

## **"TAKE IT OR LEAVE IT" GROUP MEETING FORMAT**

- Announce 5 minutes before the meeting starts (6:40PM) that cell phones should be turned off and put away prior to the beginning of the meeting.

- Select members of the group to read the Twelve Steps, the Twelve Traditions, and to share on the Tradition of the week.

1. Open the meeting with a moment of silence followed by the Serenity Prayer.

2. DEFINITION OF EA:

Emotions Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from their emotional problems. The only requirement for membership is a desire to become well emotionally. There are no dues or fees for EA membership; we are self-supporting through our own contributions. EA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses, nor opposes any causes. Our primary purpose is to stay emotionally well and help others to become emotionally well.

3. Select two members of the group to read the Twelve Steps and the Twelve Traditions.

4. Secretary Announcements.

5. Have one member of the group share on the Tradition of the week.

6. ANONYMITY: We have 2 Traditions that define anonymity:

Tradition 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."

Tradition 12: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

We will now begin the discussion. Please do not interrupt while a person is speaking.

7. DISCUSSION TOPIC: One or two of the 12 Steps.

8. COLLECTION: 7th Tradition: "Every EA group ought to be fully self-supporting, declining outside contributions". Voluntary contributions to offset the cost of the meeting place rent and public information work are accepted. If this is your first meeting or you are a visitor, please be our guest.

9. ANNIVERSARIES: We have no awards in Emotions Anonymous, but we do mark milestones. Tonight, \_\_\_\_\_ will give a \_\_\_ year cake to \_\_\_\_\_.

10. CLOSING PRAYER: the Lord's Prayer.