

EMOTIONS ANONYMOUS

A NEW WAY OF LIFE

The pressures and challenges of daily living and the resulting emotional upheavals affect many people. The purpose of **EMOTIONS ANONYMOUS** is to help all such people, amongst all faiths, or no faith, to live a healthier emotional life. The Program provides a solution to living and emotional difficulties, offering members a recipe for living through simple actions as outlined by the 12 Steps, as first introduced by Alcoholics Anonymous. Everyone is welcome to attend meetings and begin their journey to emotional health and well-being.

People from all walks of life come together in **EMOTIONS ANONYMOUS** to overcome symptoms including panic, anxiety, depression, abnormal fears, self-pity, resentment, anger, rage, remorse, insomnia, jealousy, envy, guilt, loneliness, low self-esteem, boredom, withdrawal, obsessive and negative thinking, worry, frustration, compulsive behavior, and more.

Meetings may be available both in-person and virtually (on-line), where members share their experience, strength, and hope in using the 12 Steps to create a better way of life for themselves. Members focus on the solution, which when taking the 12 Steps, their problems lessen, and for many, evaporate. By sharing their experiences in practicing the 12 Steps, attendees discover they are not unique, even though their symptoms may be different. This discovery provides attendees hope that they are not alone and can find emotional health through the 12 Steps.

The 12 Steps are written in the plural since members help members practice the 12 Steps in their life. They are also written in the past tense, since they are based on experiences of what has worked for those who came before them. Members find that by helping others practice the 12 Steps, they gain a significant amount of help themselves, the “secret sauce” for recovery from our emotional difficulties.

EMOTIONS ANONYMOUS is non-professional. It is not a medical, educational, or social service organization, nor does it provide services like crisis hotlines. **EMOTIONS ANONYMOUS** does not provide personal or family counseling, nor do meetings serve as therapy sessions. Moreover, **EMOTIONS ANONYMOUS** is not a “lonely-hearts club” or a placement agency for the unemployed. Meetings are conducted by **EMOTIONS ANONYMOUS** members for **EMOTIONS ANONYMOUS** members.

EMOTIONS ANONYMOUS is a non-profit organization supporting itself through the voluntary contributions of its members. No dues or fees are required. Furthermore, contributions from outside sources (governmental agencies, religious and social service groups, or other charitable institutions) are declined.

The **EMOTIONS ANONYMOUS** 12 Step program of recovery works! This new way of life has proven itself effective since 1971 by spreading itself throughout the world. The warmth, friendliness and sincerity found at Emotions Anonymous meetings is immediately perceived by most newcomers. The relaxed atmosphere brought about by

peaceful and courteous discussion is a welcome change over the frantic and chaotic pace of life that many have experienced.

EA meetings are available to anyone interested in learning about the 12 Step program of recovery. The only requirement for EA membership is a desire to become well emotionally.

“Take it or Leave it Group” of EMOTIONS ANONYMOUS

CHAMPAIGN, ILLINOIS

Every Tuesday at 6:40 PM
1719 South Prospect Avenue
(Faith United Methodist Church)

Enter on south entrance

www.eamtg.com
eamtg2@gmail.com

This pamphlet was created by the “Take it or Leave it” group of Emotions Anonymous in Champaign, Illinois (March 2025).

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.

Reprinted through the permission of A.A. World Services, Inc.

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.

Reprinted through the permission of A.A. World Services, Inc.

EMOTIONS ANONYMOUS

A TWELVE STEP PROGRAM TO A NEW WAY OF LIFE

God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.

