

# EMOTIONS ANONYMOUS®

## A NEW WAY OF LIFE

The pressures of daily living and resulting emotions affect everyone regardless of intelligence, education, wealth, or social position. The purpose of **EMOTIONS ANONYMOUS®** is to help people of all faiths or of no recognized faith to live a better emotional life. The Program provides answers, yet asks no questions of its members ...Everyone is welcome...Everyone is equal. No one is more important than another.

People from all walks of life have banded together to learn how to cope with such symptoms as panic, anxiety, depression, abnormal fear, self-pity, resentment, remorse, insomnia, jealousy, envy, guilt, loneliness, low self-esteem, withdrawal, obsessive and negative thinking, worry, compulsive behavior (eating, drinking, working, spending), and other psychosomatic or physical illnesses.

Members meet weekly, or as frequently as they wish, to share their thoughts with each other. Members are entitled to express any viewpoint provided it falls within the scope of the EA Program. By sharing their experiences and relationships, members find they are not alone or unique in their feelings, even though their symptoms may be different. This discovery brings on an immediate relief and an inner peace begins to take form.

Meetings are conducted by members of EA only. Medical, social, or religious professionals are not permitted to lead meetings unless they are EA members and are participating as such. Comments made by members at meetings are treated confidentially to uphold the tradition of Anonymity. Criticism and argument are avoided to insure easy and open-minded discussion.

**EMOTIONS ANONYMOUS®** is not a medical or psychiatric service, nor is it a replacement belief system. EA does not provide personal or family counseling. Moreover, EA is not a lonely hearts club or a placement agency for the unemployed. It is reiterated that advice in any of these matters is not a function of **EMOTIONS ANONYMOUS®**. The beautiful part of the Program is that EA members listen patiently to each other without rendering any judgments.

**EMOTIONS ANONYMOUS®** is a non-profit organization supporting itself through voluntary contributions of its members. No dues or fees are ever charged. Further, contributions from outside areas (governmental agencies, religious and social groups, or other charitable institutions) are declined.

The EA Program works! This New Way of Life has proved itself over the past fifteen years by spreading throughout this and other countries. The warmth, friendliness and sincerity found at EA meetings is immediately perceived by most newcomers. The relaxed atmosphere induced by peaceful and courteous discussion is a welcome change over the frantic pace of the twentieth century.

The only requirement for EA membership is a desire to become well emotionally.

## **EMOTIONS ANONYMOUS**

1719 South Prospect Avenue  
(Faith United Methodist Church)  
Champaign, IL

“Maximum Service”

Every Saturday at 10AM

[eamaximumservice.weebly.com](http://eamaximumservice.weebly.com)

[eamaximumservice@gmail.com](mailto:eamaximumservice@gmail.com)

“Take It Or Leave It”

Every Tuesday at 7PM

[www.eamtg.com](http://www.eamtg.com)

[eamtg2@gmail.com](mailto:eamtg2@gmail.com)

*The EMOTIONS ANONYMOUS® INTERNATIONAL Literature Committee is grateful to the Houston, Texas EA groups for submitting this introductory pamphlet. It has been accepted and approved by the EA International Service Board of Trustees as “EA Approved Literature.”*

## 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.

## THE TWELVE SUGGESTED 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.

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## EMOTIONS ANONYMOUS®

### A TWELVE STEP PROGRAM TO A NEW WAY OF LIFE

*(Free Information Pamphlet)*

God, grant me the serenity  
To accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.

Post Office Box 4245  
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