

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.*



The Bondage of Self

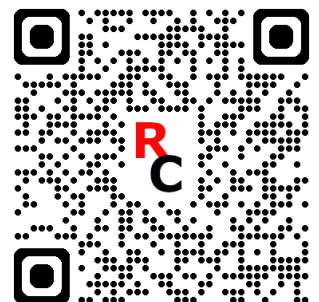


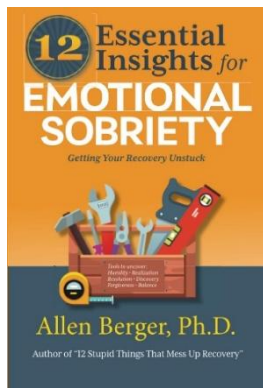
*"Here we begin to practice all of the
Twelve Steps of the program in our
daily lives so that we and those about
us can find **emotional sobriety**."*

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."*

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"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

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

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

Cost: \$40 (Scholarships available)