



## Happy Valentines Day

### If someone hasn't told you they love you today – We Do!

Join us Saturday Feb. 10 to celebrate Valentine's Day early. Bring your Valentine and dance to our DJ from 9-12PM

## ANNUAL MEETING

Unity Club will be having their annual members meeting Saturday February 24, 2018 at 9:00 AM in Room 1. All Unity Club Members are welcome and encouraged to attend. This is your club.

Come hear how we are doing and how you can help.

Catch an Early Morning Meeting; stay for our famous Saturday Morning Breakfast and then for the annual meeting.

Not a member of the Club? We can fix that. Memberships are available on line ([www.unityclub.com](http://www.unityclub.com)) anytime.

Annual \$120.00 Decade \$750.00 Lifetime \$1250.00

February 2018

*Unity Club of Falls Church, Virginia is a meeting place for members of Alcoholics Anonymous and fifteen other recovery fellowships based on the 12-Steps of AA. It is a safe haven for people to come to while they work on a different way of life. It is a place of hope.*

## Emotional Balance in our Relationships – by Tom K

February brings Valentine's Day and our thoughts of our love relationships with others. Although many of us struggle with our emotions and feelings in our romantic relationships, I'd like share a broader view.

One of the things I have struggled with the most in recovery is my inability to regulate my emotions and feelings. One of my goals has been to maintain some sort of emotional balance, it is a daily struggle, one that I have not mastered but am practicing. I can remember my earliest days and months in recovery being so turbulent. So many of my closest relationships (Cont. on Back)



Many thanks to the Unity Club for the generous donation of 149 pounds of food to the

Arlington Food Assistance Center (AFAC).

Your help is needed and deeply appreciated.

Together, we can make sure no neighbor goes hungry.

Thank you for your generous gift to AFAC this year and for remaining with us as we fight hunger side by side in the year ahead.

## February Events

### Saturday February 10

- Saturday Morning Breakfast 0830-0930 Donations Appreciated
- Valentines Dance Room 1 –9-Midnight DJ Playing 9-Midnight

### Saturday February 24

- Saturday Morning Breakfast 0830-0930 Donations Appreciated
- Annual Members Meeting Room 1 9:00 AM Members Only

## Emotional Balance– by Tom K (cont.)

had been impacted by my addictive and emotional behavior. My family, my friends, my co-workers – few were spared from the fear and pain I was feeling at the time. Not only were my emotions fueling my erratic behavior, but they were also triggering all of my early relapses. Emotions and feelings have continued to trigger all my relapses since. Terrence Gorski, author of *Staying Sober, A Guide to Relapse Prevention*, points out that our earliest indicators of relapse are our emotions and feelings.

Emotions	Joy	Love	Passion	Anger	Fear	Pain	Shame	Guilt
<b>Feelings</b>	Elated, celebratory feelings, grateful, happy, hopeful, content	Longing, devoted, affectionate, compassionate, connected, caring	Obsessed, excited, enthusiastic, desirous, engaged, interested, strength	Furious, outraged, irrational, resentful, frustrated, irritable	Threatened, terrified, anxious, overwhelmed, apprehensive, worried	Grief or loss, hurt, sad, pity (self or others), discontent, lonely	Humiliated, disgraced, ashamed, embarrassed, humble, self-conscious	Irredeemable, wrongful, remorseful, regretful, contrite, sorry

©R1 Recovery First. Adapted from the work of Pia Melody. Emotions are in our bodies. Feelings are in our minds. Use this list to think about the emotions and feelings that you are struggling with right now. Think about the person, place, thing or situation that is triggering these emotions and feelings for you.

Although I’ve struggled with all of the emotions on this list, my most recent challenges have been centered on pain – specifically the loss and hurt I have felt and caused in a few of my relationships. Dealing with these feelings has been extremely difficult. Here are a few practices that I’ve used since that have really helped me.

**Reduce My Physical Anxiety** – Drs. Prochaskas – James and Janice, in their latest book, “Changing to Thrive”, point out the basics - eating healthy, getting enough and regular sleep, and exercising regularly. I’ve chosen to swim daily this past year as a way to reduce my physical anxiety and stabilize my emotional health. When I swim, my emotional highs and lows are less intense, and less frequent.

**Feel my feelings** – I went to a workshop at the Unity Club this summer sponsored by Ashley Addiction Treatment where Hannah Rose, talked about Emotional Regulation. She spoke about and suggested, “when you start to feel your feelings, don’t push them down, or hold them back, but instead, just allow yourself to feel them”. As a result of her suggestion, I spent a lot of time this past year crying. I’m finding that crying for one relationship has opened the door to help me grieve for others too. Now when I feel those feelings come, I let them, and it helps me.



**Practice Acceptance** – This has been one of the best things I’ve discovered in recovery. Although it’s been there for decades, I discovered page 417 in the Big Book this summer. I find myself reading this page daily. “When I am disturbed, it is because…” I hope you will go look it up. I’m learning to accept the fact that I have no control over other people, places, things or situations and they are all exactly where they are supposed to be right now, not where I think they should be… and I am too.

**Pray and Meditate** – I’ve been learning that spending just a few minutes each day to pray or meditate can have significant benefits. I found myself looking for just 10 minutes each day to lay on my bed, close my eyes, and say a prayer – sometimes just the serenity prayer over and over.

**Connect and Share** – Please share some of your own emotions and feelings with another person in recovery this month. Whether it be around, joy, love or love lost, anger, fear, pain, shame or guilt, please share it. I have found that when I connect and share with others, it reduces the power that they have over me and I feel better. As Doug L pointed out in last month’s article, our fellowship is our community and a place to work on our recovery. Use February as a month to focus on your emotional health and talk about what’s going on with you. I’ve learned, the more I share, the better I get, and the closer I move toward the harmony and emotional balance I am seeking. “Thanks for letting me share.”