

## Process Focused Recovery Counseling in Stage I and Stage II Recovery



Allen Berger, Ph.D. - Clinical Director  
or The Institute for Optimal Recovery  
and Emotional Sobriety  
Hazelden Author

---

---

---

---

---

---

### Agenda for Today's Training

- Develop an understanding of the stages of recovery and learn several clinical interventions designed to help a client take the next step in their recovery which will also decrease the likelihood of a relapse.
- Understand the concept of *emotional sobriety* and how we can use it to help our clients develop their ability to better cope with the challenges that life sets before them.

---

---

---

---

---

---

### Agenda for Today's Training

- Introduction to **Process Focused Recovery Counseling** - how this approach to recovery counseling can help clients to actively manage their ongoing vulnerability to addiction.
- Discover new possibilities in your clinical work.
- Have fun learning!!!!!!!!!!!!!!!

---

---

---

---

---

---

## Session 1 Understanding Recovery Capital

---

---

---

---

---

---

Recovery involves three stages:

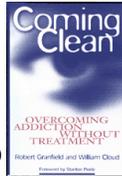
Getting Clean and Sober  
Staying Clean and Sober  
Living and Thriving Clean and Sober

---

---

---

---



Robert Granfield and William Cloud (1999) defined the concept of "recovery capital" as:

"...the **volume** of internal and external assets that can be brought to bear to **initiate and sustain recovery** from alcohol and other drug problems."

---

---

---

---

### External and Internal Recovery Capital

Family Involvement	Meeting Attendance	Professional Licensing Board
Relationship with Sponsor	Awareness Open Minded    Willingness Relationship with the Mystery	Fellowship
Psychotherapy	Self-Support    Honesty <b>Emotional Sobriety</b> Nourishing Attitudes	Intervention
Medical Complications	Commitment Surrender	Service Work
Impending Divorce	Pressure from Work	Legal Trouble

---

---

---

---



We help clients Across these 3-Stages of recovery by increasing their internal Recovery Capital (developing nourishing attitudes while suppressing toxic attitudes).

---

---

---

---



## Toxic Attitudes

*Subtract from our internal recovery capital, and always act against being authentic or our real or true-self.*

---

---

---

---

---

## The Price we Pay for Our Toxic Attitudes

- ▷ Interfere with our ability to actively manage our vulnerability to addiction.
- ▷ Interfere with our **freedom** to experience ourselves, our world, and our recovery **in our own way**.
- ▷ Cultivate **fear, shame** and **alienation** from others.
- ▷ Create a **fragmented** and rigid (fixed) self that is **unable to cope with life on life's terms**.
- ▷ Reinforce our false-self.

---

---

---

---

---



## Nourishing Attitudes

*Increase or add to our internal recovery capital. They always honor and support our authentic or true-self.*

---

---

---

---

---

## The Effects of Nourishing Attitudes

- ▷ Foster emotional sobriety and freedom.
- ▷ A passion and joy for living.
- ▷ Heightened awareness.
- ▷ Authenticity and flexibility.
- ▷ Acceptance of our individuality and that of others.

---

---

---

---

---

Recovery involves changing our attitudes about:

- Our Problem
- Our Self
- Our Place in the World
- Our Relationships with Others

---

---

---

---

*"So long as an individual cannot accept the fact of what he is, cannot permit himself to be fully aware of it, cannot fully admit the truth into his consciousness, **he cannot move beyond that point**: if he denies the reality of his condition, he **cannot proceed to alter it**, cannot achieve healthy changes in his personality (p. 110 - *The Disowned Self*)."*



Dr. Nathaniel Branden

---

---

---

---

## Session 2 Foundations of Process Focused Recovery Counseling

---

---

---

---

*"As long as you **fight a symptom**, it **will become worse**. If you take **responsibility** for what you're doing to yourself, how you produce your symptoms, how you produce your illness, how you produce your existence, you get in touch with yourself - growth begins, integration begins (p.178). "*

Fritz Perls (1969). Gestalt Therapy Verbatim.



---

---

---

---

On Therapist  
Support



Laura Peris, M.D.

*"Provide your clients  
with as much support  
as necessary, and as  
little as possible."*

---

---

---

---

**Here and Now  
greater than  
There and Then**

---

---

---

---

**Process  
greater than  
Content**

---

---

---

---



---

---

---

---

We encourage you  
to follow the  
**golden thread.**



---

---

---

---

---

*"Therapy at its greatest moments provides masterful examples of a **sequential imperative**, the sense of the irresistible sweep into nextness. Experience appears to be seamlessly and inevitably interconnected, forming a sequential fit."*



E. Polster, Ph.D. (1995).

---

---

---

---

---



Identifying the working point provides **directionality** and a context to the proposed experiment.

---

---

---

---

---

We are in the business of  
dealing with characters.



---

---

---

---

---

**Awareness Greater than  
Intellectualizing**



---

---

---

---

**Observations  
greater than  
Interpretations**

---

---

---

---

**Subjectivity  
greater than  
Objectivity**

---

---

---

---

**Specificity  
greater than  
Generalizations**

---

---

---

---

**Listening to What is Not Being Said  
greater than  
Listening to What is Being Said**

---

---

---

---

**Experience or Reenacting  
greater than  
Talking About**

---

---

---

---

**Experiment  
greater than  
Homework**

---

---

---

---

**Flexibility  
greater than  
Rigidity**

---

---

---

---

**Personal Participation of the  
Counselor  
greater than  
Remaining the Detached  
Professional**

---

---

---

---

*“Being therapeutic means helping one another discover the words which most accurately and thoroughly reflect us in the moment; and providing an atmosphere that gives the needed courage to say them.”*



Walter Kempler, M.D.

---

---

---

---

**Integration  
Greater than  
Insight**

---

---

---

---

Session 3  
Interventions to Increase  
Stage One Internal  
Recovery Capital

---

---

---

---

Self-Part Dialogue Featuring the  
Addict-Self Recovery-Self  
Dialogue

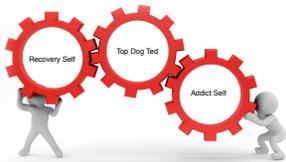
---

---

---

---

The Coordination of Self-Parts



---

---

---

---



Dr. Fritz Perls (1969) defined learning as **discovering** while maturing as the transcendence from **environmental support to self-support.**"

---

---

---

---



"When there is a psychological disturbance these selves are **alienated** from each other, leading to **fragmented living.**"

E. Polster, Ph.D. (1995).

---

---

---

---



Rowland Hazard

Jung is reported to have told his patient Rowland Hazard the following:

*"Here and there, once in a while, alcoholics have had what are called **vital spiritual experiences**..... They appear to be in the nature of **huge emotional displacements and rearrangements**. Ideas, emotions and attitudes which were once the guiding forces for the lives of these men are suddenly **cast to one side**, and a completely **new set of conceptions and motives begin to dominate them**.*

Pg. 22. Alcoholics Anonymous"



Dr. Carl Jung

---

---

---

---

---

---

---

---



Dr. Fritz Perls (1969) defined mental health as "an appropriate balance of the **coordination of all of what we are.**"

---

---

---

---

---

---

---

---



Dr. Erving Polster indicated that the goal of psychotherapy is "...to **merge** the disharmonious aspects of the person so that they [can] become **joint contributors** to the person's **wholeness.**"

---

---

---

---

---

---

---

---



This means that helping a client **integrate** their different characters or selves into a **unified whole** is critical to establishing stable and longterm recovery.

---

---

---

---

---

---

---

---

### Characteristics of Addict Self - Recovery Self

Addict Self	Recovery Self
Manipulative, Dishonesty, Deception, Calculating, and Disingenuous	Honesty, Transparency, Genuineness, and Authenticity
Unawareness, Numbness and Deadness	Awareness, Aliveness, Interest, Passion, and Responsiveness
Closed, Deliberate, and Controlling	Openness, Freedom and Spontaneity
No Respect for Self and Others	Respect for Self and Others
Distrust and Cynicism	Trust, Faith and Belief
Toxic	Nurturing

---

---

---

---

---

---

---

---



The Gestalt Therapy Shuttle Technique

---

---

---

---

---

---

---

---

### Protocol for Setting Up Psychological Exercises or Experiments

1. Lay the ground work.	2. Describe the experiment.
3. Negotiate consensus.	4. Enact the experiment.
5. Locate or identify the emerging theme.	6. Focus awareness.
7. Identify what is missing.	8. Promote awareness, and monitor the working point.
9. Facilitate integration or discover a creative adaptation.	10. Debriefing and closure.

---

---

---

---

---

---

---

---

### The Shuttle Technique: In Early Recovery




---

---

---

---

---

---

---

---

## Four Variations of the Addict Self - Recovery Self Dialogue

*Shuttle: Addict Self - Recovery Self.*

*Shuttle: Addict Self - Recovery Self + Protective Self*

*Shuttle: Addict Self - Recovery Self + Higher or Wise Self*

*Voice Dialogue: Addict Self - Recovery Self*

Note: All variations of this experiment can be overt or covert, enacted or imagined.

---

---

---

---

## Clinical Flexibility Grading Up and Grading Down Exercises or Experiments

---

---

---

---



Claudio Naranjo, M.D.

**"...true experience is therapeutic or corrective by itself. A wakeful moment - a moment of contact with reality is one in which we can learn..."**

---

---

---

---

Grade exercises or experiments up or down depending on the individual's or group's level of functioning.

---

---

---

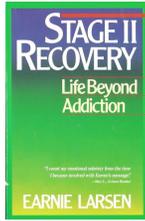
---

Grading down means to decrease the level of difficulty.

Grading up means to increase the level of difficulty.

**Session 4**  
**Introduction to the Basic**  
**Concept of Emotional**  
**Sobriety**

**Stages of Recovery**



*Stage I and Stage II Recovery was discussed in 1985 by Earnie Larsen in the book he wrote entitled, Stage II Recovery.*

---

---

---

---

---

## Stage I

---

---

---

---

---

*Earnie described Stage One Recovery as breaking the hold of our primary addiction.*



Earnie Larsen

*"Abstinence may get you out of a bad place, but getting out of a bad place just gets you out; it is not the same as getting to a good place (p. 10)."*

---

---

---

---

---

## Stage II

---

---

---

---

---

Earnie described Stage Two Recovery as "...rebuilding of the life that was saved in Stage One."



Earnie Larsen

"...Stage II Recovery gets at the underlying **patterns and habits that caused us trouble in the first place**. And if nothing changes, then nothing changes...the same results will pop up through our whole life (p. 83)."

---

---

---

---

---

---

---

---

"Victims of dry drunks have made a First Step relative to their addiction, but have not made a First Step relative to the **living problems that underlies all addictions and ultimately limits their ability to function in loving relationships**."



Earnie Larsen

---

---

---

---

---

---

---

---

Emotional sobriety is the cure for **sober suffering**.



Fred Holmquist - The Lodge at Hazelden

---

---

---

---

---

---

---

---

"I believe that **learning to make relationships work** is at the **core** of full recovery (p. 15)."



Earnie Larsen

---

---

---

---

---

---

---

---



Stage II Recovery is contingent on emotional sobriety.

---

---

---

---

### **Emotional Sobriety is Bill's Fourth Legacy**



*Legacy 4: Emotional Sobriety.*

---

---

---

---

### **Bill Wilson and Dr. Bob's Legacies Bill's**



- Legacy 1: The 12 Steps.*
- Legacy 2: The 12 Traditions.*
- Legacy 3: The General Service Office.*

---

---

---

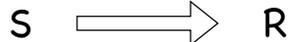
---

### **The Essence of Emotional Sobriety**



Viktor Frankl, M.D.

*"There's a **space** between the Stimulus and our Response. In that space **is our power to choose our response**. In our response lies our growth and our freedom - try to live there."*



---

---

---

---

*Emotional sobriety  
is the result of true  
independence of  
spirit.*

---

---

---

---

*"...maturing is the  
transcendence  
from environmental  
support to self-  
support. (p.28). "*



Fritz Perls (1969). Gestalt  
Therapy Verbatim.

---

---

---

---

**The Shift in the Location of the Emotional Center of Gravity  
in Emotional Sobriety**



I'm OK #ven.if ...? ...?

---

---

---

---

*"If our freedom depends  
exclusively on another  
person allowing it, we  
loses our own sense of  
the part we must  
exercise in protecting  
and defining our own  
psychological space..."*



Erving and Miriam Polster, Ph.D.  
Gestalt Therapy Integrated: Contours  
of Theory and Practice (1973).

---

---

---

---

“Self-responsibility begins with the recognition that I am ultimately responsible for my own existence; that no one else is here on earth to serve me, to take care of me, or fill my needs.”



Dr. Nathaniel Brandon

Nathaniel Brandon (1996) Taking Responsibility.

---

---

---

---

---

## A Possible Definition of Emotional Sobriety

*“Emotional Sobriety is when the best in you does the thinking and talking for all of you.*

*This state of mind is achieved when what you do becomes the determining force in your emotional well being rather than allowing your emotional well being to be overly influenced by external events or by what others are or are not doing.”*

Allen Berger, Ph.D. - 2016

---

---

---

---

---

## S Space Between the Stimulus and the Response Emotional Sobriety Lives Here R

- Autonomy
- Individuality
- Holding on to Yourself
- Soothing and Supporting Yourself
- Keeping a Physical, Emotional and Spiritual Balance
- Maintaining Your Emotional Center of Gravity
- Validating Yourself
- Having Flexibility in your Response-Ability
- Letting the Best of You Run the Show

---

---

---

---

---

## Session 5 Unpacking Bill's Letter

---

---

---

---

---

## Bill's Letter in 1956

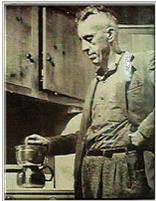
---

---

---

---

### Emotional Sobriety: The Next Frontier by Bill Wilson (January - 1958)



I think many oldsters who have put our 'booze cure' to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spear head for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

---

---

---

---

### Emotional Sobriety: The Next Frontier by Bill Wilson (1958)

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty seven.

---

---

---

---

### Emotional Sobriety: The Next Frontier by Bill Wilson (1958)

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living. Well, that's not only the neurotics problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

Even then, as we hew away, peace and joy may still elude us. That's the place so many AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden Mr. Hyde becomes our main task.

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results.

Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

I kept asking myself, 'Why can't the Twelve Steps work to release depression?' By the hour, I stared at the St. Francis Payer ... 'it's better to comfort than to be comforted.' Here was the formula all right, but why didn't it work?

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act or circumstance whatsoever.

Then could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependencies meant demand, a demand for the possession and control of the people and the conditions surrounding me. While those words 'absolute dependence' may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

..... If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

---

---

---

---

---

**Emotional Sobriety: The Next Frontier by Bill Wilson (1958)**

Of course I haven't offered you a really new idea only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays, my brain no longer races compulsively in either elation, grandiosity, or depression. I have been given a quiet place in bright sunshine."

---

---

---

---

---

**Session 6  
Relevant  
Psychological Concepts**

---

---

---

---

---

Emotional Sobriety: Survey of  
Psychological Literature



Sigmund Freud, M.D.

"We are being  
lived by the forces  
within ourselves."

---

---

---

---

---

---

"Where a person experiences  
a loss or trauma in childhood  
that undermines his sense of  
security and self-acceptance,  
he would **project** into his  
image of the future the  
**requirement** that it  
**reverse** the experiences of  
the past."



Alexander Lowen, M.D.

Lowen, A. (1975). *Bionergetics*.  
Penguin Book.

---

---

---

---

---

---



---

---

---

---

---

---



---

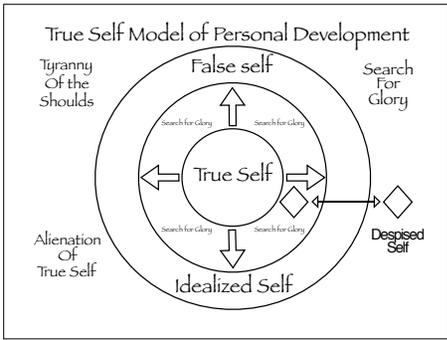
---

---

---

---

---




---



---



---



---

**“Desperation creates Illusions - illusions create desperation.”**



Alexander Lowen, M.D.

---



---

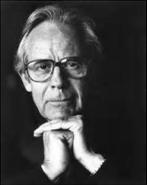


---



---

*“Neurosis is not seen as the deviation of what a person ought to be, but precisely as the method the individual uses to preserve his own centeredness, his own existence.”*



Rollo May, Ph.D.

---



---



---



---

*“The self-actualizer expects the **possible**. The one who wants to actualize a concept attempts the **impossible**.”*



Fritz Perls, Gestalt Therapy and Human Potential. 1975. p. 74.

---



---



---



---



*"Many people dedicate their lives to actualize a concept of what they should be like, rather than to actualize themselves... This is again the **curse** of the ideal. **The curse that you should not be what you are.**"*

Fritz Perls (1969). Gestalt Therapy Verbatim.

---

---

---

---

---

---

---

---



Karen Horney, M.D.

*"The fostering of the phony self is always at the expense of the real self, the latter being treated with disdain, at best like a poor relative."*

Self Analysis - 1942, p. 23

---

---

---

---

---

---

---

---

*For the most part our emotional dependency is unconscious, it operates outside of awareness.*

---

---

---

---

---

---

---

---



Karen Horney, M.D.

*"At the core of this alienation from the actual-self... is the **loss of the feeling of being an active determining force in our own lives.**"*

Neurosis and Human Growth: The Struggle Toward Self-Realization

---

---

---

---

---

---

---

---

*"The integrity of a person is impaired because of the alienation from the self, the unavoidable unconscious pretenses, the also unavoidable unconscious compromises due to unsolved conflicts, the self-contempt - all these forces lead to ... a diminished capacity for being sincere with oneself."*



Karen Horney, M.D.

Neurosis and Human Growth: The Struggle Toward Self-Realization

---

---

---

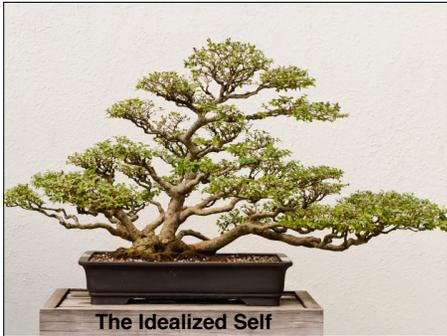
---

---

---

---

---



---

---

---

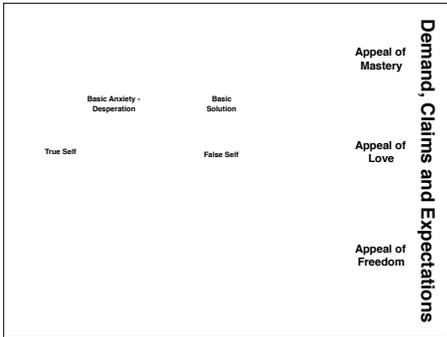
---

---

---

---

---



---

---

---

---

---

---

---

---

### Emotional Sobriety: Survey of Psychological Literature



Virginia Satir, Ph.D.

"We are always trying to get out of our emotional jail... Mostly we try by begging, threatening, or pleasing other people, trying to get them to do it for us."

---

---

---

---

---

---

---

---

*Being emotionally dependent is shameful and therefore disowned.*

---

---

---

---



*"Low self-esteem causes an  
"...excessive preoccupation with  
gaining the approval and avoiding  
the disapproval of others,  
hungering for validation and  
support at every turn of our  
existence."*

Nathaniel Branden (1981)

---

---

---

---



*Our low self-esteem  
creates a serious  
problem. It means that to  
an extreme extent we  
base our experience of  
ourselves on what we think  
others think about us.*

---

---

---

---

**Emotional Sobriety: Survey  
of Psychological Literature**



Eric Fromm, M.D.

*"Since modern man  
experiences himself as  
the seller and as the  
commodity to be sold on  
the market, his self-  
esteem depends on  
conditions beyond his  
control."*

Fromm, E. (1947). *Man For Himself: An Inquiry into the Psychology of Ethics*.

---

---

---

---

Emotional Sobriety: Survey of Psychological Literature



*"I call neurotic any man who uses his potential to manipulate others instead of growing up himself."*

Perls, F. (1969). In and Out of the Garbage Pail.

---

---

---

---

---

Emotional Sobriety: Survey of Psychological Literature



Dr. Murray Bowen

*Dr. Murray Bowen's work on differentiation.*

---

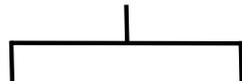
---

---

---

---

Differentiation



Union

Individuality

A desire to please and cooperate.

A desire to be one's true-self.

---

---

---

---

---

Low Differentiation

- Emotional Siamese Twins*
- Highly Reactive to Others*
- Takes many things personally.*
- Reflected Sense of Self*
- It to It relations*

---

---

---

---

---

## Emotional Fusion

*Creates one of three responses:*

- *Submission or compliance.*
- *Control, domination, scapegoating or rebellion.*
- *Emotional withdrawal or detachment.*

---

---

---

---

## Effects of Emotional Fusion

- *Emotional fusion creates:*
  - *Other validated self-esteem.*
  - *A reflected sense of self (Schnarch, 1999).*
  - *Poor psychological boundaries.*
    - *Taking responsibility for things you are not responsible for like your partner's feelings.*
    - *Experiencing your partner's emotional reaction as your own feelings.*
  - *Anger, Depression and Anxiety*

---

---

---

---

## High Differentiation

*Maintains a solid and flexible sense of self.*

*Thoughtful and reflective before reacting.*

*Shoulds are non-existent.*

*Does not take things personally.*

*I to You relations.*

---

---

---

---

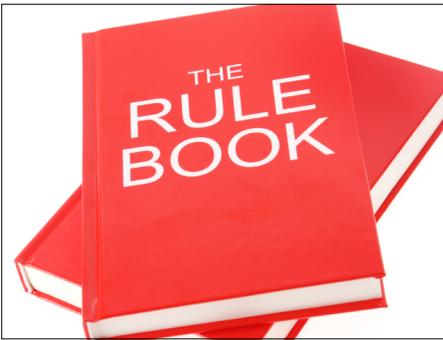
## Session 7 Emotional Dependency and Relationships

---

---

---

---



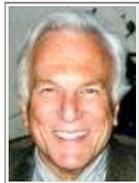
---

---

---

---

Emotional Sobriety: Survey of  
Psychological Literature



Dr. Nathaniel Branden

*"If I do not feel lovable, then it is very difficult to believe that anyone else loves me."*

---

---

---

---

*"If you are not eternally showing me that you live for me, then I feel like I am nothing."*

Virginia Satir, PeopleMaking



---

---

---

---

*"Our **dependency** makes **slaves out of us**, especially if this dependency is a **dependency of our self-esteem**. If you need encouragement, praise, pats on the back from everybody, then you make everybody your **judge**."*



---

---

---

---



We don't have  
relationships -  
we take  
hostages.

---

---

---

---

*"It is not possible for me to relate to others intimately and allow (and enjoy) their full expression of themselves if I have not discovered how to do this for myself."*

Dr. Jerry Greenwald (1975). *Creative Intimacy: How to break the patterns that poison your relationships.* Simon & Shuster: NY.

---

---

---

---



Virginia Satir, Ph.D.

*"One of the truly basic problems is that our society bases the marital relationship almost completely on love and then imposes demands on it that love can never solely fulfill.  
If you love me you won't do anything without me.  
If you love me you'll do what I say.  
If you love me you'll give me what I want.  
If you love me you'll know what I want before I ask.  
These kinds of practices soon make love into a kind of blackmail, I call the clutch."*

Virginia Satir (1972) - *Peoplemaking.*

---

---

---

---

*"Expectations lead to the **erosion** of any relationship. The myth that the resolution of loneliness will result because we have found an intimate one-on-one relationship is a cop out. It begins a **toxic process** which dissipates the **mutual nourishment** that occurs when both people are **committed to sustaining nourishing interaction and growth of their separate selves.**"*

Dr. Jerry Greenwald (1980). *Breaking Out of Loneliness.* Simon & Shuster: NY.

---

---

---

---



*"Change occurs when one becomes what he is, not when he tries to become what he is not."*

Arnold Beisser, M.D.

---

---

---

---

---

*"If responsibility and blame are fused in our minds, then our defenses will marshal to avoid any responsibility. However, the self-contempt of blame is quite different from the self-empowerment of responsibility. By suspending self-blame, we can look more calmly and soberly at how we may be responsible for our choices and accountable for our actions. Only then will we become wiser and stronger. Only then can we grow emotionally and spiritually."*

John Amodeo, Ph.D.  
*Love and Betrayal (1994).*



---

---

---

---

---



*"Life is not what it's supposed to be. It is what it is. The way you cope with it, is what makes the difference."*

Virginia Satir, Ph.D.

---

---

---

---

---

*Emotional sobriety requires a high degree of honesty and a willingness to see who we are and who we aren't.*

---

---

---

---

---

*The problem is not  
the problem, it is how  
we cope with it that  
creates the problem.*

---

---

---

---

*If we try to obtain a sense of  
security and safety by regulating  
others - the world will never be a  
safe place.*

---

---

---

---

*Emotional sobriety is  
about learning to self-  
soothe, to create a quiet  
mind and calm heart.*

---

---

---

---

**Session 8  
The Emotional Sobriety  
Inventory Form**

---

---

---

---

Emotional Sobriety begins by becoming aware of your emotional dependency and how you react to its gravitational pull.

---

---

---

---

### Emotional Sobriety: Survey of Psychological Literature



*In relationships, my lot in life changes not when I first demand change in others, but when I seriously take stock in myself.*

E. Larsen (1987). Stage II Relationships: Love Beyond Addiction.

---

---

---

---

### Emotional Sobriety: Survey of Psychological Literature



*"When something goes wrong I try to make a picture in my mind of a circle with myself in the middle and then I ask myself what part in my problem are my thoughts playing, my fears, ...my expectations, my interpretations.....and my lack of faith to be able to grow."*

Virginia Satir, Ph.D.

---

---

---

---

### A Suggestion from Bill W.



*"If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand."*

---

---

---

---

### Emotional Dependency Inventory

Upsetting Event	Your Reaction - What you did (be specific).	Unreasonable Expectation: Claim or Demand or Unenforceable Rule	Unhealthy Dependency	What I need to do to stay Centered.
She didn't celebrate my 6 months sober.	I got upset and withdrew.	I want her to feel good about what I am doing regardless of what I have done to her.	The value of my sobriety depends on her reaction.	?

---

---

---

---

---

---

**To identify your demand or unenforceable rule, answer the following question:**

*If \_\_\_\_\_ would have \_\_\_\_\_, I would feel \_\_\_\_\_.*

---

---

---

---

---

---

### Session 9 Attitudes that Enhance our Ability to Keep Emotional Balance

---

---

---

---

---

---

### Tips on Holding on to Yourself

---

---

---

---

---

---

**Four Points of Balance**



Dr. David Schirren

- ☞ *Solid Flexible Self* - the ability to be clear about who you are and what you are about.
- ☞ *Quiet Mind & Calm Heart* - being able to calm yourself down, soothe your own hurts, and regulate your own anxiety.
- ☞ *Grounded Responding* - the ability to stay calm and not overreact, and stay focused on what's important.
- ☞ *Meaningful Endurance* - being able to step up and face the issues that bedevil you and your relationship, and tolerate discomfort for growth.

---

---

---

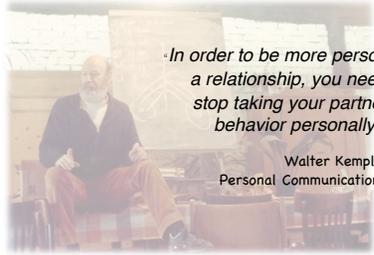
---

---

---

*In order to be more personal in a relationship, you need to stop taking your partner's behavior personally.*

Walter Kempler, M.D.  
Personal Communication (1985)



---

---

---

---

---

---

*"We must not allow other people's limited perceptions to define us."*



Virginia Satir, Ph.D.

---

---

---

---

---

---

*"**Separateness** is a dimension of relatedness, **not** a disruption of it."*



Walter Kempler, M.D.

---

---

---

---

---

---



When you face trouble  
add more "self" - don't  
subtract "your self"  
from the conflict or  
difficulty.

---

---

---

---

*Listen to yourself rather  
than demand that others  
listen to you.*

---

---

---

---

*Accept yourself as you  
are instead of  
demanding that other  
people accept you.*

---

---

---

---

*Support yourself instead  
of expecting other  
people to support you.*

---

---

---

---

*Validate yourself instead  
of manipulating other  
people validate you.*

---

---

---

---

*Stop making what other  
people think about you more  
important than what you know  
about yourself.*

---

---

---

---

*Stop pressuring other people to  
change to make you feel better,  
instead pressure yourself change  
and become more grounded.*

---

---

---

---

*Focus on soothing yourself  
rather than regulating the  
behavior of others.*

---

---

---

---

*You are not in this world to live up to the expectations of others and they are not in this world to live up to your expectations.*

---

---

---

---

*You can set standards for yourself to live up to, but you cannot expect others to live up to your standards.*

---

---

---

---

*Know that no matter how much love and caring exists between two people, we are - each of us - responsible for ourselves.*

---

---

---

---

*Give up being rescued or saved, save yourself.*

---

---

---

---

*Stop turning others into your parent needing their validation, approval, or permission.*

---

---

---

---

*Understand that people do not merely exist to meet our needs.*

---

---

---

---

*Stop trying to prove yourself as a good person.*

---

---

---

---

*Extract from your emotional reactions the unresolved issues in your life and get to work on resolving them.*

---

---

---

---

*Be flexible and roll with  
the punches.*

---

---

---

---

*Respect your partner's  
need to follow their own  
truth or their own path.*

---

---

---

---

*Live aware that we are  
all evolving individuals.*

---

---

---

---

Bumper Sticker

*Please be patient with me,  
God isn't finished with me yet.*

---

---

---

---

Session 10  
A Vision for Our Clients

---

---

---

---

*“One of the hallmarks of creative intimacy is the absence of ‘shoulds’ or ‘musts’ or other demands on ourselves or others.”*

Dr. Jerry Greenwald (1975). *Creative Intimacy: How to break the patterns that poison your relationships.* Simon & Shuster: NY.

---

---

---

---

Allen’s Experience

---

---

---

---



---

---

---

---

"The therapeutic value in the disillusioning process lies in the possibility that, with the weakening of the obstructive forces, the constructive forces of the real self have a chance to grow."



Karen Horney, M.D.

Neurosis and Human Growth: The Struggle Toward Self-Realization - 1950.

---

---

---

---

---

---

---

---



*"...sobriety is only the bare beginning. It is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. And if it does go on, we find that bit by bit by bit we can discard the old life – the one that didn't work – for a new life that can and does work under any conditions whatever. Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, a new life of endless possibilities can be lived if we are willing to continue our awakening."*

Bill Wilson (1957).

---

---

---

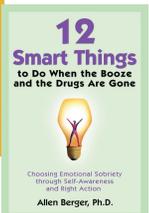
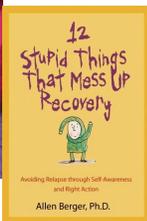
---

---

---

---

---



ALLEN BERGER, PH.D.  
with Mark Fisher

**LOVE SECRETS REVEALED**  
Why Happy Couples Know About Being So Successful, Happy and a Loving Connection

**12 Stupid Things That Mess Up Recovery**  
Avoiding Relapse through Self-Awareness and Right Action  
Allen Berger, Ph.D.

**12 Smart Things to Do When the Booze and the Drugs Are Gone**  
Choosing Emotional Sobriety through Self-Awareness and Right Action  
Allen Berger, Ph.D.

---

---

---

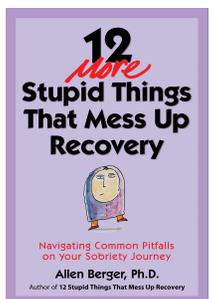
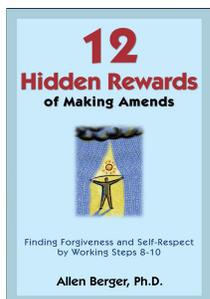
---

---

---

---

---



**12 Hidden Rewards of Making Amends**  
Finding Forgiveness and Self-Respect by Working Steps 8-10  
Allen Berger, Ph.D.

**12 More Stupid Things That Mess Up Recovery**  
Navigating Common Pitfalls on Your Sobriety Journey  
Allen Berger, Ph.D.  
Author of 12 Stupid Things That Mess Up Recovery

---

---

---

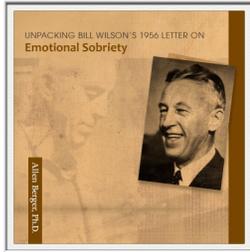
---

---

---

---

---



---

---

---

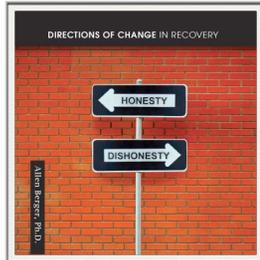
---

---

---

---

---



---

---

---

---

---

---

---

---

## References

- Berger, A. (2010). *12 Smart Things to do When the Booze and Drugs are Gone*. Hazelden: MN.
- Branden, N. (1980). *The Psychology of Romantic Love*. Bantam Books: NY.
- Fromm, E. (1976). *To Have or Be?* Harper & Rowe: NY.
- Horney, K. (1950). *Neurosis and Human Growth: The Struggle Toward Self-Realization*. W.W. Norton & Co: NY.
- Kempler, W. (1974). *Principles of Gestalt Family Therapy*. The Kempler Institute: Costa Mesa, CA.
- Kerr, M.E. and Bowen, M. (1988). *Family Evaluation: An Approach Based on Bowen Theory*. W.W. Norton: NY.
- Larsen, E. (1985). *Stage II Recovery: Life Beyond Addiction*. Harper Collins: NY.
- Perls, F. (1969). *Gestalt Therapy Verbatim*. Real People Press: Utah.
- Satir, V. (1972). *Peoplemaking*. Science and Behavior Books: Palo Alto, CA.
- Satir, V. (1978). *Your Many Faces: The First Step of Being Loved*. Celestial Arts: Berkeley, CA.
- Schnarch, D. (1997). *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*. Henry and Holt: NY.
- Tiebout, H. (1954). *The Ego Factors in Surrender in Alcoholism*. In *Harry Tiebout: The Collected Writings*, 1999, pgs. 47-53. Hazelden: MN.
- Wilson, B. (1958). *The Next Frontier: Emotional Sobriety*. In *The Language of the Heart*, 1988, pgs. 236-238. AA Grapevine: NY.

---

---

---

---

---

---

---

---

**Allen Berger, Ph.D.**  
5655 Lindero Canyon, Bldg. 500, Suite 521  
Westlake Village, CA 91361

2200 Pacific Coast Hwy, Suite 219  
Hermosa Beach, CA 90254  
818-584-4795

E-mail: [abphd@msn.com](mailto:abphd@msn.com)  
Website: [www.abphd.com](http://www.abphd.com)

---

---

---

---

---

---

---

---