

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.

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. - 2017

*“As long as you fight a symptom, it will become worse. **If you take responsibility for what you are 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.

**Core Concept 4:
Maturation involves
moving away from
environmental support
towards self-support.**

“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.

**Core Concept 11:
Experiencing trouble in
recovery doesn't mean
something is wrong with
your program.**

