

Low profile group copes with emotion

Emotions Anonymous is an organization in which individuals help themselves and others cope with emotional problems.

"We meet to talk about solutions to our problems. We know that with help from others we can straighten things out and lead a happy life," said one of the Lincoln chapter's founders, who declined to give his name.

"Our organization is low profile. If an individual gets publicity, it detracts from the organization," he explained.

The program is borrowed from Alcoholics Anonymous. First, members admit they have problems. Second, they profess belief in a higher power, not necessarily religious. The group is spiritual and allows each member to conceive the power as he chooses.

The rest of the steps involve learning about oneself, how to cope, and how to make a new way of life, he said.

Open to anyone
The organization's national headquarters is in St. Paul, Minnesota, where the program was founded in 1970. One of the founders was Jesse Lair, who has written best selling books including *I Ain't Much Baby But I'm All I've Got*. The organization was started because Alcoholics Anonymous was such a success.

"People have the same emotional problems but may not have turned to alcohol. This group is for them," he said.

The program is open to anyone. Members range from those with marital or financial problems to those who have been hospitalized,

he said. Many people are not living to the fullest because of destructive emotions.

Many members have found professional help unavailable, too expensive or unsuccessful, he said.

"If we had a psychiatrist present, it would be because he came for help himself."

No dues
Emotions Anonymous has no membership dues but contributions are asked for at meetings, he said.

The Lincoln chapter has a lending library filled with donated materials and literature from its national headquarters, the spokesman said.

There are about 250 chapters in the United States and abroad. The Lincoln chapter was founded by several people who had received help at the Veterans Hospital and wanted to continue receiving aid, he explained.

The newly formed Lincoln chapter will meet twice a week at 2144 Washington St. The first meeting begins at 8 tonight.

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