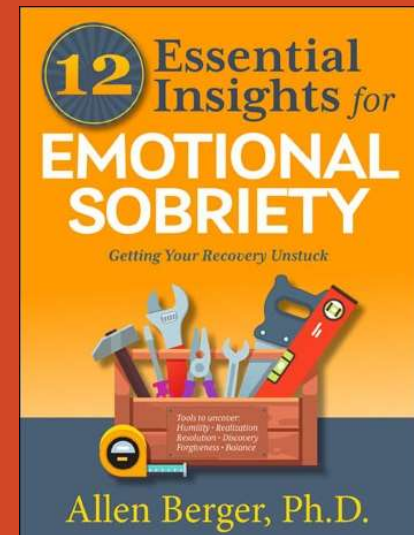


Emotional Sobriety Study Area

Book Study on 12 Essential Insights for Emotional Sobriety

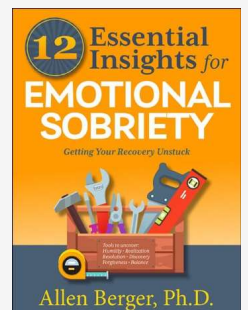
Led by Tom Potash

Every 1st Thursday, 6pm Pacific / 9pm Eastern



Chapter 4: Living Life Consciously

Ugh, more talk about waking up and staying awake and paying attention and being mindful, it just so exhausting. Can we just jump ahead to where I feel better?

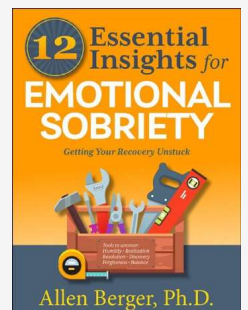


Chapter 4: Living Life Consciously

Our awareness was distorted by

- Our addictions
- Construction of our false-self

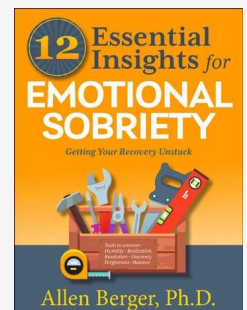
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Chapter 4: Living Life Consciously

Symptoms of diminished and distorted level of awareness:

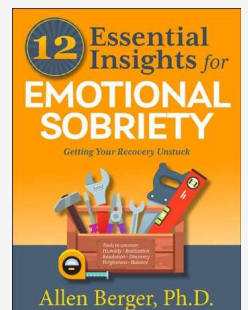
- I know I am not giving my best to my family, but **I don't want to look** honestly at my neglect.
- I don't need to work all of the Steps because I am sober today, and **that is good enough**.
- I know there are signs that my relationship with my partner is failing, but **I don't want to think** about it.
- I know my children suffer from too little access to me, but I am doing the **best I can**.
- I know I am causing hurt and resentment, but **one day** I'll change.
- I know I am self-destructive, but **I can't cope with facing what that means**.
- I know I am a phony and lie about my accomplishments, but **I don't want to admit this to myself**.
- I think to myself; I am sober. **What more do you want from me?**
- The past is the past. **I don't need to address** the pain and traumas I experienced-it's best to leave sleeping dogs lie.
- I know I am not living the life I want to live, **but won't face it**.
- **I don't do what I want to do, and I do what I don't want to do.**



Chapter 4: Living Life Consciously

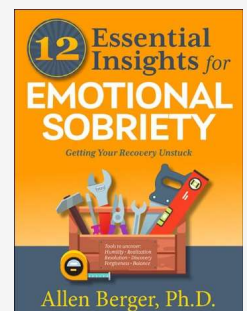
These self-limiting concepts deny reality, the good and the bad of it. Other falsehood include

- We will always be powerless
- We will never be able to trust our first thought
- Some are sicker than others

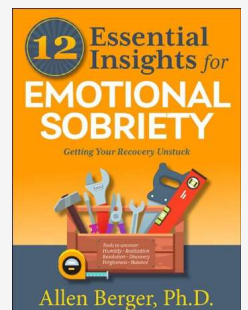


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The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil. We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his home ruined. To his wife, he remarked, “Don’t see anything the matter here, Ma. Ain’t it grand the wind stopped blowin’?”



Chapter 4: Living Life Consciously



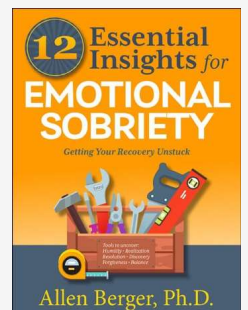
Chapter 4: Living Life Consciously

Consciousness is our basic tool for living a meaningful and happy life.

Awareness is the facet of our consciousness we use to:

- Make contact with reality
- Sense our own needs and desires
- Empathize with the needs and desires of others
- Assess the demands of life
- Regulating ourselves
- Self-care
- Healthy relationships
- Live with integrity

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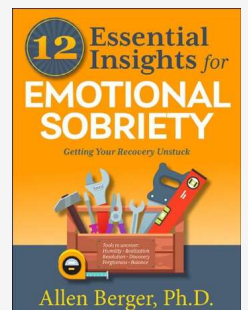


Chapter 4: Living Life Consciously

As we arise from our sleep, we awaken many different parts of ourselves that we had put into hibernation.

- Hope we can create a better life
- Desire to be what we can be
- Integrity
- Instinct to be sincere with ourselves
- Integration

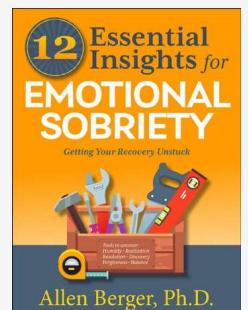
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Chapter 4: Living Life Consciously

**Ignorance is not bliss,
awareness is***

*well maybe not bliss but certainly better than ignorance



Chapter 4: Living Life Consciously

**We go from hopeless,
helpless, powerless to having
hope, able to receive help
and able to connect to a
power and become
empowered.**

