

## Emotional sobriety - SEP 2017 - Thoughts to Consider

So much of what delights and troubles us happens on the surface.

We take this for solid ground and our mind thinks our life alone.

Yet it seems that a little below our heart, their houses in me an unknown self.

We're afraid to break into the light and look.

We entangle ourselves in unworthiness and misjudge what we are and who we are.

We prefer to live on the surface and not face ourselves.

The following are signs of emotional sobriety;

- I'm able to have a deep and intimate relationship with one or more people.
- I have an ability to regulate my strong emotions and not to act them out.
- I can easily regulate mood altering substances.
- I don't have to try to excessively control my behavior.
- I have an ability to regulate my activity levels so that I'm not getting involved in too many things that cause stress.
- I'm able to roll with the punches.
- Fear is not overly influencing my life and behavior.

The following are some of the symptoms of a lack of emotional sobriety;

- I'm unable to regulate strong feelings such as anger, rage, anxiety and sadness.
- I'm depressed or sad and can't manage my mood.
- I act out all the time and I'm unable to regulate my behavior.
- I'm unable to gain a perspective on feelings when they are extreme.
- I use mood altering substances like alcohol, prescription drugs, and illegal substances.

- My unresolved wounds have significant influence on my thinking and behavior.
- I'm on able to regulate my activity level.
- I am unable to maintain a deep and intimate relationship with one or more people.

From: Signs of Emotional Sobriety, Tian Dayton PhD.

**Did you or others create your personality, attitudes, behaviors, emotions, and beliefs?**

**What Healthy Personality, attitudes, behaviors, emotions, and beliefs did you create in yourself?**

**What unhealthy personality, attitudes, behaviors, emotions and beliefs did you create in yourself?**

