

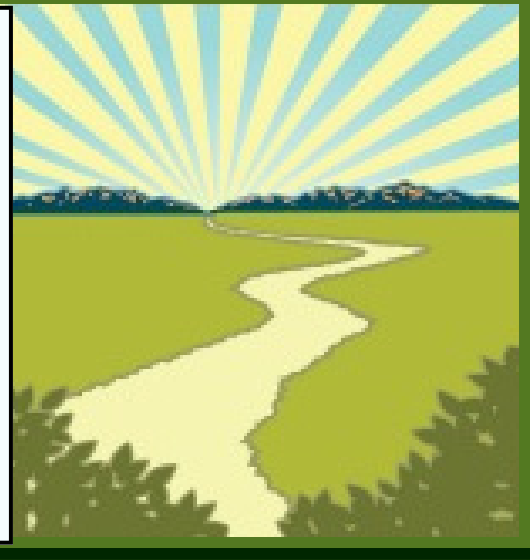
Saturday, December 10, 2022  
**9 AM to 1 PM Via Zoom US Pacific Time**

... our conversation continues ...

# Emotional Sobriety

## 12 Core Principles

Allen Berger, PhD, Clinical Psychologist  
Herb Kaighan, Spiritual Guide



**Who should attend?** ALL who are interested in improving their life; especially those in **any** 12 Step Fellowship.

Dr. Berger and Herb K. will continue to explore the 12 Core Principles of Emotional Sobriety. This powerful experience will give each participant an opportunity to look at their current quality of life from a *fresh perspective*.

Transformation creates a new attitude and experience towards ourselves, others and Reality. This workshop explores a template for emotional growth helping us:

- discern and manifest our true self,
- identify our internal obstacles that produce our suffering,
- live with balance, humility, vitality and JOY.
- **be the determining force in our own lives and a positive force in our community.**

**Honestly ask yourself:**

- What is the source of my current suffering? • Do I have balance? • Do I have a quality life?
- Do I have a sense of personal value, purpose and meaning?

**Attendees will experience a process for:**

- Identifying the obstacles to quality living.
- Regaining balance after having lost it.
- Discover the path to personal authentic freedom.
- Fostering your life of authentic and VIBRANT relationships.



### Saturday, December 10, 2022 ~ Schedule

Orientation	9:00	Awareness of Principles #7 - 12	11:00
Application of Principles #1 - 6	10:00	Conclusion/ Q&A	12:00

**Cost: \$45 Zoom information and links will be emailed to you a few days before each event.**

To register call José at (310) 377-4867 x250 or email him at [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org) or register online at [www.maryjoseph.org](http://www.maryjoseph.org)

**Herb Kaighan, Spiritual Direction  
(Sober - 1984)**

Through working the steps as contained in the Big Book Herb experienced a profound spiritual awakening. He will discuss the impact of Principles for walking this path, practicing emotional sobriety to develop emotional maturity and a practice of daily meditation to improve consciousness. [www.herbk.com](http://www.herbk.com)

**Allen Berger, PhD, Clinical Psychologist  
(Clean & sober - 1971)**

Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence and manifesting our true self. [www.abphd.com](http://www.abphd.com)