



INTO PROSPERITY

UA-UK Intergroup newsletter

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UA-UK IG Meetings

Every second month

Second Saturday

11:15-12:45

Zoom ID 817 9153 9917

Anyone is welcome!

NEXT MEETING: 14TH MARCH

Essential Information

[UA-UK IG website](#)

[Weekly meetings](#)

[Upcoming events](#)

Edition 9 (2026) Email

newsletter@underearnersanonymous.co.uk

Welcome to Edition 8 (Winter 2026)

Happy New Year (although by the time we put an edition together, time passes and it's almost Spring)!

Welcome to the first edition of 2026 which invited fellows to think about and share their vision for the coming year, to reflect on abundance and prosperity, visibility, growth and also to be visible with these visions and intentions. We hope you will be inspired to read how others welcome the new year and new opportunities, and perhaps engage with your own visions, if you have not already done so. The invitation is to become more visible in your life, work and recovery.

The newsletter itself aims to be a quarterly edition which invites contributions on a step and its spiritual principle, a tradition and its spiritual principle, a UA tool and a theme, as well as UA UK service announcements. In this edition we pick up where we left off last year and cover personal experience, strength and hope stories from the fellowship on step 8 and its spiritual principle Self-discipline, tradition 8 and its spiritual principle Fellowship, as well as tool 8: Action Partners.

Do get in touch if you want to contribute or share news from your groups, or if you have ideas for themes for future editions.

We cannot wait to read you. In loving fellowship,

Ellie, Jodie, Sarah, Rachel and Liz

UA-UK Intergroup Newsletter Committee Officers

Join the Newsletter Committee!

We need someone with design and formatting skills to join the Newsletter committee and help finish the next edition of the newsletter to a higher final presentation standard. Could that be you? Please get in touch newsletter@underearnersanonymous.co.uk

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

Five fellows share their experience of Step 8 and its spiritual principle, Self-Discipline.

“We may develop the best possible relations with every human being”

‘...how.....we may develop the best possible relations with every human being we know.’ (Step 8: 12 steps and 12 traditions)

I’ve been hiding from myself for a long time and still more from others. The idea of developing the best possible relations with everyone I know strikes me as an impossibility. Up until this moment, I’ve been baffled by my inability to feel that I can be totally open and trusting of anyone. I don't think I ever have. It’s only in contemplating writing this article, that I’ve allowed myself the opportunity to question and understand why so many of my relationships inevitably break.

In looking at my past behaviour in relationships and attempting to find common patterns, I've found emotional sterility in many of them. This begged the question, why should that exist ? Had there been some trauma in my life? Had I suffered some mishap? The answer came to me immediately. It was there all along waiting to be questioned. That fateful night, when I was five and I’d been woken from sleep with a whipping. Until now, I’ve thought of the incident as a consequence of my naughty childish behaviour. I never considered that it could and has had a lasting impact on my future relationships.

I realise that I hurt people before they have an opportunity to hurt me. I keep many at bay and some, I know, mistrust me. It is almost as if, unbeknownst to me, there’s an undercurrent of hurtful behaviour that runs deep below the surface that trickles through my veins, ready to play out, beyond my intent. The thought of it sickens me and leaves me feeling helpless. I see now where the desire to self-destruct comes from. I also see my need to protect myself, to feel safe.

I read in someone's account of overcoming their addiction, that when they were able to find discipline, it allowed them the opportunity to develop structure, which in turn, created consistency and in attaining consistency, they found the feeling of safety.

I can see how inconsistency affects my time management, my self care, my intake of healthy food, my sleep patterns, my mental and emotional states and my relationships.

On Monday evening I had a drink. I'm not an alcoholic and I don't have a problem with putting drink down. What I do have is a weak will. I am tempted by worldly niceties, good food, good music and conviviality. I’m drawn to the shiny things that leave me feeling heavy and disorientated. Indulgences offered by a world that leaves me lifeless. This is not the honey and nectar spoken of as tasting of God’s goodness. This constitutes losing my clarity, losing my sensitivity and my sensibility. Not caring for myself is hurtful, masochistic behaviour. It is an unkindness to my body and my mind, to my emotional state and my spiritual connection. It leaves me battered.

In the past, I’ve watched film after film, wanting the next one to be even better than the last. If I hit a good one, I would move onto the next, wanting that feel-good trajectory to continue. ‘Things can only get better,’ right? But in this situation, they rarely did. They were a disappointment and I’d have to watch the next one, and the one after that, to find a high again.

Needless to say, I didn't eat during these 36 hour binges. I'd feel physically exhausted and my body was wired. Mentally, I'd shut down, my mind spaced, finding it impossible to think straight. Yet, when I found myself in this rock-bottom place, I believed that I'd be able to return, soon enough, to the fragile routine and time plan that I'd been following previously. My mind informed me that it wouldn't take long, I'd just need to catch up with the sleep I'd lost and it would be as if the blip had never happened. A couple of early nights would do the trick. This assumption proved to be a fallacy every time, because once broken, my will became soggy and unwilling, refusing to revert to former habits.

On an emotional level, I felt sore, disappointed and angry with myself for having gone so far down the road of maintaining a workable time plan and at having to start all over again. On a spiritual level, I'd removed my trust in God and I'd forgotten to pray, I'd forgotten to ask for my Higher Power's will to be done.

But in working the UA Steps, the Big Book Study way, I'm understanding how simple the instructions are that we're invited to follow, in walking our daily path to joy, peace and love. In finding a strong connection to the God of our understanding, I've opened myself up to experiencing miracles. I rejoice when I take a four hour journey and everything goes so smoothly that I do it in three and a half. I rejoice when my cousin decides to be in touch again and we spend a joyous time together. I rejoice when I regain my ability to swim 16 lengths of the pool without stopping. I rejoice when I reach the top of the cliffs and can marvel at the view.

Everything is quite simple really but I find myself addicted to making life hard. Am I really under the illusion that a thing isn't worth having if I haven't fought long and hard to receive it?

Even though I've fallen off the time-awareness wagon and fallen off the mindless media-watching wagon, I am holding my head up and I'm feeling cleaner and clearer about who I am and who I want to be. I'm taking myself seriously. I believe I am worthy of the gift of being here, playing my part in helping to create heaven on earth. I deserve to be open and courageous, loving and gracious, understanding and appreciative, authentic and growing in love for myself more each day. This is an important ingredient in choosing to love others, forgive them and to allow them in.

God loves me even when I misstep and lose my way. I'm grateful I'm beginning to trust more, love God, love myself and love others. Forgiveness now doesn't feel so difficult, even towards the person who treated me so cruelly all those years ago. It's becoming easier for me to step away from temporary impulses and align my thoughts, emotions, and actions with higher spiritual principles.

Diana

Self-Discipline

I used to think self-discipline was punitive, torturous and some kind of perfection I'd never achieve.

I'd played and practiced musical instruments from age 7-19. I didn't realise I was also involved in a thing called self-discipline. I had a particularly scary cello teacher whom I feared. The self-discipline of practice at that time was fear based and externally driven. I was doing it for her to not shout or get upset. In the process of fear based practice, my motivation and recognising I had a love of music got lost. Self-discipline had very little meaning for me. It kind of killed the love I had for learning and trusting myself. It became a dysregulating experience with a then un-recognised neuro-divergent brain in the mix too. I felt lost and overwhelmed and my relationship to self-discipline was in the mix of that.

In my recovery, reclaiming my relationship to self-discipline has been slow and so important .

An ongoing part of recovery for me is growing a healthy sense of self, where there is love and value for myself and my gifts and talents. A huge part of recovery for me is about remembering I have agency and the ability to connect with a loving higher power. When I untangled from the punitive perfection associated with self-discipline that was in the way, I could use my agency and devotion to those God-given gifts, to trust what lights me up and to follow through on my passions in service of what gave them to me.

As an underearner, I have often hidden the things I'm passionate about in a compulsive way. My habit has been to reject my gifts and what I love, then feel shame and hopelessness around doing that and hide even more, caught in a pattern of self-defeating behaviours, like collapsing, giving up and avoiding myself. Freeing my relationship with self-discipline is a big part of getting behind myself, to keep showing up and thinking in new ways.

The thing that has made the most difference for me with self-discipline is the element of devotion and connection to something larger. It seems to be a constant surprise to young parts of me that I can choose things that bring me joy and live a rich and fulfilling life. Only I can make choices to do things differently and have agency in making healthy choices based on how I want to live my life. No one else can do it for me.

In practicing the cello in an atmosphere of fear, I was also practicing separation from my deep passion and musicality. What's new for me now is that it's still there. God given talents don't disappear, they lie dormant, and self-discipline is a way to keep what's precious alive and growing. Self-discipline in connection with HP is life-affirming for me. It's a choice I want to make. It's a way I can love and care for myself by making healthy choices based on having value and agency. This is a work in progress, definitely not perfect, but self-discipline isn't a stick to beat myself with, it's an invitation to dig down and commit to what I love and want to grow. What's been eye-opening for me is that I can be myself and embrace self-discipline; in fact I need to learn a new relationship with self-discipline in order to recover and move forward with the things I love and want to share in order to live prosperously.

Claire T

Attending UA meetings is an act of self-discipline

In 2011, I was first introduced to Underearner's Anonymous. I don't remember whether I had a sponsor or not, but I did start working on the step questions and attending meetings weekly. Due to travel and immigrating to a new country, I dropped UA and then picked it up again, but then dropped it again. That still small voice kept on reminding me that I had to return; there was no way forward for me. UA was a matter of life and death. So, I returned to UA in 2024. This was an act of self-discipline. No one person was responsible for this act of return. It was a combination of an inner knowing, inner compass or guide.

Let us take a look at the dictionary definition of this word or combination of words. In American English: Self-discipline is the ability to control yourself and to make yourself work hard or behave in a particular way without needing anyone else to tell you what to do. Exercising at home alone requires a tremendous amount of self-discipline.' <https://www.collinsdictionary.com> In British English, 'the ability to make yourself do things you know you should do even when you do not want to:' <https://dictionary.cambridge.org/dictionary/english/self-discipline>

Attending UA meetings is an act of self-discipline. There was no one to hold my hand. No one to encourage me to go. No one to accompany me. Just the inner compass guiding me to that point where I must return, and I did. Those first meetings were hard. I knew in my heart, mind, and soul that this was the place for

me. I call it a life sentence. I am here for life; there is no going back. As long as I live, breathe, and have the mental and physical faculties to attend meetings, I will.

The phone: this is a big one. Do I really want to pick up the phone and talk to another fellow? Of course, I don't. I have to discipline myself and make myself available to other fellows. This is how the programme works. Once we begin our recovery journey, we understand the meeting is a place for the newcomer, and we are not attending the meeting solely for ourselves; we are there for the newcomer. We develop self-discipline in our shares and remember that we are there for the newcomer. We welcome them and share our experience, strength and hope about the reading and our recovery. It requires self-discipline not to share about the events of the day, week and month and bring in outside issues.

Step 11 teaches us that through prayer and meditation, we develop a conscious contact with God as we understand him. Over the years, I have used different types of meditation. YouTube is my go-to source. My prayers have taken different forms over the decades. I have been very religious and not religious at all. In the AA Big Book, the founders write that we have to see where religious people are right. But regardless of where I have been on the religious spectrum, I always found the time and space to practise my prayers and meditation, not always a perfect practice. I found it difficult in the beginning; it is not always easy, and because my work life can differ from week to week, it is not conducive to my prayer and meditation routine. Within self-discipline, there is a need for flexibility and fluidity. If we are too rigid, we might break. Again, it is the knowing that I have to do this which forces me to do it. Once I start praying and meditating as the AA 12 and 12 says, you can't do without it, like you cannot do without air, food and sunshine.

Working the steps, especially step four, requires self-discipline. The UA step study workbook has created questions to help us answer step four, in the best way we can. The questions are guides. Guides that lead us deep within ourselves, giving us a deeper understanding of our behaviour and what our part is in the resentment and more. Regardless of which part of step four we are in, the key is self-discipline. We require self-discipline to complete step four effectively. To answer the questions with honesty and integrity and move on to step five.

Self-discipline is part of the spiritual principles for a reason. We can see just as the quote from the 12 and 12 states, we cannot live without prayer and meditation. I have come to the understanding that I cannot live without self-discipline, it is a spiritual principle for a reason and as important as breathing.

Joy M

Self-discipline is different from self-will

Today, writing on this topic of self-discipline, I notice the slight resistance of writing this morning although I have just written morning pages in my journal. I see how although I think I have self-discipline, this is different from self-will. I see my self-discipline works in alignment with God's will for me and my next right action according to God. My self-discipline can then work in a more spiritual, non-forcing way. I am now able to see beyond my resistance and look toward the future when I am aligned with God's path.

I feel forever grateful for fellowship, whether that is through reaching out / being reached to, or even just by knowing I am part of something bigger than me and I do not need to isolate – I have fellows who understand. I was remembering when I first came into UA and worked the first step study round - the group had fun activities to participate in over the Christmas period during lockdown and I felt connected with others – this has helped me understand others in my world and life outside recovery.

I have had a few action partners over my five years in UA. In the early days, my actions were just a to-do list and I didn't really understand how actions, however small, could contribute to my vision. My present action partner and I have worked with each other for a few years now and we have a good working fellow relationship and have watched each other grow and learn over the years. It has been and is a real gift, as it has also taught me so much about relationships with another person. Being accountable to another at a set time / day to speak, and being able to rearrange if necessary, has helped my self-discipline and given me practice in clear communication with another.

I have worked on my vision board for five years and recently - after sharing it with my sponsor who noticed there was no money nor sign of finances on my board which made me laugh – I have now added coloured-in money symbols, and updated future partnership requirements of my wants and needs. I can see how I kept myself small in relation to money/ finances and a romantic partnership. This weekend I will share with my sponsor / fellows / action partner my updated board just to be visible, as another fellow suggested sharing it more. Through working the step study round twice and doing service on the second round, I have experienced that it is the ideal place to practise being visible and feeling safe. My experience is when I practise sharing/ being seen in meetings/ outreach I can take this into my life and trust I can be seen for who I am and who I want to be. I have so much to offer others with my skills and abilities which I am still not using fully, however I do see growth, change and how each year there are differences – that is recovery. My worth as a valid human has increased since working the steps for a second time and I am incredibly grateful that I have the gift of UA recovery.

Claire

Step 8 is not about self-condemnation

When I began working the UA steps, I became very aware this was a different level of surrender to the work I have done before. I had to remind myself repeatedly that this step was not a punishment and not a demand for immediate action. I was not being asked to confront anyone or to fix anything yet. My only responsibility was to write down my amends and to become willing. Remembering this helped calm the fear that arose as soon as I started.

Even so, I felt frightened and emotionally exposed. There was a strong sense of vulnerability facing my own part, and I noticed a desire either to rush through it or avoid it altogether. At these moments, I consciously handed the process over to my higher power. I reminded myself I did not need to be brave or perfect only honest. I trusted that I was being guided and that I would not be given more than I could handle.

As I began writing, something deeper started to surface. Shame emerged in ways I had not fully recognised before. I realise how often I had been focused on the wrongs done to me the way I felt unsupported, misunderstood, or deprived. Through this step, I saw another truth. I became aware of the sacrifices certain people had made for me, sacrifices I had not previously acknowledged. Seeing this clearly was painful, it was also an awakening. It allowed me to move out of self-justification and into humility.

This is not my first time working amends, yet this round felt more searching and spiritual. The UA steps asked me to go deeper, beyond behaviour and into intention and perception. People appear on my amended list whom I thought I'd already made amends too. What changed was not necessarily the fact of the situation, but my ability to see it more honestly. I could recognise my fear, resentment, or self-protection had shaped my view and kept me from seeing my own responsibility.

Throughout this process, I made a conscious decision to take it gently. I use outreach when emotions felt overwhelming and stay connected rather than isolating. Having a step buddy was an important part of

this someone who understood the spiritual nature of the work and reminded me that I was not alone. That support helps me remain grounded and safe by allowing the work to unfold at its own pace.

What became clear to me is that step eight is not about self-condemnation. It's about becoming willing to see the truth with compassion. I placed this step in the care of my higher power, I was able to stay present with discomfort without being consumed by it. I learned amends began long before words or actions they begin with humility, honesty, and a softened heart.

Working the UA steps in this way has deepened my spiritual connection and expanded my understanding of responsibility. It has shown me that healing is not about being right, but about being real. Through this step, I have begun to experience a quieter, steady sense of freedom rooted in truth and grace.

Sabina

UA Traditions

Tradition 8: UA should remain forever non-professional, but our service centres may employ special workers

A fellow shares their experience, strength and hope in relation to Tradition 8 and its spiritual principle Fellowship.

Together we get better

What is the meaning of fellowship? According to Google Gemini, Google's AI fellowship is defined as 'a friendly relationship, companionship, or the feeling of camaraderie among people sharing common interests, beliefs, or activities. It also refers to an association of people, such as a club or society...'

In AA's Big Book, chapter two, 'There is a Solution', the 2nd paragraph reads as follows: 'we are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner, the moment after rescue from a shipwreck, when camaraderie, joyousness and democracy pervade the vessel from steerage to the captain's table.'

The great liner and shipwreck that Bill W. is referring to is the Titanic. I wonder how many from steerage were connected to first-class passengers when the ship was sinking? But I allow Bill W. this moment of poetic licence to reinforce this idea of camaraderie within the fellowship. What Bill W. is describing is the ideal way for us to be as fellow members, and we, being human, are not perfect.

I like the AI's definition, 'friendly relationship' as opposed to being friends. I think many of us come in hoping to make friends, and there will be those who don't come in with that aspiration. If I am honest, in the past I have had that aspiration, hoping to make friends. Sometimes we can click, and sometimes we don't. And that is ok. I have learned my lesson, and I leave it up to my Higher Power, whom I call God. I have to remember that we are all spiritually sick people looking for a way to recover from our spiritual malady one day at a time. That is all we have, and that is all we are given, a daily reprieve.

My raison d'être in U A is to share my experience, strength and hope in a way that is polite, courteous and friendly. Also, to help as many people as possible to work through the steps and/or bring light and

understanding to the material that we use. 'Principles before personalities.' Whatever I think of someone is not important. And what someone thinks of me is none of my business, an old sponsor used to say to me. What is important is that I have to stick to the principles and guidelines of the programme. I often think about the founders in the early days, and how they worked with others and how difficult it must have been. Bill W does touch on the tragedies in chapter two.

Fellowship is very important because we, as addicts, tend to isolate and also be uncommunicative, one of my character defects. I am writing this in 2026. I joined my first 12-step programme in 2008 and joined UA in 2011, approximately. My first 12-step programme encouraged me to go for fellowship after meetings, usually in a coffeehouse or cafe. This was a strange experience for me. I didn't socialise and never went to cafes to meet friends, so I can only describe it as a whole new learning experience, which I did enjoy immensely. Since COVID-19, the majority of meetings I attend are on Zoom. A lot of meetings encourage fellowship at the end of the meetings, which some people call the cafe, Americans call it the parking lot, but funnily, Brits struggle with that term, but don't resort to calling fellowship time the car park. (Maybe some do). I like the cafe as it sounds cosy. Whatever we call it, for the most part, it is a safe space to meet other fellows, have a chance to share if you didn't share in the meeting, ask questions and sometimes talk about other things. There is usually a member who leads the cafe.

The programme is a spiritual programme, and I am grateful to have developed and strengthened my relationship with my Higher Power, whom I call God. I Pray and I meditate because step 11 requires that I do, and I enjoy it. I have heard from many of my fellows that God speaks through people, and I sincerely believe that God does speak through people. I have reached out to my fellows in this programme, and have heard God speaking through them to guide and support me on my recovery journey.

I encourage each and everyone of you, no matter how down you feel, to reach out to a fellow through the numerous WhatsApp groups we have. Each meeting usually has a WhatsApp group for fellowship. You can reach out to people via phone, email, or SMS. We live in a digital era where we have so many means of communication. Let's use them and help each other to a life of recovery one day at a time. I have heard from many fellows that communication is the opposite of isolation. Together we get better.

Joy M.

UA Tools

Tool 8: Action partners

Three fellows share their experience with action partners.

Action partners have become friends

I do like and use this tool a lot. I have had different action partner relationships over the years:

- There was someone with whom I had a call every Friday afternoon to review the week and set intentions for the following week. We used to call for approx. 30-40min and have 15-20mins each with the first 5 min for uninterrupted sharing and then questions and feedback from the action partner. After 3-4 years that person left the fellowships. We continued to outreach, but I grew uncomfortable with that. Eventually the relationship dissolved as she moved to the other side of the world so it felt like HP stepped in.

- I have had short term 1-3m action partnerships around specific matters. For example with someone we committed daily actions around clearing out photos and electronic files – something that we both wanted to work on. With another fellow we had occasional outreach around fear of driving until we both gained the confidence to be full fledged drivers. It has been very supportive having this relationship to overcome a long standing challenge.
- I have a fellow with whom I connect daily on WhatsApp to commit 3 items. Originally it was income generating actions, but over time this has evolved into 3 priorities or 3 things “I need”. Sometimes what I need is to rest rather than take any work actions. This programme has taught me to think about my needs and energy resources, and not just push push push.
- Someone else I connect with periodically around visions and long term purpose. We have a relationship that has deepened over many years, is very loving and supportive. Like some of the people above, action partners have become friends.

Anonymous

We laugh and cry on our calls

The tool I wasn't at all keen on and resistant to when my sponsor suggested it, but boy have they both helped me over the years. They are a bright spot in my week. I speak to one on a Monday, which is a day I often have an emotional low on after the weekend, and the other one midweek. I receive God's wisdom and their experience, strength and hope. Time and time again they have helped dig me out of deep emotional pain.

We speak on a set day at a set time, although we are also flexible with that when need be. I write down bullet point style what I've have done that week. Examples would be booked the dentist, did an outreach call about putting my hourly work rate up, phoned my mum, spent time with my Higher Power etc. I now largely keep up with what I need to. But also speak from the heart about events in the week. We speak for either six or seven minutes each which is timed with three minutes feedback. We then often chat at the end. The calls normally last for around thirty to forty five minutes. I always feel uplifted after.

Because of the level of trust and respect that has built up with them and because their response has been gentle, kind and with Higher Power's wisdom I feel I can share deep things. I may think at the beginning of the call it's not possible to get emotional relief or guidance to make the right financial decision etc, but my Higher Power honours our commitment and always comes through.

Our accountability to each other is done in a gentle way, which has enabled me to take actions that I had mental blocks with and turn up for life. I've become more responsible and less avoidant. Life flows much better now. The fear that came from thinking of the word 'tax' has largely dissipated. I was so afraid to part with money I avoided doing my tax return until January each year, which then created stress and drama. Not knowing until the last minute how much tax I would need to pay created anxiety and I would go into victim mode. My mind would definitely overthink unhealthy story lines. Through a simple suggestion from one of my action partners to do my tax even as early as the spring meant the pressure was off and I would then I would know how much I needed to pay. It just hadn't occurred to me to do that. She also said that my tax was helping to provide an NHS, maintaining roads and to have libraries etc, so now I feel pleased to pay my tax.

We laugh and cry on our calls. I feel known, appreciated and valued. They are both very important and valued people in my life. I am very grateful to my Higher Power for them. I've learnt so much about how to live a functional life and the importance of having balance. The right proportions of work, rest, fun, creativity, spiritual time etc. Imbalances in my life have been caught and addressed although still ongoing.

I've gained so much more peace, belief in myself and trust in Higher Power as well as myself. They are my buddies to do life with and they are great!

Jane

Using Tool 8: How Action Partners Transformed My Recovery

When I first came into UA, I was excited about the tools, especially Action Partners. The impact of having 1-1 partners I can work with on any symptom or problem has been profound. It has been one of the most transformative tools for my recovery.

Healing My Relationship With Time

The biggest transformation has been around time, as I'm notorious for always being late. Having worked in the legal profession for over 15 years, I've never made it into the office before 9 a.m. This led to me receiving a diagnosis of ADHD in 2022, which I assumed my diagnosis would solve everything, it didn't!

I continued leaving things until the last minute, rushing to meet deadlines and relying on hyperfocus. I suffered from total amnesia around my time and lived with constant shame. My inner critic is always reminding me, "I'm not doing enough". So I have tried to compensate for this by working in a constant state of exertion/exhaustion combined with a relentless need to prove myself.

My first action partner has been focused on facing my issues with time. Initially I was filled with fear about looking at time. However, working with my action partner, attending the time meeting and listening to recordings has helped shift everything.

For the first time in my life, I'm able to plan and record my time daily. My amnesia and shame has disappeared.

Consistency Through Action Partners

Another breakthrough I've experienced through action partners has been with my consistency, especially with my personal goals. In December 2025, I completed my first 90-in-90 by attending 90 meetings in 90 days. This always seemed like an impossible goal for me until my action partner joined me. We encouraged each other daily and that helped me see it through. Now I attend meetings daily.

Writing this article is another thing I would never have completed without my action partner. I've wanted to write for a long time, but could never find the courage or consistency. Having an action partner for this specific goal has been a game changer. The most magical thing is the flow state we create whilst working together. This partnership has helped me write consistently.

How to Find the Right Action Partner

The key to tapping into the magic of action partners is finding the right one. Not everyone will be a good fit. Before you start looking, understand how you work, your current needs and wants.

Then share in groups and at meetings about what you're looking for. Outreach is the best way to find an action partner.

When you connect with someone, try to start on a trial basis. Don't overcommit at the beginning. I make it clear from the start that we take it one day at a time and if it isn't working, we don't take it personally.

My favourite action partners are those committed to building their spiritual connection through the programme. For me that means actively working the steps, ideally with a sponsor or step study group. I've found when you're not working the steps, there's a missing spiritual connection.

How to Work With Action Partners

When working with your action partner, it's good to establish and maintain clear boundaries to stay focused. Make a commitment on when and how you work together.

As an example, I had a self-care action partner whom I spoke to every morning. Over time, I realised we weren't actually working on self-care; we were just chatting. Although I enjoyed our conversations, I came off our calls feeling unfocused.

I had to end the partnership because I realised we were not focused on recovery and my recovery comes first. Action partners are meant to support your recovery, not impact your serenity.

How I Use Action Partners

Today, I use action partners in the following ways:

- Time: A time tracking action partner
- Daily Check-ins: Two daily check-in partners where we share our actions, what we're learning, and what's blocking us
- Creative/Vision: A creative action partner we meet 3-4 times a week to work on something creative, for me that's writing and for her it's music.
- Life/Admin: A life-admin action partner where we co-work once a week on tasks I typically procrastinate or avoid

Final Thoughts

From my experience, to be successful using action partners you need to actively work the foundational elements of the program. That means attending meetings and working the steps. It also means that you can never forget that the purpose of all the tools is to restore your connection to a power greater than yourself and maintain that connection daily.

In UA, many symptoms we struggle with are subconscious and deeply rooted. Action partners can help you work through these blocks. They are one of the most powerful bridges between our intention to recover and taking consistent action in recovery.

Using action partners to heal my symptoms and stay connected to my Higher Power has been fundamental to my recovery. Now my philosophy is simple: if you're struggling in any area, get an action partner.

Gina (UA Fellow since May 2025)

Topic

Visions and Visibility

Five fellows share their experience, strength and hope on their vision and visibility intentions for the new year.



Ask yourself what makes you come alive

'Don't ask what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive'

Howard Thurman

The turn of the year always affords us an opportunity to review the past year's endeavours, events and life lessons. The winter season that stands so naked, reminds me to turn within to touch and nourish the soil of my inner being and let the longer evenings and nights light up my dreaming. The cold of winter outside, nudging me to attend to and build the warmth inside, paying greater attention to daily movement practices, nutrition and my home environment.

Two years ago I discovered Underearners Anonymous and that January I attended three weekly zoom meetings learning and identifying the symptoms and tools and declaring my own lifelong challenge with compulsive under-earning. Perhaps not surprisingly, having committed the majority of my adult life to the Creative and Healing Arts, I landed nicely in the UA for Creatives Thursday meeting, which I attend regularly. Grateful to have found a beautiful, wise sponsor, and a spirited, creative action partner. Just before Xmas of 2025, I invited two fellows to form an Action Group. The three of us have now had Action Meetings using the Vision Format 1 and it was my turn at the end of January to brainstorm what prosperity looked like for me, defining three categories and outlining actions that included my prosperous elements.

As a creative, coach, and teacher, I have endeavoured to be a stand for powerful transformation and creative awakening in the world. Yet my vision, talents and energy become confused and diffused, resulting in my under-being. I recognise deep in my heart that I'm not fully expressing and being rewarded for my gifts, competences and capabilities – shining in the world. Currently I'm working on step six and am being invited to prepare to have God/Goddess remove all the character defects I have identified and hidden behind – and to understand that the process itself doesn't have to be 'perfect'. "Progress, not perfection."

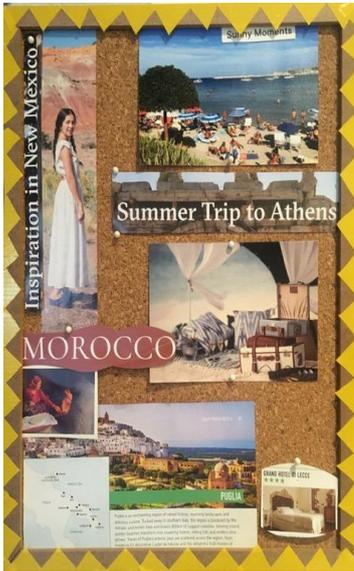
Imposter syndrome is key to my under-being and underearning and letting it go underpins my vision in 2026.

As a visual artist, in January this year, I took the time to create a Vision Board and was reminded what a magical and imperfect process it is. Collecting magazines, sifting through and cutting out images and words which enlivened me, using my hands and not a computer. As someone who has always felt a profound and deep connection to colour and the Chakra energy system of the body, I used this as a framework or scaffold to compose the vision.

It appears to tie in beautifully with the three main focuses I have this year, which came to fruition as part of the Vision Meeting with my helpful Action Group. While creative connection, beauty and serenity speak powerfully to me, I was also correctly reminded by my sponsor to bring in physical prosperity, ie. creating tangible income streams, centre stage.

I have only just begun the process of creating accountable, specific and timely actions for each category, which range from starting to teach crochet and craft, wellbeing classes, to launching my Break the Spell of Bulimia program later this year. Others, reenergising my altar so that I can sit and pray, beautifying our car and a discovery trip to Liverpool, my old university city, to look at potential housing and a possible move there.

Esther



Dreams vs Reality

Being a highly creative and artistic type, dreams have never been far from my experience. In fact, the world of dreams and fantasy were much of where I spent my formative years, coming from a family of generational addiction and dysfunction.

After a couple of false starts, I finally found the 12 step programs and UA in particular. It was a homecoming. A home of safety and most importantly for me, one of reality. Having lived in an environment of chaos, denial, untruths and confusion, the programme has consistently provided a safe space and grounded care. It has taken me months to adjust to this new reality, to be able to trust and sink into its support via the many channels of meetings, fellow travellers and sponsorship. I feel blessed to be part of a fellowship that has supported me after years of isolation and pain.

So what's this got to do with my dreams, or in UA speak, Vision? Well, now that I'm working the steps with a sponsor who provides me with the consistency and care that I have always needed, together with connections with others, I am beginning to live the life I could only once dream of.

Nothing extraordinary, just slowly and steadily pursuing my passion and vocational path. Alongside this I am breathing life into a vision that includes much travel and the possibility of living abroad, a dream I have had since my teens. How far along I am in realising this vision is unimportant. What matters is that I am investing attention and thought into desires that once felt too good to be true. Too good for me.

What sets this particular vision apart is the 'reality' bit. I have never much cared for it, being as painful and harsh as it often was. But I'm slowly getting to know it, through getting to know myself and who I truly am. The self that isn't who I was taught to identify with. That was a self that reflected and mirrored my caregivers' unprocessed pain and trauma.

I am the self that is an autonomous being, deserving of all the good life has to offer. As a child of God there is nothing too good for me.

I am beginning to trust this truth.

Dreams in themselves are neither healthy or unhealthy. It is the awareness of the dreamer that decides whether they are constructive and realised, or remain an anaesthetic of escapism. Through the programme, I am carefully learning to bring my dreams into concrete reality. And for this, I am eternally grateful.

TRAVEL VISION BOARD

Late Summer 2024, I visited my Grandfather's hometown in Puglia for the very first time. I had been wanting to see it for many years and I experienced an unexpected sense of home within my body whilst exploring the region. The sea, the architecture and the food, all nourished a part of myself I'm getting to know and enjoy. The heat and light of Southern Italy echo other destinations on my board; Morocco, New Mexico and Greece.

LM

Visions & Visibility – Fellowship & Service

My visions have come not so much from a Pow Wow place, but a subtle evolving of a way of being that is more peaceful, more in touch with the pausing and in that space, ideas, people and opportunities appear that resonate and align with my gifts and skills.

When I am pushing and pulling for a vision - an ideal, I miss the bigger treasure. It is a practice of sharing with fellows of being seen and heard that can build up a picture of what is true for me in a vision. Sharing with fellows is a good dress rehearsal for trying out ideas, actions and being honest and visible in that. I believe A Higher Power is listening in that space.

I find it a joyful experience to share the road, instead of my hardy self-reliance defect which likes to harden and hunker down, stoic, martyr style. With this support and a Higher Power it becomes less of a leap to try things out in the world, have a go, lighten up, explore and make mistakes (made lots of them)!! Fellowship allows me to come out of hiding from myself, from others and from God.

Service, in my experience, is an amazing way of being visible and has revealed to me gifts I take for granted and don't value, and skills I never knew I had. I have even developed some new ones.

It activates the muscle of the underearner-gym being in the world and helping others with my gifts, skills, & willingness. Being willing to have a go has helped me so much in learning on the job, instead of procrastinating until it's perfect. It has helped me with my thinking about myself and my underearner mantras: "It's not the right time", "I'm not ready", and my personal favourite, "I'm not good enough". Service is a mirror for life: being up for it, being in the flow of life and helping others.

Sharing with fellows and doing service, I get to feel a vision emerge in a more God-aligned way. My vision is to have the qualities of how I am in life: PEACE with myself, with others, and with God and the other things will come - opportunities, surprises, new land.

God is doing for me what I cannot do for myself. I am not running the show. Fellowship has taught me the value of communal experience i.e. taking me out of oppositional experience in my thinking and my stance. A vision in itself for me.

Step 8 – I get to see my own agency in my life, who I am in the world and how I have impacted others, and the flipside of this is empowering. It means what I do matters. I am not a ghost and I can make an impact.

So much of underearning for me was about it does not matter what I do as I'm not really here, I'm invisible. When I first came into UA I just wanted to "fix my career," "sort myself out once and for all," but what I got was a way of being in life that has at its heart a loving, higher power that wants the best for me.

From that place other things evolved in a non-linear way. God's way not mine.

Anonymous



ENVISIONING 2026 – AN ACT OF SELF-LOVE

This year I felt the urge to create a new vision board, despite many years of grief and loss. It was an act of self-love to switch off all devices and give myself time to play with magazines, scissors and glue, and see what would emerge from the empty space.

My priorities became clear : Being in nature every day, walking with my dog in the woods, swimming in the sea, camping, cooking organic local food, foraging for wild asparagus, living surrounded by cats, playing music, relaxing, painting, having plenty of time and money, and living in joy on this beautiful island in the Mediterranean. Allowing time to go out and about every weekend. Not switching on the laptop or dealing with paperwork is also crucial to my well-being.

“The gift of time” is something that I really cherish. “Enjoy a little more space and quiet” is also there – I am keen to declutter more old “stuff” and create more spaciousness in my surroundings – this is work in progress, as I begin to let go of things relating to my former work life. Living simply and peacefully is vital.

Some bigger dreams challenge me – the Camino de Santiago has been calling for a while and I am looking at how to do a small section in a manageable way. A South African safari is also on my bucket list and is on the board. I worry about flying long haul now – a friend suggested I consider business class! This is way out of my comfort zone as an underearner, but maybe she is right.

I love being in the sea and chose to put a boat on my vision board.. Last week, on hearing about a boat trip for the Solar Eclipse in August, I booked straightaway, which is so unlike me! Something lovely to look forward to, and subsequently three friends have also booked.

Overall what I love is that my vision board feels alive, full of joy and possibility, without anything too demanding. It feels like everything is within reach and that there is so much beauty to be found in simple things and in keeping a calm state of mind.

I shared my vision board at my action meeting last week, which was a blessing. I need to get affairs in order, which includes my will, pension, tax returns and other tedious paperwork, but keeping my vision in mind, and allowing weekly excursions into nature with time out every day for joyful activity, means that life can become full and expansive again. I can travel by taking short trips and enjoy the beauty on my doorstep.

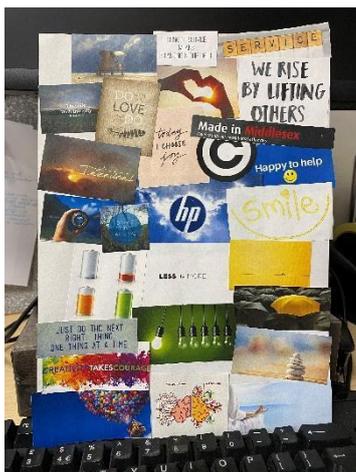
Today is Sunday and I drove to see the almond blossom – it was an effort, but knowing there is a short window when it is out in full bloom, and because it is on my vision board and I know how much joy it brings, I went out to take photos of the flowers. The paperwork can wait until tomorrow.

Writing is calling – a poetry book, blog, and memoir. It was the last thing I put on the board, but it’s in the centre and is key. I need help from other fellows to find a writing routine. Like many writers, the hardest part is sitting down to write! I’ll find an excuse to clean the house, or distract myself from the one thing I really want to do. I’m not beating myself up, but identifying the behaviour and owning up to avoidance is a good start. I am offering this to HP and praying for help. Accountability with action partners will help.

One thing I noticed is that not many people are on my board and I spend a lot of time alone. Without isolating, I am beginning to make peace with this solitude. Life is short and I am mindful of how I spend what is left. I do not want to squander it on relationships or people who drain me. This is something to do with increased self-love.

The Buddha said “You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere”. I have this quote typed on my wall. I think making a vision board and allowing it to inspire my daily life is a profound act of self-love and I am grateful for the opportunity to share it.

Rachel C



VISION AT WORK

I have made myself a vision board about how I want to show up at work and I keep it on my desk next to my computer so that it is always in my line of vision.

I want HP to be my employer and so I have to remind myself of that. I want to choose joy. I want to be mindful of my energy levels and not abandon self-care for work.

I want to be the light, the bright, the colourful, the different. I want to be nice to others, to be helpful, to be supportive, to be of service.

I want to be inspired, to be inspiring, to be uplifted, to be uplifting. I want balance. I want laughter. I want A-Ha! moments. Blue sky thinking. Creative flow.

It's less about specific outcomes, although I do set goals and intentions too. But I have a vision about how I want to be in my work, regardless of the specifics. It just strikes me as a nice way to go about it.

Anonymous

Topic

Completing the UA steps with a step study group

My relationship with the Big Book has really deepened

When I came into UA, I just needed to get started. I was in so much fear around work and money, watching myself make decisions governed by this fear, keeping my life small. I was grateful for everything I had been given, but lived with an almost unbearable sense that I wasn't doing what I was meant to be doing, wasn't carrying out my Higher Power's will. Instead, I was trapped inside my own contracted survival mode and grabbing at exhausting jobs that didn't use my specialist skillset, just to keep a roof over my head.

This Big Book Study Group meant I could dive in and get things moving.

I never thought I would work the steps in a group. As a highly sensitive person I tend to prefer a one-to-one dynamic, and working in this way with a sponsor had worked really well in my first fellowship.

I also never dreamed I could work the steps in under ten months! My first fellowship had taken me over three years, and I had valued the time to slowly shape-shift every area of life onto steadier and more emotionally, sober ground.

Yet, having attended enough UA meetings to recognise myself in each of the characteristics, I felt an inner 'Yes!' when I saw there was a Study Group beginning in May 2025. And as we near completion in February 2026 I'm so glad I followed that guidance.

At the first meeting there were over 100 attendees! Rather than feeling overwhelming, it felt like there was strength and energy in numbers. A WhatsApp group was created, meaning an immediate outreach tribe to connect with.

I became familiar with the service members running the weekly meetings, and it felt like a real holding to have this consistent presence and guidance as we travelled through the steps.

It also felt appropriate for this area of recovery that I was invited into the challenge of working the steps efficiently; moving swiftly through, rather than over-thinking it into a perfectionist's fantasy that never actually gets completed, as my underearner LOVES to do! A great mantra for my underearner is 'done is better than perfect'.

Higher Power guided me to a step study buddy who was an ideal fellow traveller. Each week we would take 20 mins each to share our step-work or weekly update, and 10 more to feedback. Even if longer conversations unfolded we never needed more than an hour and a half. It was amazing what we could cover in this time, and the growth happening each week was undeniable. 'How has all this happened in one week?!' we would regularly exclaim. Not always easy, but always valuable.

You could tell this was a well-oiled machine in its sixth or seventh round. I appreciated the structure of the workbook and meetings; the many lead shares we heard, the breakout rooms for our 2 min shares, the clarity of homework each week, and the 15 min café afterwards for spillover questions.

My relationship with the Big Book has really deepened as a result of working the steps this way, and I cannot begin to describe how my reliance on Higher Power has supersized! The tidal waves of fear around money became ripples, then settled into trust.

After Step 5 I noticed a whole new faith in HP available to me, meaning my energy wasn't eaten up with worry, tiredness and worst-case imaginings, and could instead be directed into creating work that aligned with my purpose and special interests. Less a leap of faith, which sounds scary to my nervous system - more a sustainable one-day-at-a-time shuffle of faith.

I am about to take on my first sponsee, have two service positions at my favourite meetings, and am part of a rolling action group and a visibility challenge group. I have a new business, my creative projects are re-invigorated, I'm visible online again and have new clarity and hope around my finances. All of this has stemmed from that first sign-up to the Big Book Study Group just ten months ago. I can't recommend it enough.

Sarah

It's a spiritual solution to the problem

Underearning has been a recurring issue in my life which I have tried to address in another 12 step program that I work. But it runs so deep, I realised it needs to be addressed directly, get right to the heart of the matter and work the steps around it, in the right place, at UA. I have gained awareness around my behaviours, that have been playing out and feeding the problem, many of which are common UA traits that I was previously unaware of. The step study weekly meeting is a great way to start the day. Gets me in alignment with my recovery community and my hp, through hearing others experience strength and hope. Despite falling behind the group in my step work I am still attending each meeting and working the steps with my sponsor and step buddy with continued accountability to the group and the work. The key message I have learned is that it's a spiritual solution to the problem - sought through taking actions and working the steps with support is the solid groundwork of it all. It's been a fantastic experience.

Olivia

“Gratitude leads to generosity”

I faced two main challenges in my recovery. The first was finding a sponsor and the energy to work the steps. The Big Book Step Study helped me overcome this. I am deeply grateful to the people who dedicated their time and effort to facilitate this opportunity for others. When I joined it in its second round, I was impressed by the strong sense of community, commitment, organisation, and spirituality. With this support, I successfully completed my steps, and my recovery truly began to flourish. I experienced increased serenity, prosperity, and courage, feeling held and making significant progress.

Eventually, I encountered my second challenge: I plateaued, sensing a slowdown in my progress. After reaching out for guidance, I learned that to sustain my growth, I needed to engage in service. Though I had previously held a small service position that had since ended, I took the advice to heart and committed to a more significant service role. This decision allowed me to continue growing, feeling more connected, supported, and prosperous in my recovery journey.

A wise person once said, "Gratitude leads to generosity, and service is generosity." As I strive to be generous to others, I find that my Higher Power is generous to me in abundance. Thus, the cycle continues, fueled by generosity, fellowship, and service.

Victoria

The entire process was profoundly inspiring

I am deeply grateful for the Big Book Study Group. Moving through the Steps progressively, held in the container of the group and receiving the transmission from those who have walked this path before—their wisdom, knowledge, experience, strength, and hope—has been such a blessing.

Doing the work at a steady, sustainable pace made it possible to truly integrate each step. I especially recommend the depth that becomes available when working alongside a step buddy. Although I had completed the Steps before, the depth I reached on this journey exceeded my expectations.

I would have welcomed a little more time for Step Eight, yet the entire process was profoundly inspiring. I wholeheartedly recommend it.

Eve

Thank you, Thank you, Thank you

What can I say? I will do my best to summarise my experience of the BBSSW. The experience has been life-changing, and that is not an exaggeration. It is a clear fact of my experience.

I completed step 9 the day before writing this short article, and on the day that we met as a group and shared our appreciation and expressed our gratitude for being part of the workshop and what that meant to us.

What did it mean to me? At the beginning of the workshop, with the support of my step-buddy, I finally worked out how much money I have to earn to live, whether my husband is with me or not. I tell you, it was excruciatingly painful and an experience I will not forget. I got the figure together with my step-buddy and the help of my husband, and I am glad to confirm that I have earned that figure after tax. There have been months when I have gone over the figure. One month, I even earned more than my husband; we did laugh. My husband is not a 12-step person. But he supports me on my under-earners anonymous journey, and he can clearly see how our finances have improved during this time.

Since being part of the workshop, my husband and I have saved the most money in our lives. We had a lovely experience where his son and daughter-in-law were facing a financial crisis, let's call it, and we were able to help with a gift of around £1000.00. This would have been unheard of before the workshop. I must be honest, it was painful giving that money away, and my son-in-law insisted he would pay us back. After 24 hours, we decided that it would be a gift. That felt more prosperous.

The other thing that jumped out of this step-work was under-being. I understand what that word means and how it has impacted my life. I can clearly say that my challenge in this world was not knowing how to be. Now, at the beginning of another UA journey, I will age 62 with the help of God, and my fellows finally learn how to 'BE' in this world.

I love and appreciate how the workbook has been compiled. I have completed the steps in many other fellowships. The questions and details in this workbook, for example, the guidance in step 9, are brilliant and absolutely aid my understanding of each step. I am grateful to the UA members who showed up every week and gave service. This has been the best experience I've had working through these steps, even if it felt challenging and overwhelming at times. It was painful, but I feel I have grown through that pain. I am looking forward to giving service on the next round of the workshop.

Thank you, thank you, thank you, thank you, thank you.

Joy M.

Note: Some of the earlier shares in this edition also refer to the UA UK Big Book Step Study.

UA UK Big Book Step Study – Round 7

If you want to work through the UA steps using the Big Book you may be interested in the next round of the UA UK Big Book Step Study which takes place on Thursdays 7:45-8:30am UK time. Round 7 is expected to begin around April/May 2026 – the service team is still to vote on a start date imminently but that is not available at the time of publication of the newsletter.

Look out for details on the UA UK Website. To join Round 7 there will be a Whatsup link to join with the rest of the group. All information and communication related to the round happens on Whatsup. The step study is open for new people to join in the first four weeks of a round only after which the round is closed for new people joining.

Q: Where can I find personal stories of UA fellows on steps 1-7 or traditions 1-7 or tools 1-7 (time recording, meetings, sponsorship, possession consciousness, service, goals pages, action meetings,)?

Newcomers may find it particularly useful to read personal shares in writing on the initial steps and tools. Past editions of the newsletter have stories of experience, strength and hope related to steps 1-7 as well as traditions 1-7 and the first six tools of UA. You can find them in electronic (.pdf form) at

<https://underearnersanonymous.co.uk/newsletter/>

Q: Can the newsletter be printed and handed out to newcomers or sold as literature at face-to-face meeting?

Feel free to print off some copies and leave the newsletter out in public places as a way to spread awareness about the fellowship – perhaps at a local library, doctor’s surgery or a waiting room. UA UK Intergroup can also support face to face meetings with the cost of printing the newsletter to distribute to newcomers. Please get in touch with UA UK Intergroup for more details – see

<https://underearnersanonymous.co.uk/contact/> or directly with the treasurer at treasurer@underearnersanonymous.co.uk to organise that.

Q: Where can I find the recordings of UA UK convention shares?

The recordings from past conventions can be found at

<https://underearnersanonymous.co.uk/events/ua-uk-conventions/>

Q: I am thinking of starting a new UA meeting. Is there any support available from Intergroup?

Intergroup will consider and vote on providing financial support to new meetings with rent and printing of literature costs until they become established. To apply – just attend an Intergroup meeting to put forward your proposal. The details of the UA UK Intergroup meetings are at

<https://underearnersanonymous.co.uk/intergroup/calendar/>

Q: I am thinking of taking up a service position at UA UK Intergroup to strengthen my recovery and practice visibility? What do I need to do?

- Read the responsibilities for any open position (click ‘Vacant’ on the UA-UK website under the Intergroup Officers tab).
- Attend one of our UA-UK Intergroup meetings as a visitor (the details are on the front page of the newsletter as well as the UA-UK website under the Intergroup tab).
- Speak to the Group Service Representative (GSR) at your meeting.

- All current Intergroup Officers are available to share their experience.

We invite questions from fellows which could be answered in future editions by fellows with experience of the UA programme.

Email your questions to: newsletter@underearnersanonymous.co.uk

Updates and News from UA-UK Intergroup

Messages from Intergroup Service Members

Fellows share information related to their service role at UA-UK Intergroup level

This newsletter has been going on for two years now

The newsletter project was voted in and a committee set up at the end of 2023. We have now had 7 editions published during 2024 and 2025. Most contributions with stories happen primarily from being asked personally rather than in response to a general call. As such a lot of the contributions are from the personal networks of the fellows who are part of the committee. It is a shame that we might be missing out on contributions from the wider fellowship. I hope sooner or later more people will feel the call to be of service by sharing their story.

A Visions and Visibility workshop in Autumn 2025 was run by a service member from the committee with a view to generate more contributions by supporting fellows to complete their writing. You see some of those in this edition and some were published in the last edition. A fellow shares their experience of the workshop in the feature below. We hope that would inspire more fellows to engage with the newsletter.

Ellie, Newsletter Officer

Visions and Visibility Workshops: Finding clarity in the chaos

As a neurospicy dyslexic person I was nervous to join this online writing meeting.

I can struggle with focus and how to organise myself/ thoughts/words/writing...I found it really illuminating in terms of writing, organising my thoughts and recovering from underearning and the overlaps.

When we started, my focus and sense of what I was writing was all a bit random and chaotic - a very familiar place with how my brain can be in many places all at once and not have clarity around how to proceed or take the next step.

The structure and guidance that Liz gave really helped me to clarify what was my focus and I found it so helpful as a neuro divergent underearner to have the support and focus of breaking things down into bite size chunks, with visuals and time to write with others doing the same. Liz took us gently through the various stages of writing a piece and how to keep it simple and interesting. This was such a helpful tool for my everyday life...it ended up feeling like a mini goals setting session.

I didn't finish my article on the day, but felt inspired to continue after the workshop. Writing takes me a long time and I found it deepened my understanding of my relationship to the subject and reflected on things in new ways.

I met with Liz for a follow-on session and I'm so pleased I could finish my article AND write this about the workshop. I never thought it was possible. Finishing things can be a thing as an under earner and writing as a neuro divergent fellow was a double win...Thank you Liz and the newsletter group for space to stretch my perception of what's possible.

Claire T

UA UK News

Group Announcements (from Jan 2026 UA UK Intergroup meeting)

For GSRs to read out at business meetings or copy/paste into groups whatsapp chat forums.

1. Visitors welcome

- Want to know more about UA-UK?
- You are welcome to attend our UA-UK IG monthly meetings as a visitor.
- Next meetings: 11:15-12:45 / IG Zoom
Saturday 14 Mar 2026 and 9 May 2026
- Details here... <http://underearnersanonymous.co.uk/intergroup/calendar/>

1. Vacant IG Officer positions

- Are you interested in doing service at IG level?
- We have vacant IG Officer positions amongst them...
 1. Vice Chair
 2. Treasurer
 3. Secretary
 4. UK Meetings Rep
 5. Literature Secretary
 6. Global Rep (Role being defined...)
- Check out the role definitions here...
<http://underearnersanonymous.co.uk/intergroup/ua-uk-ig-officers/>

3. UA Newsletter: Sub-Committee

- An electronic copy of this UA UK Newsletter Edition 8 can be found at:
<https://underearnersanonymos.co.uk/newsletter/>
Face to face meetings are invited to print copies for newcomers.
- The Newsletter subcommittee is now inviting contributions for Edition 9 (see box below). Contributions to be circa 600 words with more guidance to contributors on the newsletter page above. Submissions to newsletter@underearnersanonymous.co.uk
- Closing Date for Edition 9 contributions: mid April 2026 (but feel free to send a contribution at any time and we will consider it for inclusion in a subsequent edition)

4. About UA Leaflet: Meetings

- Does your UA meeting require printed copies of the About UA leaflet? If so, UA UK Intergroup can support you with printing (email secretary@underearnersanonymous.co.uk), and funding the cost of doing so, if less than £100 (email treasurer@underearnersanonymous.co.uk).

None received.

Next Edition call

Next edition of the newsletter

Edition 9 (2026) on...

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others, spiritual principle: **Love**.

Tradition 9: *UA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve*, spiritual principle: **Structure**.

Tool 9: Solvency – *We do not debt one day at a time. Debting may lead to underearning, and in turn, underearning may lead to debting.*

The topic of: “And now about sex” – underearning and relationships

What has the impact of your underearning been on your relationships? Is your partner also an underearner? How does underearning impact your sex relations?

The topic of: “Earning, underearning and AI”

How is your job impacted by AI? What are your fears? What are the opportunities you have ceased? Anything related to earning, underearning and AI would be current and interesting to read about.

Email contributions by 30 April 2026 to newsletter@underearnersanonymous.co.uk

The Newsletter subcommittee is now inviting contributions for...

The Newsletter subcommittee is also inviting contributions for future edition topics:

Underearners on Holiday

Have you been able to afford holidays? What kind of holidays underearners go on? How do you manage money while on holiday? Can you afford to take holiday from earning?

Inheritance/Dealing with grief while continuing to earn, as well as

Ill Health and underearning/earning

What do underearners do when they suddenly find themselves with inheritance? How does grief impact earning capacity? How do health issues impact earning and how recovery supports fellows to continue to live abundant and prosperous lives if health requires attention.

Email contributions, questions and ideas for topic themes for future editions to: newsletter@underearnersanonymous.co.uk