



"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



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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 to go back to our primary addiction or start 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



By practicing emotional sobriety, we can gain greater insight into our emotional landscape, become more aware of our triggers, and be better equipped to respond effectively to challenging situations. Establishing healthy boundaries and learning to be assertive can help us manage our emotions more effectively. Additionally, engaging in activities that promote emotional well-being, such as exercise, meditation, and mindfulness, can help foster emotional sobriety. Working with a mental health professional may also be beneficial if we feel overwhelmed or are struggling to manage our emotions.

Emotional sobriety is vital to cultivating and leading a more balanced and fulfilling life. Becoming emotionally sober can help us better understand ourselves, develop healthier relationships with others, and be kinder to ourselves—all of which can lead to greater happiness and contentment. By taking the time to recognize, understand and regulate our emotions, we can live life with greater clarity and purpose





Find out more about emotional sobriety and how it can help you lead a happier, healthier life by speaking to your doctor or mental health professional. With the proper guidance and support, you can effectively deal with your emotions, develop healthier relationships, and find greater satisfaction in life. With emotional sobriety, you can make conscious choices that lead to a happier and more meaningful life

Good luck!

We wish you the best of luck on your journey towards emotional sobriety! May it bring you clarity, joy, and the peace

## Here are some consequences of low emotional sobriety:

### 1. Inability to regulate 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. Problem-solving skills:** Low emotional sobriety will 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 sobriety 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 sobriety 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 sobriety 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:**

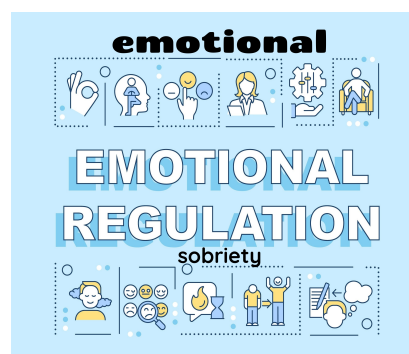




Individuals lacking vital emotional sobriety may find difficulty in accurately conveying their thoughts and feelings for fear of being judged harshly by those around them or not being taken seriously due to misunderstandings stemming from poor **communication skills** as well as a lack of self-confidence 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 sobriety 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 sobriety typically experience higher levels of stress when faced with complex tasks due when compared to those possessing stronger levels of ES 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 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

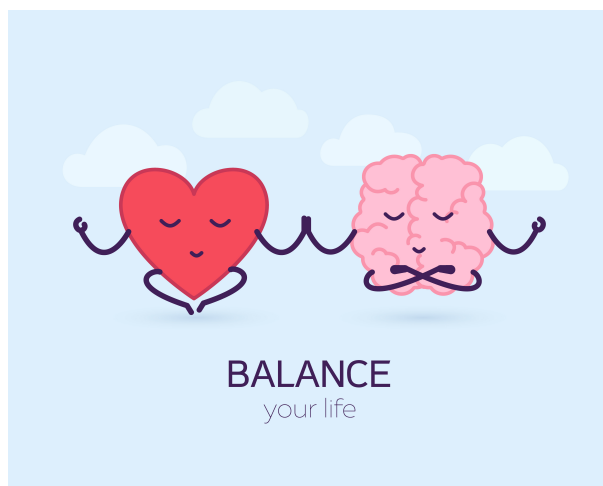
emotions, it gives you a sense





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.

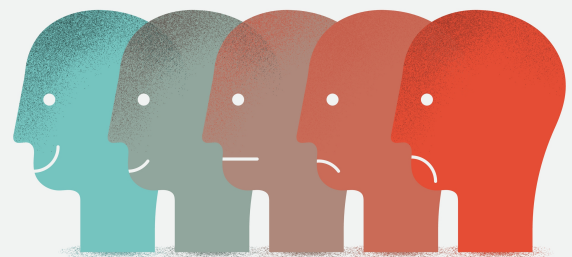
## Exercises

**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

