

What Is Emotional Sobriety?

Emotional sobriety is the capacity to experience life fully with a resilient, resourceful state of well-being.

You're emotionally sober when you feel comfortable in your own skin and at peace with who you are.

It is when you feel most like yourself. That could include expressing yourself in a creative way, feeling connected with nature, feeling connected with your inner self, feeling connected with loved ones, etc.

Emotional sobriety includes the ability to:

- regulate strong emotions, mood, and potentially harmful behaviors,
- maintain a perspective on life circumstances,
- live in the present, living with deep,
- have intimate connection, and
- develop resilience – the capacity to recover quickly from setbacks.

Notes

Identify Your Primary Emotion In A Distressing Situation

In your journal write answers the following questions:

1. What happened?

Describe the situation that triggered your emotions. Write down what happened, when and where, who was involved, and so on.

2. Why do you think that situation happened?

Identify the potential causes of the situation. Do you think the other person hurt you on purpose?

3. How did the situation make you feel emotionally and physically?

Try to identify the body sensations you experienced, such as muscle tension, and the emotions you felt during the situation and afterward.

This is a list of common emotions that can help you name your intense emotions.

Afraid, Angry, Annoyed, Anxious, Apologetic, Ashamed, Bored, Disgusted, Disturbed, Embarrassed, Empty, Enraged, Envious, Exhausted, Frightened, Frustrated, Guilty, Hopeless, Horrified, Hurt, Hysterical, Indifferent, Irritated, Jealous, Lonely, Mad, Nervous, Regretful, Restless, Sad, Scared, Surprised, Suspicious, Terrified, Tired, Unsure, Upset, Vulnerable, Worried

4. What did you want to do as a result of how you felt?

Often, when a person is overwhelmed with emotions, they have the urge to say or do something that is hurtful but might not act on these impulses.

Notice what you wanted to do and compare it with what you actually ended up doing.

Confront and Change Your Toxic Inner Voices

Think back over the events of the day, and ask yourself the following questions:

Where did I overreact? What was the context? What was said to me? How does what was said to me compare with what I tell myself?

Once you're aware of your negative self-talk, start challenging the voice.

When the voice tells you "you're a bad parent," argue back that, "I'm a loving parent and I'm trying my best, and that's good enough."
