



"Nothing is more precious than being in the present moment. Fully alive, fully aware." — Thich Nhat Hanh.

Good morning, afternoon and evening, dear friends. I have the disease of alcoholism; I belong to the Agape group in Hamilton, ON. Canada and my name is John.

For those people who don't know me. I am a certified mental health coach, a practitioner in positive psychology and a first-time author. Today I am celebrating 50 years of sobriety. I also lead workshops on God Consciousness. I'm the founder of a FreedomHour community.

In summary, we have defined emotional sobriety and looked at ways to approach the state of emotional regulation and what emotional dysregulation looks like. Let's take a few minutes to review some of the ideas we have been following.

Go to the keynote for a review

This is our 4th time together. On the first day, we defined Emotional Sobriety, and some of you wondered why we are



looking at contributing factors that move us to emotional sobriety. Perhaps it was about controlling or forcing our unwanted and perhaps painful emotions for some of us. We drew a line between good and bad emotions. My approach is that there is no such thing as good or bad emotions; there are only emotions. Is hate, anger, or resentment not destructive emotions? Yes, that is what I am saying.

Emotions are a natural response to internal and external stimuli. It is nature's way of sending us a signal, feedback if you like or even a compass pointing to the true north. The so-called negative or bad emotions become helpful as we can stop and evaluate where we have gotten off the spiritual path to the true north. Attempting to control or forcing emotions results in rumination or rebounding, leading to frustration, anxiety, restlessness, depression and isolation. This invites self-judgment about whether we are good or bad, strong or weak. This invites further self-doubt, disappointment and discouragement that will lead to a reduction in our immune systems and contribute to serious



physical illness. It also increases our chances of returning to our primary addiction or starting a secondary one to comfort our dis-ease.

Emotional sobriety is recognizing, understanding, and effectively regulating emotional states. It involves being aware of our emotions to make conscious choices rather than impulsively reacting from a place of unchecked emotion. Developing emotional sobriety can provide numerous benefits, including increased resilience and improved relationships with others. Practicing mindfulness and exploring different coping strategies can help us be more emotionally balanced and have healthier relationships with others and ourselves. Emotional sobriety also encourages us to embrace positive emotions such as joy, contentment, gratitude, and love. Practicing emotional sobriety not only helps us better regulating our feelings and reactions, but it can help us live a more meaningful and fulfilling life.

10 Essential Benefits of Emotional Sobriety

1. Increased ability to respond to stress

healthily- Emotional regulation can help us recognize when our reactions are out of proportion to the issue at hand and make decisions that are appropriate and beneficial for ourselves, rather than ourselves to be driven by emotion.

2. Improved communication between

yourself and others- When we have better emotional regulation, we can communicate more effectively without our emotions worsening. This can lead to greater understanding between parties and stronger relationships overall.



3. Greater resilience-

With better control over our emotions, we

are less likely to be affected by difficult situations or experiences. This helps us stay strong in times of adversity and also helps us move on from difficult experiences more easily and quickly.

4. **Increased focus-** When we can regulate our emotions, we

stay focused on the tasks instead of being distracted by our



thoughts or emotions. This increased focus makes it easier for us to complete tasks with fewer mistakes or omissions.

5. Reduced impulsivity- High emotional Sobriety allows us to think through decisions before acting impulsively, which helps reduce the chances of making bad choices that could negatively affect our prospects or well-being.

6. Improved decision making- By taking the time to think through decisions carefully using logic and reason instead of reacting based solely on how we feel about something, we can make much better decisions that benefit both ourselves and those around us in the long run.

7. Better management of financial resources- Learning how to manage money requires being able to control urges related to spending money impulsively, as well as being able to properly evaluate different purchases before making them – skills learned through high emotional sobriety training are essential here as they help ensure one exercises proper control over their finances and make responsible choices when it comes money matters..



8. Improved self-

worth— When

you learn how

effectively manage your

emotions, it gives you a sense

of accomplishment since you

know that you have

successfully conquered

something difficult within

yourself – this improved self-

worth naturally leads to an

increase in confidence which is

beneficial for many aspects of life from personal interactions

with others up until career advancement opportunities arise..

9 . Enhanced physical health -

Since stress hormones released

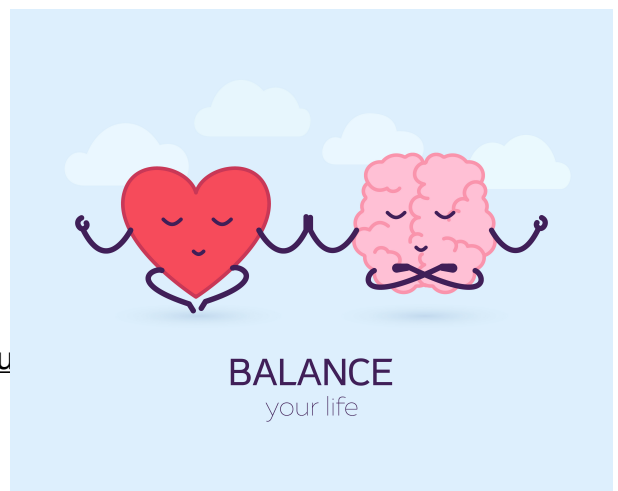
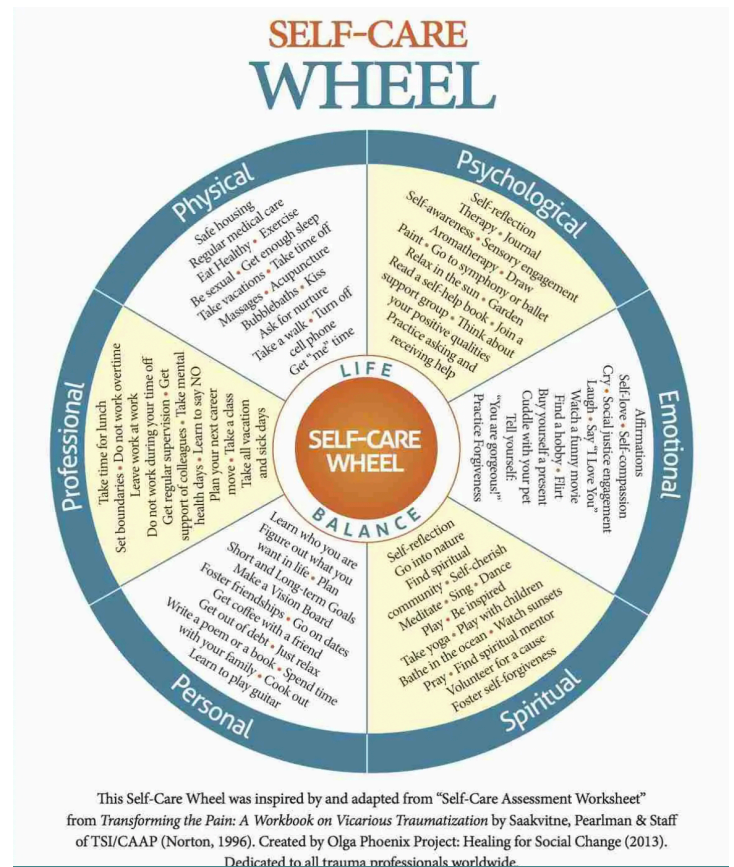
during emotionally charged moments are toxic for physical

health, learning techniques for

reducing stress levels helps

maintain a healthy body over time

— reducing risk factors associated





with serious illnesses such as diabetes or heart disease..

10 . Enhanced mental health - Not only does high emotional IQ help improve physical health, studies have shown that it also has positive effects when it comes to reducing mental health issues such as anxiety or depression — developing this skill set allows people who suffer from these conditions gain control over their symptoms and live happier lives overall.

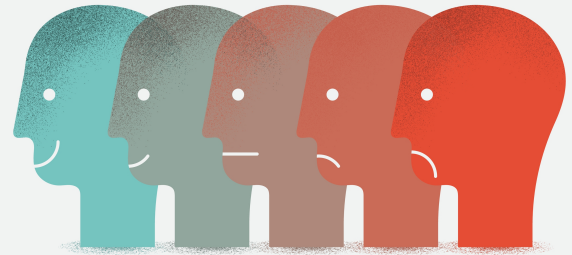
Exercises

Week one- Sailboat metaphor outlining our journey to increase our emotional sobriety Mindfulness

Week two-Leaves on the stream meditation

Week three- Yes and no brain exercise connecting body sensations to the brain. The Science of Self-Acceptance non, judgment, self-compassion, temporary, curious to learn.

Week 4-Positive relationships-communication



Ten benefits leading to Positive Relationships

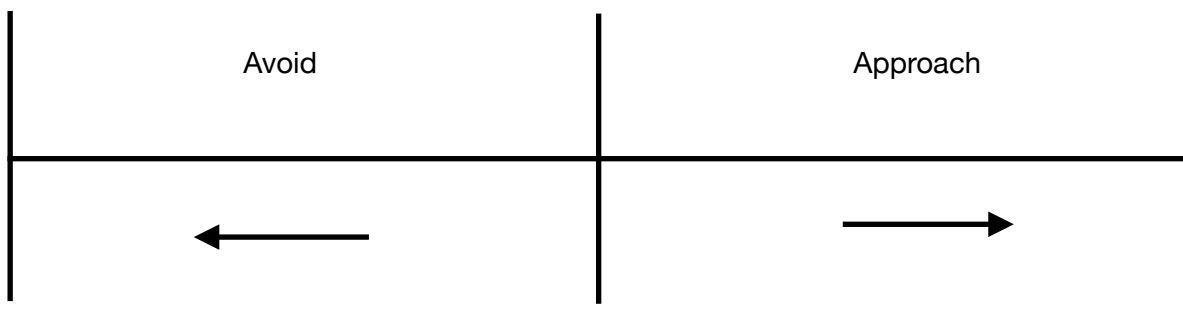
1. Communicate openly and honestly
2. Respect each other's boundaries and privacy
3. Offer support in difficult times
4. Be considerate of each other's needs and feelings
5. Make an effort to spend quality time together
6. Share experiences, activities and interests
7. Show affection through small gestures like compliments or a kind word
8. Apologize when needed and accept apologies when offered
9. Celebrate successes together, big or small
10. Listen without judgement



Communication Exercise

4-step process to communicate without demanding

1. Observe
2. Feelings
3. Needs
4. Make a request



Maximizing Strengths

- We each have our strengths, which are things we are naturally good at and thrive in using.
- Strengths have been defined as positive, trait-like capacities for thinking, feeling, and behaving in ways that benefit oneself and others.
- It is possible to distinguish between inward and outward strength use. Outward strength use is the extent to which an individual expresses a given strength toward others, while inward strength use is the extent to which an individual expresses this strength toward him- or herself.
- It is important to consider the extent to which an individual expresses his or her strengths inwardly versus outwardly due to discrepancies between the inward and outward expression of strengths.

- By understanding the scope of one's strength use (that extent to which they use a given strength inwardly and outwardly), one can address such discrepancies increase strength expression and, subsequently, well-being.

Exercise

Write down one of your strengths. Some of you may struggle to find strength and put a label on it. That's okay. It's an indication that you are not used to strength spotting. Identify the last time you used this strength.

Are you underutilizing this strength in day-to-day life?

Are you over utilization this strength in day-to-day life?

This coming week see when you are using this strength or when you could have used it.

In the VIA survey, they identified 24 core strengths. Imagine picking your top 5 and calling them your signature strengths. Along with your step 10, you examine those strengths each

day to attempt to regulate them but use them as often as possible.