppose any causes. The primary purpose of Emotions Anonymous is to show its members how to stay well emotionally and how to help others to become emotionally well.

I have asked \_\_\_\_\_ to read the Twelve Steps.

### **The Twelve Steps of Emotions Anonymous**

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.
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.

I have asked \_\_\_\_\_ to read helpful concepts.

### **Helpful Concepts of the EA Program**

1. We come to EA to learn how to live a new way of life through the twelve-step program of Emotions Anonymous which consists of Twelve Steps, Twelve Traditions, concepts, the Serenity Prayer, slogans, Just for Today's, EA literature, weekly meetings, telephone and personal contacts, and living the program one day at a time. We do not come for another person — we come to help ourselves and to share our experiences, strength, and hope with others.
2. We are experts only on our own stories, how we try to live the program, how the program works for us, and what EA has done for us. No one speaks for Emotions Anonymous as a whole.

3. We respect anonymity < no questions are asked. We aim for an atmosphere of love and acceptance. We do not care who you are or what you have done. You are welcome.
4. We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs.
5. EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them. Part of our serenity comes from being able to live at peace with unsolved problems.
6. We never discuss religion, politics, national or international issues, or other belief systems or policies. EA has no opinion on outside issues.
7. Emotions Anonymous is a spiritual program, not a religious program. We do not advocate any particular belief system.
8. The steps suggest a belief in a Power greater than ourselves. This can be human love, a force for good, the group, nature, the universe, God, or any entity a member chooses as a personal Higher Power.
9. We utilize the program < we do not analyze it. Understanding comes with experience. Each day we apply some part of the program to our personal lives.
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.
11. Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of EA. We are all equal < no one is more important than another.
12. Part of the beauty and wonder of the EA program is that at meetings we can say anything and know it stays there. Anything we hear at a meeting, on the telephone, or from another member is confidential and is not to be repeated to anyone < EA members, mates, families, relatives or friends.

It is now time for sharing. Nothing we have to say is unimportant or stupid. We share in the first person using “I” statements. We avoid sharing in the second person using “you” statements. We discourage crosstalk or feedback, since we have easier. We ask you to please NOT INTERRUPT someone else’s sharing and please do not comment about what someone else has said in the meeting. Who would like to start?

Tradition Seven reminds us that every EA group is fully self-supporting. **A basket will be passed.** All donations are used for rent, literature and other group expenses. I have asked \_\_\_\_\_ to read the 12 Traditions. **[Pass the basket]**

## **The Twelve Traditions of Emotions Anonymous**

1. Our common welfare should come first; personal recovery depends on EA unity.
2. For our group purpose there is but one ultimate authority < a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for EA membership is a desire to become well emotionally.
4. Each group should be autonomous except in matters affecting other groups or EA as a whole.
5. Each group has but one primary purpose < to carry its message to the person who still suffers from emotional problems.
6. An EA group ought never endorse, finance or lend the EA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every EA group ought to be fully self-supporting, declining outside contributions.
8. Emotions Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. EA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Emotions Anonymous has no opinion on outside issues; hence, the EA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.

It is now time for announcements from our service people. Service is part of the program. It is only by doing service that we can give back what we have gotten and thereby get more recovery for ourselves.

Secretary's announcements  
Treasurer's announcements  
Literature announcements  
Any other announcements

Is there someone who would like to lead next week' meeting? This is a great way to get to know the programs and to be of service. [Thank them and lead clapping]

We will now take a 10 minute break.

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The meeting is now open again for participation. Remember this is a no crosstalk meeting. Please share about your own experience and not other's at this meeting. Who would like to start?

Tradition Twelve reminds us of our needs for anonymity. We ask that you do not repeat the names of anyone who has attended this meeting or talk about what has been shared. Only in exercising this Tradition can EA provide a setting where we can feel safe to share in a way that will help our dual recovery.

Would all who care to, please join me in ending with the "Unity prayer"

***I put my hand in yours  
And together we can do  
What we could never do alone  
No longer must we each depend upon our own unsteady will power.  
We are together now  
Reaching out our hands for strength greater than our own  
And as we join hands we find love and understanding beyond our wildest  
dreams***