

Emotional Sobriety involves becoming aware of and challenging our habitual attitudes and beliefs about:

Our Problem
Our Self
Our Relationships with Others

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 Prayer ... '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."

Twelve Core Concepts of Emotional Sobriety

A Definition of Emotional Sobriety

"Emotional Sobriety is when the best in you runs the show.

*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. - 2018

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

Core Concept 1: We need to help our patients adopt a healthy attitude towards their problems, about themselves, others, and life itself.

Realizing we are
asleep, thinking we are
awake.



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 experience..... 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"



Core Concept 2: Facilitate an awareness of the gravitational pull of emotional dependency

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.*

We wake up!!!!



"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."



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."

*"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)

*"If our freedom depends
exclusively on another person
allowing it, we lose 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).

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



"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.

**Core Concept 3:
We need to surrender our special status which tells us that we can impose our expectations on others and on life itself.**

i do my thing and you
do your thing. i am not in
this world to live up to your
expectations, and you are not in
this world to live up to mine.
you are you, and i am i.
and if by chance we find each
other, it's beautiful. if
not, it can't be helped.

—fitz pearl

“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.

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.



"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.

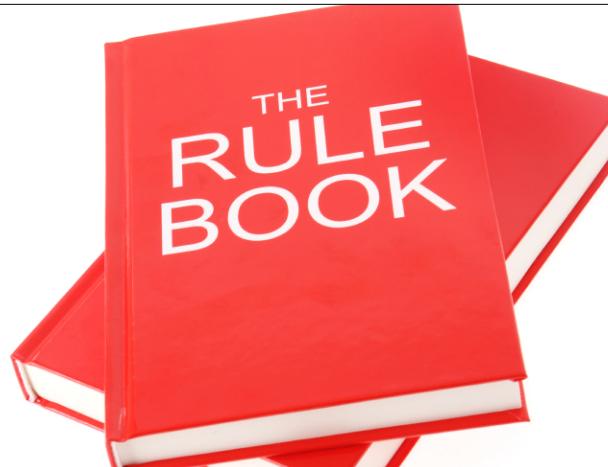
*If you love me you'll do what I say.
If you love me you'll give me what I want.*

If you love me you'll know what I want before I ask.

Virginia Satir, Ph.D.

These kinds of practices soon make love into a kind of blackmail, I call the clutch."

Virginia Satir (1972) - Peoplemaking.



Core Concept 4: We strive for self-support and lessen our emotional dependency upon people, places and things (environmental support).



“...maturing is the transcendence from environmental support to self-support. (p.28). ”

Fritz Perls (1969). Gestalt Therapy Verbatim.

We strive to grow ourselves up, to emotionally mature.



"Growing in a healthy way means liberating those evolutionary constructive forces inherent in man which urge him to realize his given potentialities."



Karen Horney, M.D.

Core Concept 5:
**Refuse to live a life based
on “shoulds.”**

We strive to accept life as it
is and let go of what we think
it should be. .



*"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.



"The integrity of a person is impaired because of the alienation from the self all these forces lead to ... a diminished capacity for being sincere with oneself."

Neurosis and Human Growth: The Struggle Toward Self-Realization

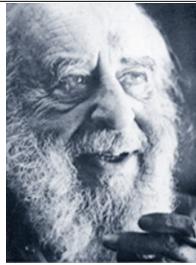


*"In responding to should demands, the individual plays roles not supported by his genuine needs. He becomes both **phony** and **phobic**. He shies away from seeing his **limitations**, and plays roles unsupported by his potential... He constructs an imaginary ideal of how he should be and not how he actually is."*

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

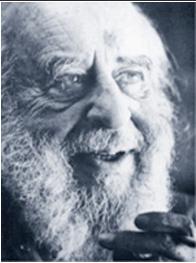
*"By turning his **perfectionistic** demands toward himself, the neurotic **tears himself to pieces** in order to live up to his unrealistic ideal. Though perfection is often labeled an ideal, it is actually a **cheap curse which punishes and tortures both the self and others for not living up to an impossible goal.**"*

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



*"The concept of perfection is such an ideal. In responding, the individual develops a **phony facade to impress others what a good boy he is**. Demands for perfection **limit the individual's ability function within himself**, in the therapeutic situation, in marriage, as well as other social situations."*

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



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

S Space Between the Stimulus and the Response **R**

Emotional Sobriety Lives Here

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

Core Concept 6:
Emotional sobriety
requires us to maintain
our balance by keeping
our emotional center of
gravity grounded in our
truth.

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



I'm OK even if ____? ____?

Four Points of Balance to Achieve Emotional Sobriety



Dr. David Schenck

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 befall you and your relationship, and tolerate discomfort for growth.

We strive to take 100 percent responsibility for our existence including the level of consciousness that we bring to our daily lives.



Core Concept 7:
Emotional sobriety is
about looking for a
creative adaptation to our
problems.

We learn from our experiences and change our perspectives and attitudes when they are not working.

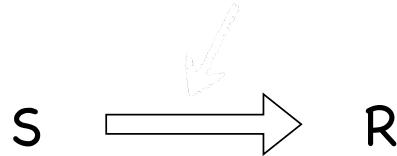


The Essence of Emotional Sobriety



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.**"



"We cannot make another person change his or her steps to an old dance, but if we change our own steps, the dance no longer can continue in the same predictable patterns."



Harriet Lerner, Ph.D. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships. Harper & Row

Core Concept 8: Emotional sobriety requires us to stop playing the blame game.

"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).*

Core Concept 9: Emotional sobriety occurs when we claim our experience rather than letting our experience claim us.

We strive to meet life on life's terms, to align ourselves with reality.



"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."



Karen Horney, M.D.

Neurosis and Human Growth: The Struggle Toward Self-Realization

**Core Concept 10:
Emotional sobriety
requires us to cultivate
nourishing attitudes
towards our problems,
our selves, and others.**

We strive to expand our consciousness.



"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."

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



Karen Horney, M.D.

"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
doesn't mean something
is wrong.

*Trouble points to the
next step in our
personal
development.*

We strive to cooperate without losing our integrity. We learn that mature love is based on not taking anything your partner doesn't give without an open hand.



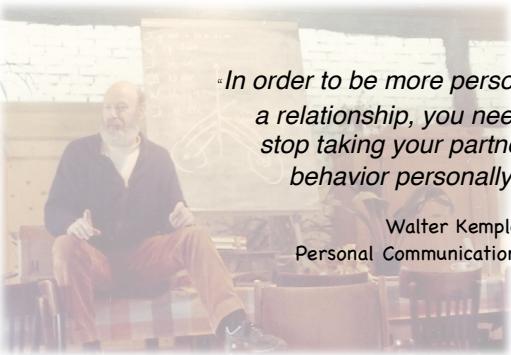
Core Concept 12: **When you face trouble - add more self.**

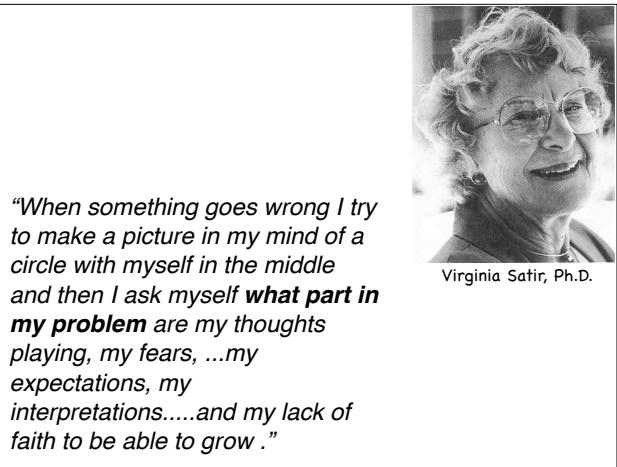
We show up differently in our lives. We disrupt old patterns and experiment with new ways of thinking and behaving.



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

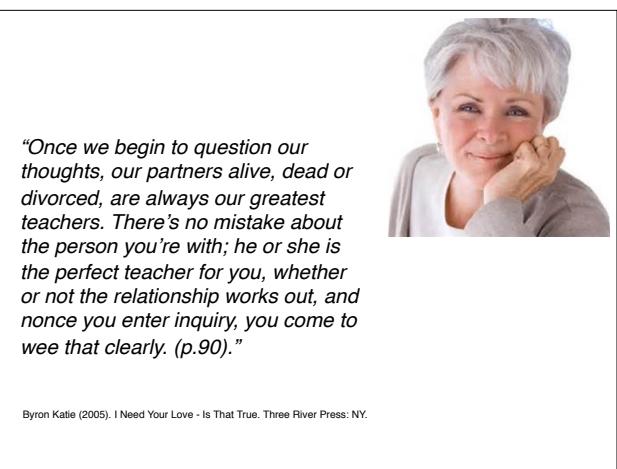
Walter Kempler, M.D.
Personal Communication (1985)





*"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.



"Once we begin to question our thoughts, our partners alive, dead or divorced, are always our greatest teachers. There's no mistake about the person you're with; he or she is the perfect teacher for you, whether or not the relationship works out, and once you enter inquiry, you come to see that clearly. (p.90)."

Byron Katie (2005). I Need Your Love - Is That True. Three River Press: NY.



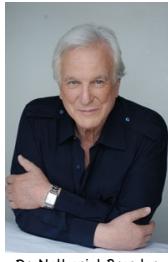
*"So if your partner is angry, good. If there are things about him that you consider flaws, good, because **these flaws are your own, you're projecting them**, and you can write them down, inquire, and set yourself free. People go to India to find a guru, but you don't have to: You're living with one. **Your partner will give you everything you need for your own freedom.** (p.90.)"*

Byron Katie (2005). *I Need Your Love - Is That True*. Three River Press: NY.

Emotional Sobriety and Responsibility



What am I responsible for?



Dr. Nathaniel Branden

“...in a sense we create ourselves through what we are willing to take responsibility for (p. 103, 1997) in *Taking Responsibility: Self-Reliance and the Accountable Life.*”



Dr. Nathaniel Branden

“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.”**

Nathaniel Branden (1996) *Taking Responsibility.*



Dr. Nathaniel Branden

“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*).”

I am responsible for ...

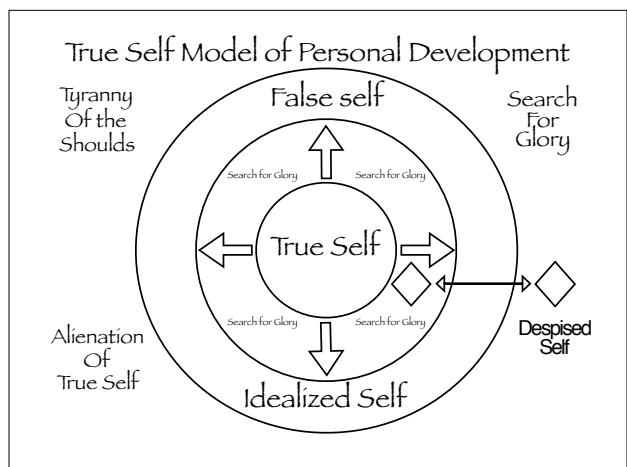
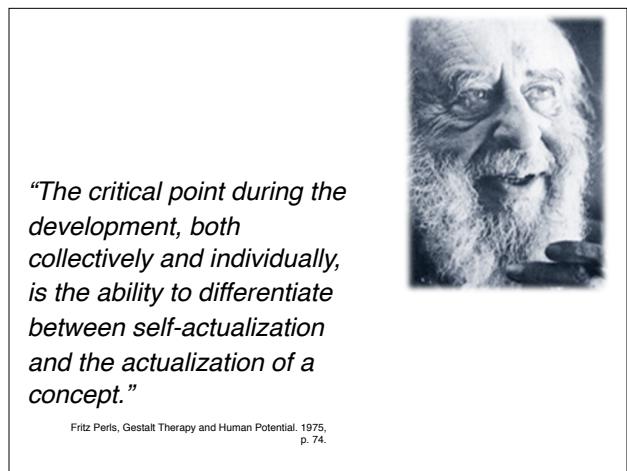
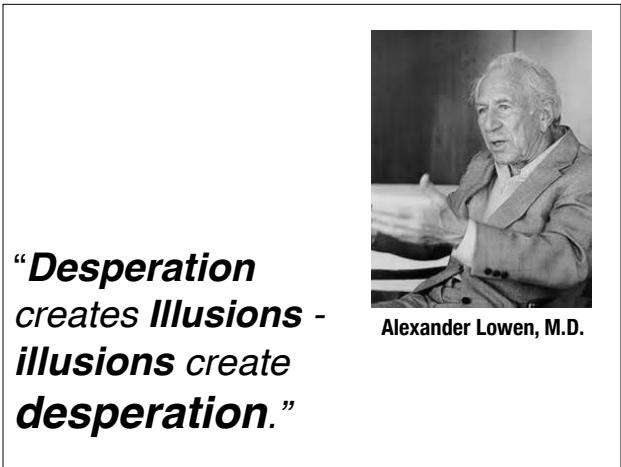
- the level of consciousness or awareness I bring to my life.
- my choices, decisions, and actions.
- the fulfillment of my desires and needs.
- how I deal with people.
- what I do about my feelings and emotions.
- my life and well being.
- having the best of me talk to the best in you.
- my emotional sobriety.

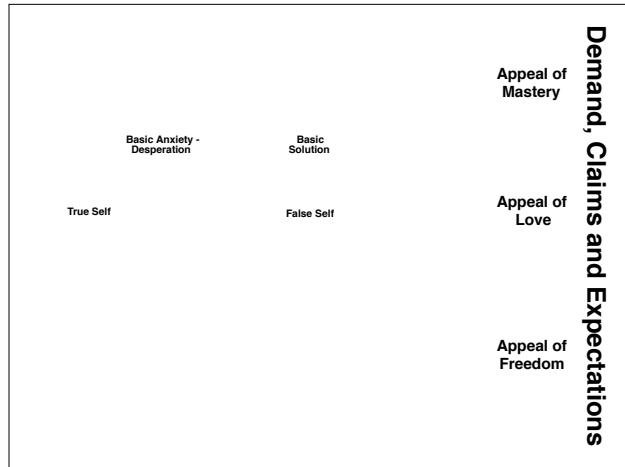
Emotional Sobriety and Unenforceable Rules

"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.

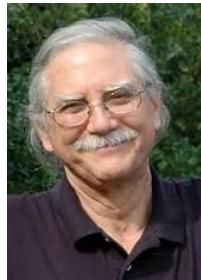




"The fostering of the **phony self** is always at the **expense of the real self**, the latter being treated with disdain, at best like a poor relative."



Karen Horney, M.D.



Michael A. Singer

"You will never find yourself in what you have built to define yourself."

The Untethered Soul: The Journey Beyond Yourself (p. 130)



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 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.

"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."

Neurosis and Human Growth: The Struggle Toward Self-Realization



Karen Horney, M.D.

"Growing in a healthy way means liberating those evolutionary constructive forces inherent in man which urge him to realize his given potentialities."

The Therapeutic Process: Essays and Lectures - 1999, p. 248.



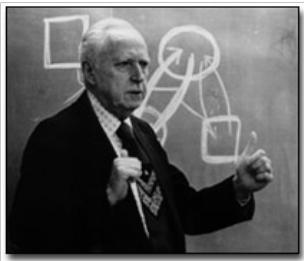
Karen Horney, M.D.

"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.

Differentiation and Emotional Sobriety

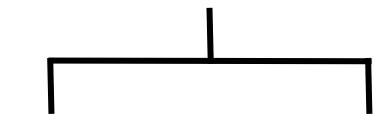


Drs. Murray Bowen's work on understanding differentiation.

Dr. Murray Bowen



Differentiation



Union

The desire to please
and cooperate.

Individuality

The desire to be
one's true or
authentic self.

Effects of Low Differentiation

- Creates Emotional Fusion that causes:
 - Dysregulation.
 - Taking things personally.
 - 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.
 - Emotional Reactivity - Anger, Depression and Anxiety

*Trying to reassure
someone who
demands reassurance
reinforces the myth
that more closeness is
needed.*

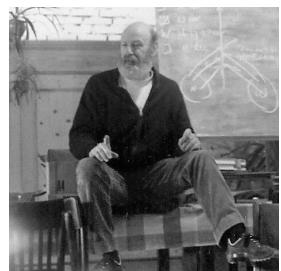
Emotional Fusion

Creates one of three responses:

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

High Differentiation

- ⑤ Maintains a solid and flexible sense of self.
- ⑤ Thoughtful and reflective before reacting.
- ⑤ Shoulds are non-existent.
- ⑤ Does not take things personally.
- ⑤ I to You relations.



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

The Emotional Sobriety Inventory Form



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

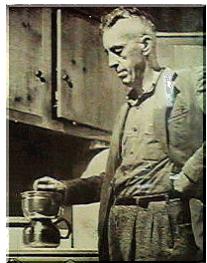
E. Larsen (1987). Stage II Relationships: Love Beyond Addiction.



Virginia Satir, Ph.D.

*"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 .**"*

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."

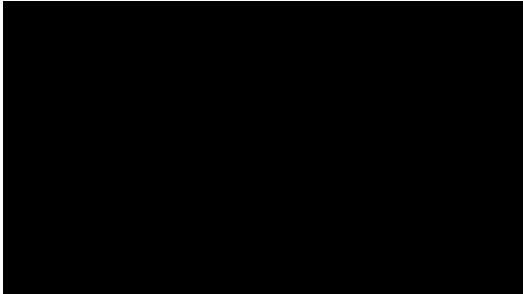
Emotional Dependency Inventory

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 _____.

It's Not About the Dishes



Emotional Dependency and Its Effect on Our Relationships



*"It only takes one clear person
to have a good relationship.
(p. 104)."*

Byron Katie (2005). I Need Your Love - Is That True. Three River Press: NY.



We don't have
relationships -
we take
hostages.



Dr. Nathaniel Branden

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

*"We use our beauty, our cleverness,
our charm to capture someone for a
partnership, as if he were an animal.
And then when he wants to get out of
the cage, we're furious. That doesn't
sound very caring to me. It's not self
love. I want my husband to want
what he wants. And I also notice that
I don't have a choice. That's self
love. He does what he does and I
love that. That's what I want because
when I'm at war with reality, it hurts
(p.73)."*

Byron Katie (2005). I Need Your Love - Is That True. Three River Press: NY.



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**."



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*"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."*

Four Principles that Operate in Our Relationships

James Hollis (1998), *The Eden Project: In Search of the Magical Other -
A Jungian Perspective on Relationships.*



James Hollis, Ph.D.

***What we do not know about
ourselves and what we cannot do
for ourselves will be projected onto our
partner.***



James Hollis, Ph.D.

**We project our *childhood wounds*,
our *infantile longings*, and our
individuation imperative onto our
partner.**

We project onto our partner the responsibility to do for us what we aren't able to do for ourselves.



James Hollis, Ph.D.

Since our partner cannot, nor should not, bear responsibility for our wounds, our narcissism or our individuation, our projections (demands) give way to resentment which results in the problem of power (manipulation).



James Hollis, Ph.D.

***The only way to **heal** a faltering relationship
is to take responsibility for our
individuation (raise our level of
differentiation).***

Love and Emotional Sobriety



Eric Fromm, M.D.

Mature love is “**union
with the preservation
of integrity.**”



Martin Buber

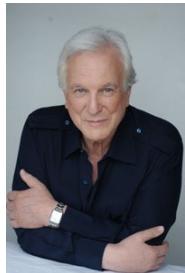
Discussed the difference and importance of the “**I to Thou**” relationship in contrast to the “**I to It**” relationship.

Emotional Sobriety and Love

- You have an I want you attitude.
 - *I want you because I love you rather than I love you because I need you,* forms the basis for your relationship.
- You strive for “union with the preservation of integrity.” (Fromm, 1965)
- Your relationship is based on mutuality.
 - You strive to treat your partner as though they are as important as you, no more or no less.
 - You refuse to take something from your partner that is not given with an open hand and you abstain from giving to your partner if you can’t give with an open hand.
 - You want your partner to do what he or she wants to do, especially when it conflicts with your desires.

Emotional Sobriety and Adult or Mature Love

- Mature Love = Maintaining autonomy while connected.
 - This is what mature-adult love is all about: staying connected to your partner without losing your sense of your self.
 - You cannot say “YES” until you learn how to say “NO.”
 - The goal is to consider your partner’s needs and desires without losing sight of your desires or interests.
 - Find a solution to your two choice dilemmas without submitting to your partner’s desires.
 - Search for a Win-Win outcome vs. Win-Lose or Lose-Win.



Dr. Nathaniel Branden

"This is one of the reasons why attempts at relationships so often fail - not because the vision of passionate or romantic love is intrinsically irrational, but because the self-esteem needed to support it is absent."

Nathaniel Branden (1994) – The Six Pillars of Self-Esteem

The Therapeutic Goals of Emotional Sobriety

The surrender of unenforceable rules.

To create a healthy relationship where struggle is experienced as beneficial, differences as desirable, and grief as necessary.

To create a relationship which has room enough for two, instead of insisting on making room for unenforceable rules.

The aim of therapy is "...
to help a person
abandon his drive to actualize the idealized self and move towards self-realization."



Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 177.

"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.**"

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



Karen Horney, M.D.

*"The essential goal of therapy is to help patient's **liberate** and **strengthen** the **constructive forces within them**, while **weakening the forces that are obstructive to growth.**"*



Karen Horney, M.D.

"By responsibility I do not mean self-blame or labeling ourselves the cause of the problem. Rather I speak of 'response-ability' - that is the ability to observe ourselves and others in interaction and to respond to a familiar situation in a new and different way."

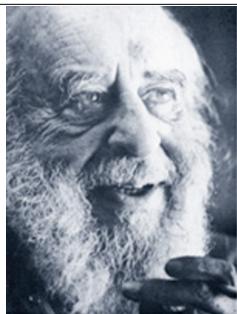
Harriet Lerner, Ph.D. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships. Harper & Row





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

Virginia Satir, Ph.D.



"If you understand the situation you are in, and let the situation which you are in control your actions, then you learn how to cope with life."



"We had to learn ourselves and, furthermore, we had to teach the despairing men, that it did not really matter what we expected from life, but rather what life expected from us.....we needed to think of ourselves as those who were being questioned by life... Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."

Viktor Frankl, M.D.



Virginia Satir, Ph.D.

*"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.**"*

A Vision for You

Allen's Experience



Step 10

"Finally we begin to see that all people, including ourselves, are to some extent emotional ill as well as frequently wrong and then we approach true tolerance and see what real love for our fellows actually means. It will become more and more evident as we go forward that it is pointless to become angry or to get hurt by people, who like us, are suffering from the pains of growing up."

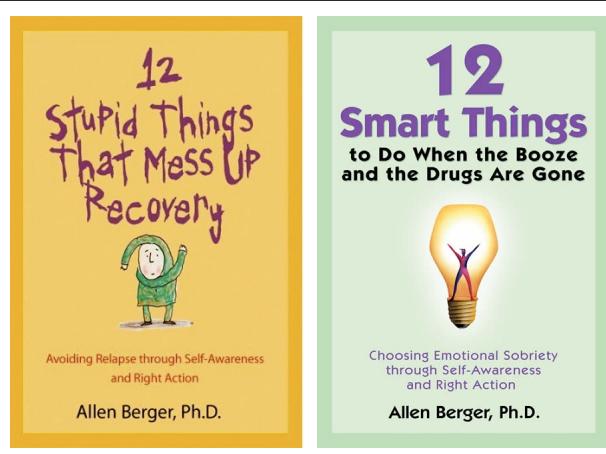
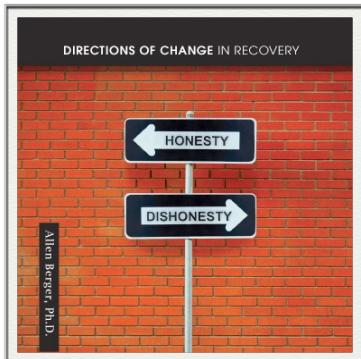
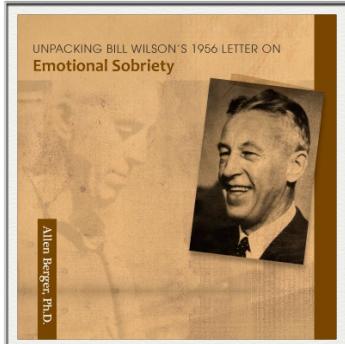
Twelve Steps and Twelve Traditions, 1952 - 1981.

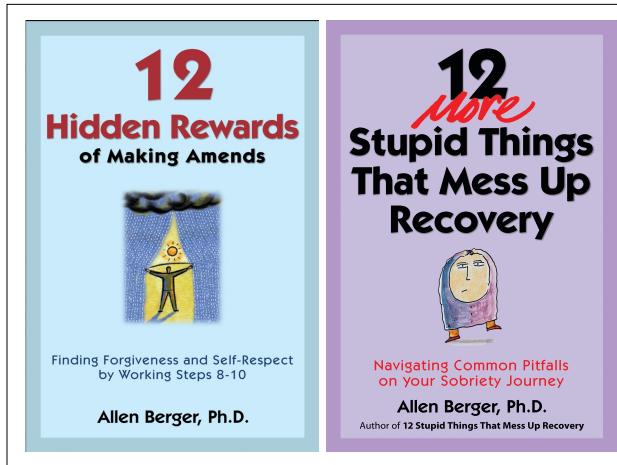


"....sobriety is only the bare beginning. It is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. And if it does go on, we find that bit by bit by bit we can discard the old life – the one that didn't work – for a new life that can and does work 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).







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