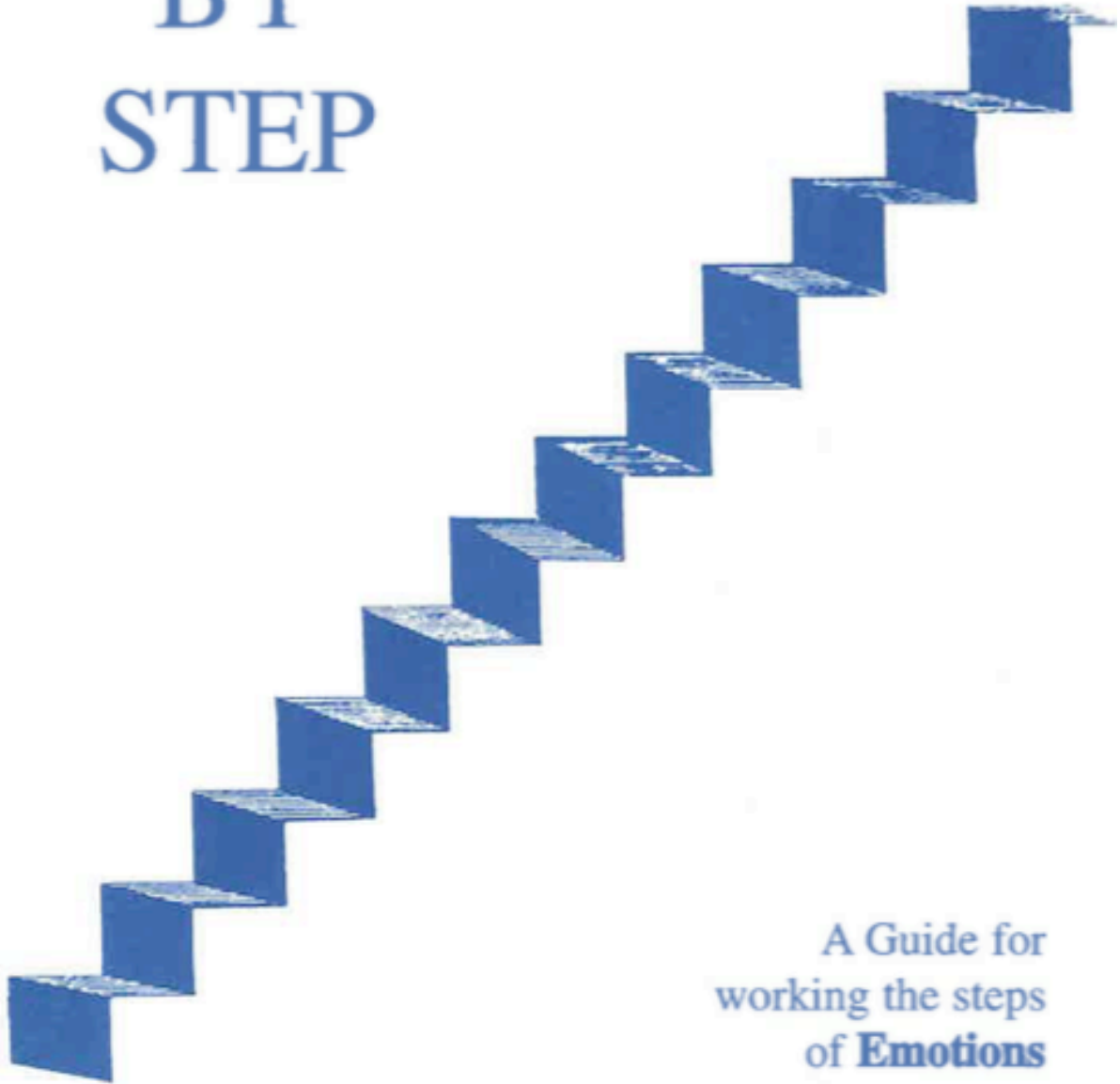


STEP BY STEP



A Guide for
working the steps
of **Emotions
Anonymous**

STEP BY STEP - A Guide for Working the 12 Steps of Emotions Anonymous

The Serenity Prayer

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.

The Twelve Steps

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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Preface

This guide has been compiled to help in understanding and working the Twelve Steps of Emotions Anonymous. It will be of value if you are willing to be honest, and if you have a real desire to change yourself and your life. We believe this guide can help you to live the program in your everyday life. As you use this guide, we also suggest you read our book, Emotions Anonymous.

In the chapter from Emotions Anonymous, "How It Works", discusses each of the twelve steps. As it says in Step Five, "Solitary self-appraisal is not enough." It has been found to be more helpful for members to share what they have written with someone who can be of assistance in looking objectively at attitudes regarding powerlessness, a Higher Power, character defects, amends, etc., from a twelve-step point of view.

How to do this:

- Print this guide and answer all the questions in detail. If you need more room continue your answers on the other side of the page.

The 12 Steps work, if you work the 12 Steps.

Introduction

We may have read and discussed the Twelve Steps many times and still not have gained a clear understanding of their meaning in our lives. Writing out our answers to the questions suggested in this guide and sharing them with a sponsor or fifth-step person can help us to grow in awareness.

When we do this we understand:

1. The effect our emotional problems have on our lives and our powerlessness over them.
2. Where our ideas about a Higher Power come from, and if we have made adult decisions about these ideas.
3. Our true feelings about trusting our lives to a Higher Power.
4. The actions and feelings from our past that have caused us to have emotional problems, as well as the positive traits we possess.
5. The trust involved in honestly sharing who we are with our Higher Power, ourselves, and another person.
6. Our willingness to give up the thoughts and actions that have made us and kept us emotionally ill.
7. Our readiness to have our Higher Power remove our negative thinking and behavior.
8. Our acknowledgment that there are people in our lives whom we have hurt.

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9. The advantages to us in healing our lives by making the necessary amends to ourselves and to other people.
10. Our willingness to look at our thoughts and actions daily so our lives can be more peaceful.
11. What prayer and meditation mean to us, and gain a better understanding of our Higher Power's will for us.
12. How our gratitude for EA helps us to be willing to live the program and to share it with others.

When we are finished, we will have a better understanding of ourselves, our world, and our Higher Power.

Step 1 - We admitted we were powerless over our emotions - that our lives had become unmanageable.

To help us work Step One in the most meaningful way, we need to accept at the feeling level our powerlessness over people, places, things, and the unmanageability of our lives. We urge that this be done thoroughly by writing it down, even though we may feel uncomfortable doing so. Unless we are willing to take an honest, detailed look at what our emotional problems have done to our lives, there is no chance we can sustain a healthy, serene lifestyle. If we do not clearly see how bad the problem is, we will not feel the need to do anything about it.

Before beginning it is important to understand that working this step is not a confession of character defects or faults. It is simply an honest look at how our emotional problems have harmed our lives and the lives of others. While writing out the first step, we try to keep in mind the following points:

1. Being honest about the seriousness of our emotional problems and being willing to follow the Twelve Steps will assure a good chance of recovery
2. We have a better chance of sustaining a healthy life style if we accept that we are powerless over our emotions and over our lives without the help of the twelve-step program
3. Our emotions do affect our lives and the lives of others.
4. Writing out Step One will help us feel the need to do something about our emotions.
5. Step One is simply an honest look at what our emotions have done to us and others, not a confession of faults
 - a. Describe your home life during childhood. How would you describe your relationship with the important people in your life? Be thorough, describing each specific relationship.

- b. Share two of the most pleasant and two of the most painful experiences in your life. Be specific. Describe the incidents. _____

- c. When did your emotional problems first cause you a feeling of discomfort? What happened? How did you feel? _____

- d. When did you first see your emotional problems as serious? What happened? How did you feel? _____

- e. What form did your problems take (fear, depression, anger, lust, psychosomatic ailments, excessive sleep, etc.)? _____

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- f. At some point in your life you developed emotional problems. It usually happens slowly. Explore how it happened by answering the following questions as accurately as possible so you can discover how your emotions have affected you and how they have caused you to compromise your basic values. Write down how you feel about that at the present time.
6. Somewhere along the way your emotional problems began interfering with things in your life. How did they interfere with social or recreational activities (hobbies, sports, dating, vacations, picnics, etc.)?

- a. Did your emotional problems increase during times of stress or discomfort resulting from job, family, or personal problems? Give examples of each. _____

- b. How did your emotional problems cause harmful family consequences? Give examples. _____

- c. How much of your time have you spent concentrating on your emotional problems and ignoring the needs of those around you? _____

- d. Tell how your emotional problems caused you social problems, such as the loss of friends, inability to perform sexually, or unreasonable demands on others. _____

- e. Tell how your emotional problems interfered with your relationships. How do you feel about that now? _____

- f. Tell how your emotions caused you job problems, such as being absent from work, the loss of promotions, or threats of being fired. _____

- g. What happened when you were unable to perform well at work? _____

- h. Tell how your emotional problems caused you to blame or accuse others for your problems. List what special problems you have used as excuses. _____

- i. What was your favorite excuse? Give examples. _____

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j. List the emotional problems you have tried to manage on your own. How successful have you been?

k. List the things over which you feel powerful and that are manageable in your life. _____

l. Why did you decide to seek help from Emotions Anonymous? _____

m. In what way do you expect EA to help you? _____

n. How willing are you to make changes in your attitudes to achieve emotional health? _____

Answer all questions as thoroughly as possible citing specific incidents and approximate dates or ages, etc.

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

In doing Step Two we aim to develop a positive relationship with a power we can accept as being greater than we are. Some of us had no concept of a Higher Power. Some saw their Higher Power as someone or something to be feared. Others had a good relationship with their Higher Power. With this guide to Step Two we see what our concept of a Higher Power has been and how and where it came about. It may be helpful in identifying a Higher Power which we can accept and one with whom we are able to develop a more positive relationship.

1. Describe your understanding of your Higher Power. _____

2. Describe your earliest spiritual experience. What was it like? _____

3. Who in your early life reminds you of your Higher Power? _____

4. If you were God, how would you change your world and what would you do with a person such as yourself? _____

5. What qualities do you think your Higher Power should have? _____

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6. How is that different from the qualities you think your Higher Power does have? _____

7. Where did you get your notions, ideas, and belief about God? _____

8. Who or what taught you about God in the first place, and how did you receive such teaching?

9. How would you like to be different? _____

10. What does sanity mean to you? How does the dictionary define the word? _____

11. List any resentment you have toward God. When and how did they begin? _____

12. If you had an interview with your Higher Power, what would you ask? _____

13. What would you want to know about your standing with your Higher Power? What would you tell your Higher Power? _____

Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step Three is a turning point where we decide to give up our self- will and surrender our will and our lives to the care of a Higher Power.

1. What does "surrender" mean to you? What feelings do you have about the word? _____

2. List any fears you have about taking Step Three. If you are not aware of any fears, think again about the words, "...turn our will and our lives over..." Does this make you uncomfortable in any way? _____

3. What do you have to lose if you turn your will and life over to the care of God? _____

4. What would be the rewards or benefits of doing this? _____

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5. Write down what your third-step decision is going to be. Write this in as much detail as possible.

6. Write a letter to your Higher Power. Include in that letter at least the following:

a. What you are thankful for. _____

b. What you are sorry for. _____

c. What you are angry about. _____

d. What you need from your higher power. _____

e. What you want from your higher power. _____

f. What you hope to do to express your gratitude. _____

Step 4 - Made a searching and fearless moral inventory of ourselves.

Step Four says we will begin to take a realistic assessment of ourselves today. We hope this guide will help you begin to know yourself. Three attitudes are important: to be searching, fearless, and moral.

- Searching: Readiness to look into your own self-awareness and describe your behavior as it really is.
- Fearless: It takes courage to face yourself in terms of what has really been going on in your life.
- Moral: Webster's Dictionary states that "moral" relates to principles of right and wrong in behavior.

Many times when we look at the word moral, we think of it as having something to do with sex, stealing, or lying. It is much more than that. Our prejudices, intolerance, criticisms, fears, and guilt are all a part of our morality, as are selfishness, egotism, and resentment.

Morality should come from within. It comes from beliefs and attitudes which we have accepted as truths from our childhood. In growing up we may have acquired guilt, shame, or embarrassment for our thoughts, feelings, and experiences, and we need to bring these tormenting ghosts out into the open.

Hiding guilt and shame will keep us from becoming well. We must stop judging others or ourselves. We will continue to reject ourselves and others until we deal with our humanness. Anger, self-pity, and resentment, when recognized, can be worked through without becoming a continual attitude or behavior problem. These attitudes or behavior create our defects of character. For instance, to deny self-pity is to encourage an attitude of "Poor me, I've got it so tough." Understanding this, I can realize, first, I am human; second, I am not bad because I feel this way; and third, I can accept that this is part of me for the present. A

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defect of character will become less of a problem as soon as I am willing to work on it in Steps Five, Six and Seven.

Decide if the good or bad ideas you have about your behavior reflect your values or those of someone else.

Take a searching, fearless, and moral inventory but do not be judgmental. Behavior has good and bad aspects; that is a fact of life. Look at it. Own your behavior, but do not punish yourself. Our goal is to know ourselves and to accept ourselves. Only then can we begin to change and to grow.

Try to think of examples which specifically describe your behavior. Later you will be asked to put this in writing, being specific about the examples. Many have found it helpful to reserve a special section of their inventory for facing things they have never shared before, such as what they least like to face in themselves or what they would find difficult to share with another person.

The fourth step is a simple, direct beginning to an ongoing task of life - a direction to take toward self-awareness, a way to go today and each day from now on. The moral inventory becomes a way of life based on the courage to be honest with ourselves.

You may experience some distrust while writing the fourth-step inventory. This is normal. You may find yourself growing resentful, becoming depressed, feeling guilty or afraid of failure. You may find yourself putting it off until tomorrow. Share these thoughts or feelings with your sponsor, another EA member whom you trust, or a fifth-step person and make what you discover a part of this inventory.

This may be the most courageous act of your life. You may need support and help. If so, ask for it!

Resentments

Resentment means: A feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury. Resentful people hang on to angry feelings, angry feelings about our families, friends, and circumstances. Hanging on to these feelings can really make us miserable. Resentments are always good excuses for our behavior. Do you hang on to angry feelings because you think your anger is justified?

Do not take on more of your inventory than you can deal with at one time. Easy does it. Think about one part of your inventory at a time. Complete each part before you go onto the next. There are four parts to your inventory of resentments.

- Part 1 is a list of resentments you have had in the past as well as those you presently have.
- Part 2 is what caused the resentments.
- Part 3 is what was threatened.
- Part 4 is looking at each resentment, its cause, and its effect on you. What was your mistake?

Do not look at yourself as 100 percent wrong and the other person, place, or thing as 100 percent right (or vice versa). Of course, there were times when things were done or said to you that were not right, but your reaction or behavior caused you to feel resentful. Be responsible for your own behavior - own it. Do not blame others for what you did or said.

- Part 1 - List your resentments of people, places or things. Start with childhood resentments, then list teenage resentments, and finally, list resentments you have had or do have as an adult. _____

- Part 2 - What caused each resentment? Describe each incident. _____

- Part 3 - What was threatened by each resentment and its cause - (your physical well-being, self-esteem, financial well being, approval of others, or a relationship)? Referring to your list again, put out of your mind the wrongs others have done. Look resolutely for your own mistakes. Where have you been selfish, dishonest, or self-seeking? Though a situation may not have been entirely your fault, try to disregard entirely the other person involved. Where were you to blame? The inventory is yours, not

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another person's. As you see your faults, list them. Admit your wrongs honestly and become willing to set matters straight. _____

- Part 4 - What were your mistakes? How did you react to each situation? If you think you have been as thorough as possible listing resentments from early childhood through your life until today, you are ready to proceed. This is your inventory, not that of anyone else. Put out of your mind the wrongs others have done to you. Look once again, carefully, at each resentment. Disregard the other person, place or thing entirely. As you review each resentment, look only at your own behavior. A life which includes deep resentment leads only to futility and unhappiness. The more we allow these feelings to dominate us, the more miserable we become. Turn back to your list. Prepare to look at it from an entirely different angle. Begin to see how your feelings of resentment have really dominated you and that these resentments must be overcome. _____

Fears

Sometimes we are afraid of specific things-afraid someone will reject us, afraid a plan will not work, or afraid someone will find us out. Sometimes we are afraid in some vague, general way we do not understand. List your own fears, the fears you have right now. What fears did you have as a child? A teenager? An adult? The fears which have destroyed your peace of mind?

- Part 1 - List what you have been afraid of and are afraid of now (e.g., God, a person, place, or thing).

- Part 2 - What caused the fear? Can you determine what caused it? _____

- Part 3 - What or who was threatening you? _____

- Part 4 - Now review your list of fears one by one. Looking only at yourself and your behavior, answer each question in relation to each of your fears.

1. Did you understand the situation? _____

2. Were you embarrassed to talk about your feelings? _____

3. Did you pick up on the fears of others? _____

4. Did you feel overwhelmed by responsibility? _____

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5. Did you think others would see your weakness? _____

6. Were you ashamed of who you were? _____

7. Did you trust yourself or anyone else? _____

Perhaps there is a better way than being driven by fear. We now can choose a different basis, the basis of trusting and relying upon a Higher Power. We can trust a Higher Power to help us. Through our Higher Power we can live at peace with unsolved problems. We need not apologize to anyone for depending upon our Higher Power. Some people think spirituality is the way of weakness. Paradoxically, it is the way of strength. We rely on our Higher Power to give us courage to do what must be done. We let our Higher Power demonstrate, through us, what can be done.

We ask our Higher Power to remove our fears and to change the focus of our lives. In this way we begin to outgrow our fears. Sexual Relationships Many of us have grown up with feelings of guilt or shame regarding our bodies and sex. These feelings may have created problems in our lives. To aid us in getting a more complete picture of ourselves, it is useful to look at our past sexual experiences in order to develop healthier attitudes.

Please answer the following questions as honestly as possible:

1. Where did you get your information regarding sex? _____

2. When did you first realize that you had sexual urges? _____

3. What emotions did you feel regarding your early sexual experiences (e.g., happiness, shame, fear, etc.)? _____

4. Have feelings regarding sexually transmitted diseases affected your sexual attitudes? _____

5. Are there situations or emotions that trigger sexual response in you (e.g., infatuation, loneliness, anger, pity, etc.)? _____

6. Do love and sex have the same meaning for you? _____

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7. In recalling past sexual relationships, write examples of situations where you felt you were:

- | | | |
|--------------|----------------|--------------|
| • Dishonest | • Manipulative | • Unselfish |
| • Selfish | • Jealous | • Thoughtful |
| • Hurtful | • Controlling | • Caring |
| • Suspicious | • Honest | • Trusting |
-
-
-

In looking at the above examples, have you had a healthy attitude toward sex or have you used sex in an unhealthy way? Are there amends you need to make? You may want to talk this over with your sponsor. We ask our Higher Power for willingness to be honest with ourselves and others, and for help in developing a more wholesome attitude about our bodies as well as respect for the needs and feelings of others.

Character Defects

Review your life as far back as you can remember for examples of each of the following. Write down those examples which bother you the most. If you became overwhelmed while writing this, turn to **Character Assets** and begin to write on those. Then alternate between character assets until you have completed both lists.

- **Intolerance** - Unwillingness, inability or refusal to accept others' opinions, beliefs or behavior.

- **Minimizing** - Making excuses for, or making less of, my behavior to make myself and others think I am not that bad. _____

- **Phoniness** - Deceiving, being insincere, not being genuine- including emotional phoniness, past or present. _____

- **Self-Centeredness** - Being overly concerned with my own welfare or interests, having little or no concern for others, what I want is the most important thing! _____

- **Excessive and uncontrollable anger** - Temper tantrums and rages. Your anger rules your behavior causing you to say or do things you later wish you hadn't. _____

- **Resentments** - Sulking, brooding, re-living emotional hurts and pain. _____

- **Covetousness** - Having an unreasonable desire for things we do not have, such as another's possessions, power, wealth or relationships. _____

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- **Denial** - Refusing to think about, hear about or admit things I did or said. _____

 - **False Pride** - A form of dishonesty-acting, boasting, or pretending to myself and others that I am better than I actually am. _____

 - **Procrastination** - Putting off to some future date something I feel I should have done sooner to avoid unpleasant or undesirable consequences. _____

 - **Self-Pity** - Feeling sorry for myself, or continually reviewing my miseries, often blaming others for my troubles. _____

 - **Impatience** - Annoyance because of delay or opposition. (I want what I want when I want it!")

 - **Perfectionism** - Setting extremely high standards and being displeased with anything less.

 - **Prone to Gossip** - Talking about other people and their affairs. _____

 - **Controlling** - Wanting power or authority over people and events; domineering, wanting things to always go my way. _____

 - **Compulsive Behaviors** - Obsessive behaviors; an overpowering urge or drive to continue behaviors which are harmful to us, such as compulsive drinking, eating, shopping, working, sleeping, etc. _____

 - **Judgmental** - Forming an opinion or conclusion not necessarily based on facts; condemning, blaming, criticizing, finding fault. _____

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- **Unwarranted Guilt Feelings** - Did not meet others' standards of behavior / Did not meet what / thought was my Higher Power's standard of behavior for me. _____

Character Assets

We take a realistic assessment of ourselves which includes our character assets. Following is a partial list of tributes which we sometimes forget to value in ourselves. Review your life for examples of each of the following and write down examples:

- **Loving** - Grateful for blessings _____

- **Accepting** - Unselfish-thoughtful of others _____

- **Forgiving** - Truthful-honest with myself _____

- **Trusting** - Willing to admit my faults _____

- **Cheerful** - Having a sense of humor _____

- **Prompt** - Respectful of others' privacy _____

- **Tolerant** - Considerate of others' rights _____

- **Patient** – Optimistic _____

- **Agreeable** – Prompt _____

- **Humble** – Helpful _____

- **Hopeful** - Self-disciplined _____

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- **Confident** – Generous _____

- **Understanding** – Careful _____

- **Realistic** – Responsible _____

Step 5 - Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Five is taken with a person having a working knowledge of the twelve-step program. It is very important that this person understands what we are trying to accomplish. We may choose a fellow member who has been in the program for a long time whom we consider trustworthy and understanding, who will not betray our confidence, and with whom we feel comfortable. Or we might choose a minister, doctor, counselor or similarly receptive professional person. A fifth-step person may give insight, encourage mentor suggestions, but primarily he or she is a listener. Most of all this person will be accepting and non-judgmental. Schedule an appointment with this person. For further information on your fifth step, read about Step Five in our book, Emotions Anonymous.

1. Having completed your fourth and fifth Steps, where are you now in terms of self-awareness and self-acceptance? _____

2. What is your attitude toward change and growth? _____

3. Are you committed to making some changes? _____

4. How do you see Steps Four and Five now as part of a twelve-step program? _____

A Plan for Living

To help you get at these important questions, we encourage you to begin making your own plan for living. As a suggestion, try listing some of your defects - the attitudes and behaviors which are causing you the most trouble now-and make plans to deal with these defects. List some of your assets and incorporate them into your plan for personal growth. Perhaps you have hit upon certain daily disciplines which are helpful. What about your new Personal program of spirituality? Write this material down. Try to be as specific in making your plan for living as you were in working your personal inventory. Then live it.

Building Materials

You may want to incorporate some of these traits in your plan for living:

- **Courtesy** - Some of us are actually afraid to be polite. We think it might be a sign of weakness.
- **Cheerfulness** - Circumstances do not determine our frame of mind. We do. Today I will be cheerful. I will look for the beauty in life.
- **Order** - Live today only; organize this day.
- **Loyalty** - The test of a person's sense of obligation.
- **Use of time** - Time can be productive, abused or wasted.
- **Punctuality** - Self-discipline; order; consideration for others.
- **Sincerity** - The mark of self-respect and genuineness. Sincerity carries conviction, generates enthusiasm, is contagious.
- **Caution in speech** - Watch your tongue. We can be vicious or thoughtless. Sometimes the damage cannot be undone.
- **Kindness** - One of life's great satisfactions. We haven't known real happiness until we have given of ourselves. Practice daily.
- **Patience** - The answer to resentments, self-pity, impulsiveness.
- **Tolerance** - Common courtesy-live and let live.
- **Integrity** - Honest, loyal, sincere.
- **Balance** - Don't take ourselves too seriously. We get a better perspective if we can laugh at ourselves.
- **Gratitude** - Gratitude is honest recognition of help received. Use it in prayers, twelfth step work, your family, and other relationships.
- **Analysis** - In considering my building materials, where do I fail particularly and how does that contribute to my emotional problems?

How about starting now, applying little acts of consideration, unselfishness, and gratitude today. Begin with a few-three or four little acts a day are better than trying to do them all at once and then taking a week off.

Step 6 - Were entirely ready to have God remove all these defects of character.

If we have been "searching and fearless" in doing Step Four, and honest with ourselves, God and another human being in Step Five, we are now identifying character defects which have been causing us emotional problems Now is the time to decide if we are willing to surrender these defects of character to gain peace of mind and serenity. It would seem obvious that we would be willing to give these up, but old habits die hard. Willingness is the key to this step. The following questions may help us to realize if we are willing to begin to change.

1. First of all, make a list of the character defects you found in Step Four. _____

2. Give examples of how each of your character defects has caused problems for you or those around you. Be specific. _____

3. Which character defect is causing you the most pain right now? _____

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4. How willing are you to give up this defect? _____

5. What would you gain and what would you lose by giving it up? Be specific. _____

6. What asset could you replace it with? _____

When we begin to see that our character defects and our emotional problems are related, we can see the necessity for change. This is not easy, and for help we go on to Step Seven.

Step 7 - Humbly asked him to remove our shortcomings.

The key word in Step Seven is humility. It is necessary to look at our past lives and see how we managed using our own willpower. To be truly humble, it is necessary to acknowledge a dependence on a power greater than ourselves and to be willing to ask for help every day.

1. What does the word humility mean to you? Trust? Acceptance? Honesty? Looking for the good? Truth? _____

2. Can you think of any humiliating experiences in your life which you now realize were learning experiences? Give examples. _____

3. Have you tried giving up defects using your willpower? What were the results? _____

4. Write a letter to your Higher Power asking for the willingness to surrender these defects. _____

5. Make a list of the character defects which you are willing to have removed by asking the help of your Higher Power. Write a letter asking your Higher Power to remove them. _____

Step 8 - Made a list of all persons we had harmed and became willing to make amends to them all.

Making amends helps us let go of the past. If we are willing to make amends-and make them-we will be free to meet people and situations without fear. Our Higher Power will provide the opportunity for doing so. Following is one suggestion for a way in which to do Steps Eight and Nine.

1. From your fourth-step inventory, make a list of names of people or institutions you feel need an amend. Write each one on a 3 x 5 card or on a separate page of a notebook. _____

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2. Put them away or carry them for 30 days.
 3. In the meantime list what you believe the benefits will be to you in making these amends. _____

 4. Can you think of examples in your life when your unwillingness to make amends has caused problems? Give examples. _____

 5. What do you think making amends to yourself means? What will be the benefits? _____

 6. In what ways can you change your attitudes? To whom? Are you willing? Give examples. _____

 7. After 30 days write on each card (or page in your notebook) a brief note on why the amend needs to be made and how you plan to do it. _____

 8. Again, put them away or carry them for 30 days.
 9. Now, when you go over you're amends list, are there any people who might be harmed by your amends? If so, or if in doubt, discuss this amend with someone. Decide what amends need to be made.
 10. If, due to unusual circumstances an amend cannot be made, this step says we need only be willing. Write an amend letter and put it away until an appropriate time. Perhaps a specific amend can never be made-but we were willing to make it if it had been possible. It is important that we realize the benefits to us in making amends.

It is not about who was right and who was wrong-it is about feeling at peace with ourselves and our world. With this attitude we gain the willingness to proceed to Step Nine. These steps are an important part of our healing process.

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others

Here we continue with one suggested way in which to do Steps Eight and Nine.

1. Using your 3 x 5" cards (or your notebook) as a reminder, make an appointment with the person to whom you want to make amends.
2. Say, "I feel I have harmed you, and I have come to make amends."
3. Briefly explain why the amend is necessary.
4. Make arrangements for repayment of money if necessary. If money is owed to an institution, this may be done anonymously.
5. Do not review a past situation in too much detail. It might cause the angry or hurt feelings to be felt too deeply again.
6. As we thoroughly and honestly work the program through Step Nine, we start to notice new attitudes and feelings in ourselves.
7. Review the Twelve Promises of EA. Are they coming true for you? How?

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The Twelve Promises

1. We realize a new freedom and happiness.
2. We do not regret the past or wish to shut the door on it.
3. We comprehend the word serenity, and we know peace of mind.
4. No matter how far down the scale we have gone, we see how our experience can benefit others.
5. The feelings of uselessness and self-pity lessen.
6. We have less concern about self and gain interest in others.
7. Self-seeking slips away.
8. Our whole attitude and outlook upon life changes.
9. Our relationships with other people improve.
10. We intuitively know how to handle situations which used to baffle us.
11. We acquire a feeling of security within ourselves.
12. We realize that God is doing for us what we could not do ourselves.

Adapted with permission of Alcoholics Anonymous, Big Book, page 83-84.

These statements form the Twelve Promises of Emotions Anonymous. They may seem idealistic, exaggerated, or extravagant at first, but they really are possible. At our meetings we seem them coming true in those around us. Some of these promises may be realized quickly, others slowly, but they will all develop naturally as are the result of honestly working the EA program.

Step 10 – Continued to take personal inventory and when we were wrong promptly admitted it.

As we do our tenth-step inventory each day we look for the problems our character defects may have caused-it is also important to remember to look for the positives from our day, signs of growth and change, and to forgive ourselves for mistakes as we try to learn from them.

1. Can you think of examples from your life when a situation would have been eased if you had apologized immediately instead of letting the situation go on? Give examples. _____

2. Have you been willing to look for your part in a problem or have you blamed others? Give examples?

3. Do you feel a strong need to be right? _____

4. Give some examples of situations where replacing a character defect with a character asset would have been beneficial to your serenity? _____

5. Make a list of the benefits you feel would be gained from doing an inventory daily. _____

6. Have you been able to recognize and learn from the positive things you do each day? Give an example of how your thinking has changed. _____

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Step 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.

Prayer and meditation are important tools in achieving and maintaining our serenity. It is said that prayer is talking to God and meditation is listening to God. Our prayers don't change God, they change us. They help us to remember who is in charge.

1. When you pray, what do you say to your Higher Power? _____

2. What would be the advantages to you of improving your conscious contact with God? _____

3. Have you even prayed for something that turned out to be detrimental to you? _____

4. What is your idea of God's will for you? _____

5. Most of us know how to meditate on the negative. Can you think of positive things in your life about which you can meditate? _____

6. What are some ways you can decide whether a decision is your will or the will of your Higher Power? _____

Step 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.

Step Twelve is gratitude in action. If we are grateful for our new way of life, it is important to express that gratitude. Grateful feelings can have a positive influence on us and help us to avoid the pitfalls of complacency, boredom, and depression.

1. What does a "spiritual awakening" mean to you? _____

2. Can you give examples of spiritual awakenings you have experienced since coming to EA? _____

3. In what ways do you feel you can carry the message of EA? _____

4. Because we are grateful that EA was here for us when we needed it, it is important for us to do what we can to help others know about the EA program. Here are some questions to ask yourself about your part in the group:

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- a. Do I make it a point to welcome new members and talk to them? _____

 - b. Do I realize the benefits for me of giving special help to the newcomer? _____

 - c. Do I interrupt the speakers, the leader of the meeting, and my group members? _____

 - d. Do I really take part in meetings or do I merely sit and listen? _____

 - e. Do I ever carry on a conversation when someone is speaking? _____

 - f. Do I volunteer for, or willingly accept, a group responsibility such as leading meetings, being treasurer, group literature person, intergroup representative, handling refreshments, etc.?

 - g. Do I help out at meetings setting up, clearing tables, or putting things away? _____

 - h. Do I criticize others in the group or gossip about them? _____

 - i. Can I accept disagreement good-naturedly? Is it difficult me to realize that my point of view may not always be right? _____

 - j. Do I use the telephone to help myself and another or only for complaints and gossip? _____

 - k. Do I stick to the step of the meeting or wander off on personal tangents? _____

 - l. Do I help make EA known to people outside the fellowship who might need its help? _____

 - m. Do I read some EA literature every day; use the Twelve Steps, the Serenity Prayer, and the slogans to help solve my daily problems? _____

 - n. Do I contribute regularly to EA International and to my local intergroup (if there is one) to help "carry the message"? _____

5. Can you give examples of practicing the principles of EA in dealing with situations in your work, home, social, spiritual, physical and emotional life? _____

Congratulations on completing this twelve-step guide! We hope it has made a difference in your recovery.

Helpful Concepts

1. We come to EA to learn how to live anew 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.

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4. We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs. EA is not a sounding board for continually reviewing our miseries, but a way to learn to detach ourselves from them.
5. 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.

Just for Today - The Choice is Mine

1. Just for today I will try to live through this day only, not tackling all of my problems at once. I can do something at this moment that would discourage me if I had to continue it for a lifetime.
2. Just for today I will try to be happy, realizing my happiness does not depend on what others do or say or what happens around me. Happiness is a result of being at peace with myself.
3. Just for today I will try to adjust myself to what is and not force everything to adjust to my own desires. I will accept my family, my friends, my business, my circumstances as they come.
4. Just for today I will take care of my physical health; I will exercise my mind; I will read something spiritual.
5. Just for today I will do somebody a good turn and not get found out. If anyone knows of it, it will not count. I will do at least one thing I don't want to do, and I will perform some small act of love for my neighbor.
6. Just for today I will try to go out of my way to be kind to someone I meet. I will be considerate, talk low, and look as good as I can. I will not engage in unnecessary criticism or finding fault, nor try to improve or regulate anybody except myself.
7. Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests- hurry and indecision.
8. Just for today I will stop saying, "If I had time." I never will find time for anything. If I want time, I must take it.
9. Just for today I will have a quiet time of meditation where in I shall think of my Higher Power, of myself, and of my neighbor. I shall relax and seek the truth.
10. Just for today 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.

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11. Just for today I will not compare myself with others. I will accept myself and live to the best of my ability.
12. Just for today I choose to believe that I can live this one day.

Slogans We Use

- Let go and let God.
- You are not alone.
- One day at a time.
- Live and let live.
- First things first.
- Look for the good.
- By the grace of God.
- Know yourself-be honest.
- This too shall pass.
- I need people.
- Keep it simple.
- I have a choice.

The Twelve Traditions

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.

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