



Our Current Reflections on the Core Principles of Emotional Sobriety

by Dr. Allen Berger and Herb K.

1. Emotional dependency and immaturity interfere with personal growth and healthy relationships. They are rooted in “attitudes and beliefs” reflected in unenforceable rules about life/reality, self, and others.
 - a. We incorrectly believe life/reality, our self, and others should conform and live up to our expectations. This is our delusional relationship with life/reality. This is “our story”!
 - b. It derives from little or no experience of individuation/differentiation:
We Are Unconscious; “Asleep Dreaming We Are Awake”.
2. Emotional autonomy and maturity come from a process of our incremental conscious decisions to change from environmental-support to self-support.
 - a. We take ownership of our responsibility to transition from external to internal motivation; we establish an authentic relationship with life/reality, as it really is.
 - b. This signals a process of differentiation:
We Begin to be Aware, to be Conscious; We Awaken.
3. Emotional sobriety involves developing a healthy relationship with objective reality: with our self; with others; with what life/reality really is.
 - a. Life/Reality is life/reality...but only 100% of the time! It is not our story about it; we are powerless to change life/reality.
 - b. This is a process of becoming grounded and centered:
We Accept Reality/Life, As It Really Is.
4. We have the personal power and responsibility to know, to decide and to take action based on our perception of life/reality.
 - a. We are 100% responsible for the decisions we make and the consequences of the actions we take.
 - b. This is a process of realizing that we have free-will choice and accepting the consequences of our actions:
We Take Personal Responsibility.
5. Trouble doesn't mean something is wrong. Trouble means something is very right – if we have awareness. To the extent we are conscious, we do not take life's/reality's circumstances personally.
 - a. Trouble is a signal or signpost that points to our next developmental step. It is an invitation to grow by taking corrective actions.
 - b. This is a process requiring perspective, humility and detachment that grants us insight. We accept life/reality as it is; embracing our own gifts and our limitations:
We Pay Attention and Change Perspectives.

6. Emotional sobriety involves utilizing the “pause” between the Stimulus and Response: outside and inside ourselves.
 - a. We take responsibility for our own emotional well-being and learn to repair, comfort, and reward ourselves. We have instincts and emotions that need our conscious management.
 - b. This is a process of learned self-regulation and experienced intuition:
We Begin to Grow Up.
7. We each have an emotional center of gravity that needs to be balanced within our true self - to have equilibrium – to be grounded and unshakeable.
 - a. We don't let others' limited perception of us define who we think we are and how we act.
 - b. With courage & humility, we seek guidance & accountability:
We Show Up.
8. Emotional sobriety is produced by a practice of self-examination. “It is a spiritual axiom, that when we are disturbed, no matter the cause, there is something wrong with us” (12x12, Step 10).
 - a. We own the healthy and the unhealthy aspects of ourselves and our impact on others.
 - b. We each have an organismic wisdom for self-correction and for cooperation. Our desire to cooperate moves us to repair damage we cause others. We develop the ability to create an accurate narrative for our lives and for our experiences.
 - c. This is a process of self-regulation and growth – an inner drive for wholeness within and balance without:
We Change Our Attitudes & Actions in Order to Change Our Outcomes & Consequences.
9. We become the determining force in our lives by accepting that we are ultimately 100% responsible for our life.
 - a. We adopt: “NO ONE IS COMING!” We adapt: “I am the one I am waiting for!”
 - b. This is a process of becoming our true self:
We Live in Now – The Present Reality, As It Really Is!
10. Blame is irrelevant. Instead of focusing on who we can blame for the trouble we are experiencing, we focus on what we can do to address our role in the trouble we are having; or at least, become aware of what we are doing to contribute to the problem.
 - a. We ask what we can do to find and implement a solution – a daily examination of personal consciousness.
 - b. We practice: forgiveness – releasing them; atonement – releasing ourselves. Blame disempowers us; taking responsibility empowers us.
 - c. Our vision is constructed from personal authenticity and rigorous integrity. We say what we will do; and we do what we say.
 - d. This is a process of becoming congruent and developing our conscience: **Self-Actualization.**
We Intend to Align Our Thoughts, Emotions, and Behavior with Life/Reality, as It Really Is.
11. We claim our experience rather than allow our experience to claim us. We are deeply aware that the perceived problem may not be the real problem. We accept that it is how we cope with problems – is actually the source of our suffering.
 - a. Over time we become transparent, vulnerable and undefended. We shift our concern to what we can do to find or contribute to a solution.
 - b. We seek and find long term satisfaction, fulfillment, and contentment – experienced in:
Self-Realization. We Practice Improving Our Consciousness and Our Understanding.
 - c. We ask: “How can I become more conscious?”

12. We discover and accept that life/reality has immutable principles that are non-negotiable. We therefore search for creative adjustments or solutions to the difficulties that life/reality sets before us.
- a. Our job is to find the best way to meet life's many personal challenges at the same time discovering how to be useful to those around us. We communicate what we want with clarity; we collaborate with our partners as an ally; and we cooperate with integrity.
 - b. We practice principles to guide us and always take the high road to a new freedom. This is emotional sobriety; this is Optimal Living. We develop an experimental attitude towards life – seeking to discover new possibilities; making mistakes; learning from them; correcting them; never allowing our mistakes to define us. This is a process of adaptability.
 - c. When we encounter trouble, we decide to add more self. This is a process of being autonomous, vulnerable and resilient.
 - d. We trust the best in us to act and speak for the rest of us – we rely on inspiration. This is a process of integration and attunement.
 - e. We then let the best in us speak and listen to the best in others: a process of integration of our independence and our interdependence.
 - f. We seek connectivity: organic relationships with individuals and community; maintaining personal integrity while experiencing unity. A process of acquiring a personal sense of context, value, meaning, and purpose – expressed in compassion.
 - g. We seek and find personal happiness in being other- centered: experienced in **Self-Transcendence: We Practice Enlarging Our Compassion and Our Effectiveness – to be Helpful and Useful.**
 - h. We realize: **“WE are the ones THEY are waiting for!”**
 - i. We ask: **“How can I help?”**

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(cc) 2022