



## Session 1: Recovery and Emotional Sobriety



Earnie Larsen

*“Recovery is and demands change. Recovery means things have to be different than they were. It means that I have to be different than I was (p.46 - 1985) **Stage II Recovery.**”*











## Unmanageable **Bedevilments**

- ✓ *I am having trouble with* personal relationships.
- ✓ *I can't control* my emotional natures.
- ✓ *I am a prey to* misery and depression.
- ✓ *I can't make a living...*  
that satisfies me.
- ✓ *I have* a feeling of uselessness.
- ✓ *I am* full of fear.
- ✓ *I am* unhappy.
- ✓ *I can't seem to be* of real help to other people...  
nor do I really care!

Stage II





















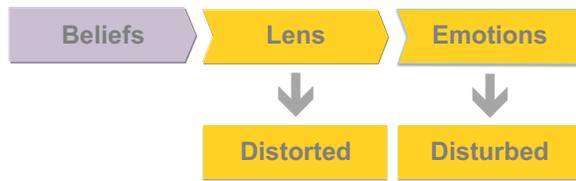








## Problem **Asleep**



## Step Ten **Our Way of Life:** Inventory

### Watch For:

- Resentment
- Fear
- Dishonesty
- Selfishness

### Take Action:

- Pray
- Discuss
- Amend
- Service

### Results:

- Forgiveness
- Trust
- Honesty
- Love

↓  
**Emotional Sobriety**







## Process NOT Event

### Integration



### Disintegration



## Spiritual Awakening

### TURNING

**FROM  
Dis-ease**



**TO  
Harmony**

Addiction: Substance/Process

Anger/Resentment

Fear/Anxiety

Inappropriate Sex Behavior

Dishonesty: Self/Others

Secrets

Guilt/Shame

Unhealthy Self-esteem

Abstinence/Moderation

Love/Forgiveness

Trust/Tranquility

Guided by Principles

Rigorous Honesty

Transparency

Freedom

Healthy Self-worth

**MY WILL**

**GOD'S WILL**

























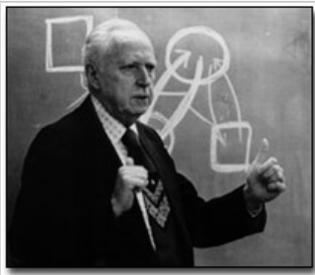








## Differentiation and Emotional Sobriety



Dr. Murray Bowen

Dr. Murray Bowen's work on differentiation.





























