















## Bill's Letter in 1956

## Step 12



*"Here we begin to practice all of the Twelve Steps of the program in our daily lives so that we and those about us can find **emotional sobriety.**"*

*Twelve Steps and Twelve Traditions, 1952 - 1981.*















## Defining Emotional Sobriety

### Towards a Definition of Emotional Sobriety

*"Emotional Sobriety is the result of an appropriate balance and coordination of all that we are. It is when the best in us does the thinking and talking for the rest of us.*

*This state of mind is achieved when **we let go of what we think life is supposed to be and instead cope with whatever challenges life sets before us.***

*It is when **what we do becomes the determining force in our emotional well being** rather than allowing our emotional well being to be overly influenced by external events or by what others are or are not doing."*

*Allen Berger, Ph.D. - 2019*

























