



FreedomHour

"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.

What contributes to emotional sobriety?

1. Mindfulness
2. Self-acceptance
3. Positive Relationships
4. Maximizing Strengths
5. Emotions working with them

The three we are not covering are

1. Valued and Meaningful Life (finding your purpose)
2. Goals and Motivations
3. Coping and Resiliency

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 themselves.
- It is vital to consider the extent to which an individual expresses their strengths inwardly versus outwardly due to discrepancies between the inward and outward expression of strengths.
- By understanding the scope of one's strength use (the extent to which one uses a given strength inwardly and outwardly), one can address such discrepancies and increase strength expression and, subsequently, well-being.

Exercise

Identify a weakness in your character. Define the weakness and the last time you caved into the temptation

Now identify strength in your character. Define the strength and the last time you utilized it when needed.

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.

Write three signature strengths you process.

- 1.
- 2.
- 3.

Is each of them under-utilized or over-utilized?

If you are having trouble labelling your strengths, it doesn't mean you don't have them. It means you haven't been looking, that's all.

Let's look at two together.

Persistence-Where have you demonstrated persistence? In your life or recently?

Relationships

Career

AA

Where have you demonstrated curiosity recently?

Some of you are so attached to your weakness that you can't see your strengths. Just notice your internal or heart space experience. No judging, observe

Where have you demonstrated love recently?

Notice that you may get frustrated and not be able to find strengths. Use your strength of curiosity to find one more. This is called extracting strengths from problems.

Why do you think this contributes to emotional sobriety.