



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. In two weeks, I will be 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 ways we avoid emotional regulation and turn to emotional dysregulation. Let's take a few minutes to review some of the ideas we have been following.

Go to Keynote

A wheel that contributes to emotional sobriety. A quick review of mindfulness.



Mindfulness is the skill to move into the present more often. Being present is where choices are created and not following default patterns. It is a state of non-judgment and understanding and is connected to the body's sensations for us to interpret.



Here is a quick exercise to help us experience in the present moment using our body sensations.

The Yes-Brain Versus the No-Brain

This exercise is aimed at helping individuals experience both a ‘yes’ mindset and a ‘no’ mindset to learn the benefits of the former. It includes the following four steps:

1. Saying ‘No.’ Individuals first engage in a mindfulness exercise to become aware of the present moment and what happens within their bodies. You will hear ‘No’ eight times



in a row using a stern, low, hard voice. As this happens, you will be asked to notice what's happening in your body.

2. Saying 'Yes.' Individuals now consider how their bodies respond when I repeat the word 'Yes' eight times in a row, using a warm, encouraging, gentle voice.
3. Reflection. Individuals reflect on the prior steps by following prompts, such as "Did you feel differently when you heard 'No' and when you heard 'Yes?'"



4. Let's share a fight-or-flight response and how it relates to the 'Yes' versus 'No' brain. Individuals also learn that they can train their brains to become more emotionally stable, resilient, insightful, and empathetic.

By participating in this exercise, individuals are in a better position to foster a more positive and healthy mindset.

SHARE



So what is the point of emotional sobriety? Isn't physical sobriety enough? So let's have a look at emotional dysregulation.

- If you're someone who represses their emotions, it's crucial first to understand that this is usually a coping mechanism that happens semi-consciously or unconsciously.

- You can't eliminate negative emotions but you can learn how to cope healthily. This means being okay with feeling uncomfortable and learning to live with those feelings.

- Here are 10 ideas for learning how to cope better with your emotions:

- o Understanding your relationship to your emotions



- o Educating yourself about the different types of emotions and their purposes

- o Knowing how emotion shows up in your body physically

- o Learning what triggers specific emotional responses



o Acknowledging your emotions without judgment when they arise.

- Human beings are wired to experience events and situations emotionally before rationally experiencing those same events and situations.
- This process helps us survive.
- The area of the brain responsible for this response is the amygdala.

1. Inability to manage emotions:

People with little emotional sobriety (low emotional IQ) often have difficulty correctly identifying, managing and expressing their emotions effectively. This lack of emotional regulation leads to outbursts, tantrums, and anger when dealing with difficult situations or challenges.



2. Poor problem-solving skills: Low emotional IQ can lead to a person relying heavily on instinctual reactions instead of using

rational thinking and problem-solving techniques. As



a result, they often need help to identify solutions to problems and challenges.

3. Difficulty understanding the feelings of others: Individuals with low emotional IQ may struggle to interpret other people's nonverbal cues and facial expressions, leading them to misinterpret the emotions behind another person's words or actions. This can create confusion in interpersonal relationships and cause misunderstandings in social situations.

4. Impulsiveness: Those with low emotional IQ tend to act quickly without considering the consequences of their behaviour first. Not only do they fail to think things through before reacting, but also this impulsivity can be dangerous as it can lead to inappropriate decisions or behaviours that could have been avoided if more thought had been given beforehand.



5. Poor self-reflection: One key indicator of low emotional IQ is being unable to properly reflect on one's thoughts and feelings,



often due to an inability or unwillingness to explore one's innermost feelings or experiences honestly to gain greater insight into oneself and how one interacts with the world around them.

6. Difficulty connecting emotionally with others: Due to an insufficient understanding of their own emotions and those of others, individuals with low emotional intelligence may find it hard to connect on an intimate level with others, leading them into toxic relationships or even isolation from potential positive social interactions altogether.

7. Inability to express oneself clearly: Individuals lacking vital emotional intelligence may find difficulty in accurately conveying their thoughts and feelings for fear of being judged harshly by those around them or not being taken seriously due to misunderstandings stemming from poor communication skills as well as a lack of self-confidence in expressing oneself openly and honestly without fear of judgment or criticism from others.





8. Overly dependent on external validation: People who lack healthy levels of emotional intelligence usually rely solely on external validation, such as praise from others, to feel good about themselves instead of seeking out internal sources, such as self-approval, which can help build strong self-esteem over time.

9. Tendency towards negative thinking: Low levels of emotional intelligence are associated with pessimistic outlooks on life that can lead individuals to make rash decisions based solely on negative assumptions rather than looking at the facts objectively while considering all available options before making a decision.



10. Easily overwhelmed by stressors: Those lacking adequate levels of emotional IQ typically experience higher levels of stress when faced with complex tasks due when compared to those possessing stronger levels of EMQ since they cannot roll off stressful responses quicker, thus prolonging the amount of time spent in a stressed out state which can take its toll mentally if left unchecked for long periods time.

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 more appropriate and beneficial for ourselves, rather than allowing 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 IQ 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.



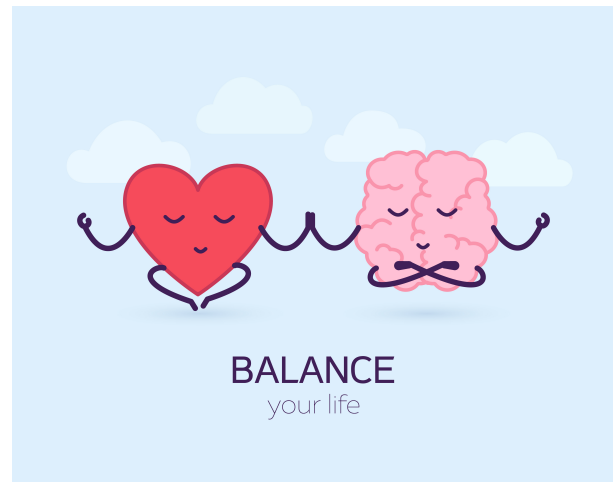
6. Improved decision making- By taking the time to think through decisions carefully using logic and reason instead of reacting based solely on how we feel about something, we can make much better decisions that benefit both ourselves and those around us in the long run.



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 IQ 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.



1. Improved immunity: Research has found that people who experience regular bouts of stress and anxiety or who have difficulty regulating their emotions effectively can begin to



suffer from weakened immune systems.

Psychological stress affects the body's inflammatory response, leading to weaker resistance to infections and illnesses. By having better emotional regulation and a higher emotional IQ, individuals can help strengthen their immunity and reduce the risk of developing physical illnesses.

2. Reduced hypertension: Stressful environments and complicated emotions can cause an increase in blood pressure, leading to hypertension. Long-term elevated blood pressure levels can cause serious health issues such as coronary heart disease or stroke. People who can identify when they feel distressed or overwhelmed and then take steps to regulate their emotions are less likely to suffer from high blood pressure due to stress-induced reactions.

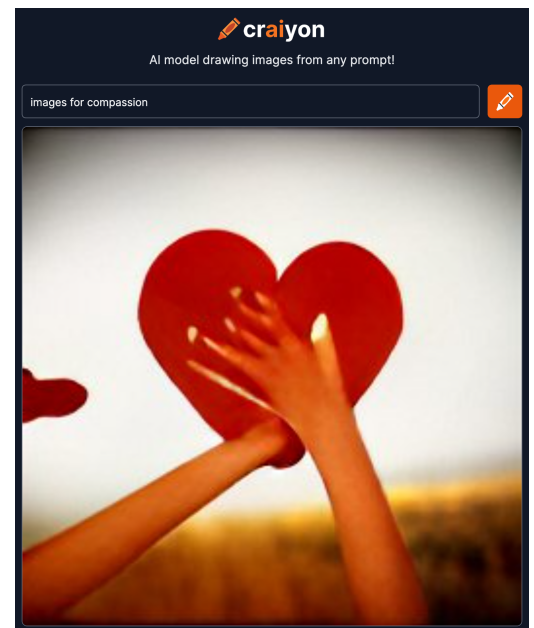
3. Improved gut health: Stress is a significant factor in many digestive disorders, including irritable bowel syndrome (IBS). Individuals with IBS often report feeling more anxious or distressed than those without it, suggesting a link between



psychological distress and digestive conditions.

However, studies have shown that people with higher emotional intelligence are less likely to develop IBS due to their ability to manage their feelings effectively, reducing the stress the individual feels, leading to improved digestion and healthier gut flora.

4. Healthy sleep patterns: Lack of sleep has been linked with numerous physical problems such as obesity, diabetes and cardiovascular diseases; however, poor sleep is also closely associated with mental well-being. People who cannot control their emotions can find themselves constantly stressed out, which disrupts their sleeping patterns causing insomnia or hypersomnia - excessive amounts of sleep during the day - both of which can be damaging to physical health if left untreated for prolonged periods. With higher emotional intelligence comes better problem-solving skills for managing





stressful situations before bedtime, allowing for a deeper, more restorative night's sleep each night.



5. Improved overall well-being: Regulation of emotions enables us to take better care of ourselves by recognizing our own needs within any given situation rather than simply reacting on autopilot mode whenever something happens that doesn't go our way or makes us feel uncomfortable in any way shape or form - this might include taking breaks during work when feeling overwhelmed; saying no when we need space; sleeping better at night; making healthier food choices etc. All these little things add up over time, resulting in improved overall mental and physical well-being - leaving us feeling energized, motivated and ready for whatever life throws our way!

The Science of Self Acceptance