

# Emotional Sobriety Workshop

with Allen Berger and Herb K.

In this workshop, Dr. Berger and Herb K. explore the core components of emotional sobriety. They will help you:

- Become more aware of your emotional dependency and how it automatically and unconsciously impacts your life and influences your behavior
- How to break free from the shackles of this dependency
- Develop a practice of emotional sobriety which will increase your ability and confidence to cope with reality as it is rather than how you expect it to be or think it should be.



## Toxic Attitudes

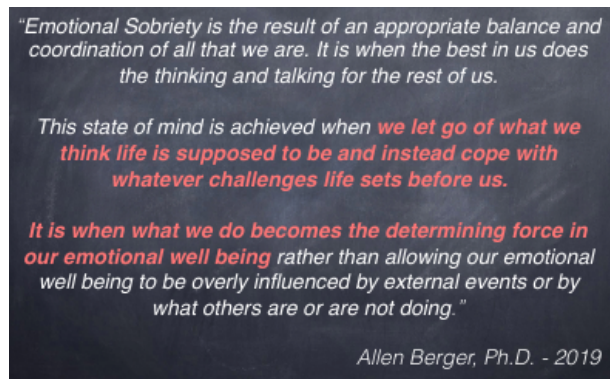
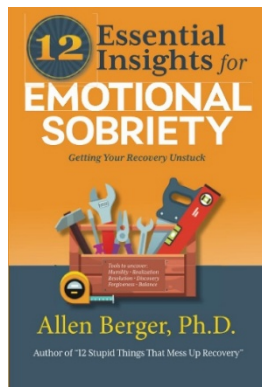
*Undermine our recovery and relationships,  
and always act against being who we really  
are.*



*"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.

*"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."*



When: August 22<sup>nd</sup> Friday 6:30pm-8:30pm; Saturday 23<sup>rd</sup> 8:30am-5pm; Sunday 24<sup>th</sup> 9am-12pm

Where: The Hub, 140 Weldon Parkway, Suite A, Maryland Heights, MO 63043

Cost: \$40 (Scholarships available)