

# 8

## SIGNS OF EMOTIONAL SOBRIETY

1

Ability to regulate strong emotions

2

Ability to regulate mood

3

Ability to maintain a perspective on life  
circumstances

4

Ability to regulate potentially harmful  
behaviors

5

Ability to regulate activity levels

6

Ability to live in the present

7

Ability to live with deep, intimate  
connection

8

Resilience— the capacity to recover quickly  
from setbacks

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# Emotional Sobriety Worksheets

**Yan Bai**



## **Emotional Sobriety Worksheets:**

**The 30-Day Sobriety Solution** Jack Canfield, Dave Andrews, 2016-01-19 A groundbreaking program to help you cut back or quit drinking entirely in the privacy of your own home

**It Takes A Family** Debra Jay, 2014-10-21 As the coronavirus pandemic isolates us from many of our circles the power of family connections to help loved ones succeed in recovery is as essential as ever Counselor and interventionist Debra Jay shows alcoholics other addicts and their loved ones how to work collaboratively and as individuals to take on the roles and responsibilities that support long term sobriety Most books on recovery from addiction focus either on the addict or the family While most alcoholics and addicts coming out of treatment have a recovery plan families are often left to figure things out for themselves In *It Takes a Family* Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team beginning in the early stages of sobriety In straightforward compassionate language she outlines a structured model that shows family members both how to take personal responsibility and to build a circle of support to meet the obstacles common to the first year of recovery Together family members address the challenges of enabling denial and pain while developing their communication skills through practical easy to follow strategies and exercises designed to create transparency and accountability With this invaluable guide family members work together as they reinvent their relationships without the all consuming dysfunction of active addiction

*12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition* Iam Pastal, 2019-02 A great book for completing the 12 steps of Alcoholics Anonymous It includes four simple yet powerful worksheets for doing AA s 4th step and a very simple and powerful approach to Step 7 This revised addition also includes a new appendix describing how the author sponsors newcomers

**Good Baggage** Ike Miller, 2023-09-26 Baggage has gotten a bad rap We think it s all bad We think it makes us less likely to have good healthy relationships today But baggage isn t just the bad stuff that happened to us in the past It s the lessons we ve taken from the pain we carry It s how what we ve been through has actually made us stronger and more capable than we imagine And it s how we re going to make our current relationships work Far from minimizing past pain pastor Ike Miller shows you how to go through the baggage you carry from a difficult childhood and pull out the good stuff The intentionality you ve developed The empathy you ve gained The trust you value so highly Miller shares from his own past in a dysfunctional family impacted by alcoholism and divorce and his present as part of a healthy and loving family to illustrate how to stop letting your past sabotage your present You ll find no platitudes or pat answers here Rather you ll discover untapped riches of experience and knowledge you already have that can make your relationships thrive and change the course of your life and legacy

**The Sobriety Toolkit** Benjamin Giona Woods , Willie Morris Steele, The Sobriety Toolkit offers a comprehensive collection of 500 group therapy activities designed for adult substance abuse recovery This invaluable resource provides addiction professionals with a diverse array of engaging evidence based exercises covering ten essential areas of recovery From self awareness to life skills

development each activity includes clear objectives and instructions empowering facilitators to foster meaningful growth

*Love First* Jeff Jay, Debra Jay, 2021-04-27 This revised and expanded third edition of the gold standard for intervention provides clear steps for harnessing the power of family friends and professionals to create a better future with loved ones suffering from addiction Over the course of the last twenty years Love First has become the go to intervention guide for tens of thousands of families This trailblazing book empowers and equips families and friends to use the power of love and honesty to give their addicted loved ones a chance to reach for help Updated with the latest addiction science as well as insights gained from decades of front line experience in family interventions this revised and expanded edition contains practical tools for taking the next step together transforming the intervention team into an ongoing community of loving support lasting accountability and lifelong recovery

**Mindfulness-Based Sobriety** Nick Turner, Phil Welches, Sandra Conti, 2014-01-02 Mindfulness Based Sobriety presents a breakthrough integrative approach to addiction recovery for clinicians who treat clients recovering from substance abuse and addiction The book combines relapse prevention therapy acceptance and commitment therapy ACT and motivational interviewing to help clients conquer substance abuse by identifying their own values strengthening their motivation and tackling other mental health problems that may lie at the root of their addiction The book also puts a strong emphasis on relapse prevention so that clinicians can help clients stay on the path to sobriety

**The Recovering Heart** Beverly Conyers, 2013-05-28 Your old destructive lifestyle is fading into the past and now you are a woman in recovery What an amazing gift you've given yourself So why aren't you happier As sobriety takes hold and your head starts to clear a wide range of emotions can begin to emerge feelings that until now you've medicated with chemicals Yet to stay sober and to grow and flourish as a person you must engage in healing and take responsibility for these long neglected emotions Beverly Conyers a prominent voice in recovery uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female experience Learn how to develop the inner resiliency to face and process difficult buried emotions such as shame grief fear and anger while freeing the positive feelings of self worth independence and integrity Discover how to heal your damaged self by improving your communication skills expanding your capacity for intimacy and trust and reawakening a spiritual life As you heal your wounded heart you can free yourself to a life of self acceptance and lay the foundation for a rewarding and relapse free second stage of recovery

**Who's Really Running Your Life? Fourth Edition** Peter K. Gerlach MSW, 2011-02-28 Links below will take you to the non profit Break the Cycle Web site Use your browser's back button to return Premise psychological wounding is epidemic in America because of an unseen inherited cycle of ineffective parenting and ignorance This book describes the wounds what they mean and what to do about them This fourth edition Feb 2011 will introduce you to your inner family and who leads it in calm and crisis times If you don't know who comprises your inner crew or who's in charge of them you may be living life as a hostage to a false self and not know it If so you're probably living well

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