

Twelve Helpful concepts of SPIRITUAL EMERGENCE ANONYMOUS

1. We come to SEA 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, SEA 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 SEA has done for us. No one speaks for Spiritual Emergence 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. SEA 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. SEA has no opinion on outside issues.
7. Spiritual Emergence 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 — “God as we understand God”, 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/or illnesses.
11. Each person is entitled to his or her own opinions and may express them at a meeting within the guidelines of SEA. We are all equal no one is more important than another.

12. Part of the beauty and wonder of the SEA 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 SEA members, mates, families, relatives or friends.

*Adapted from the Twelve Helpful concepts of Emotions Anonymous