

Emotional Sobriety

What TO do

Keep my emotional center of gravity based on my faith.

Self-support with positive self-talk and affirmations. Parent myself with love.

Keep healthy perspective on myself, feelings, emotional themes-have
self-compassion "Of course I made a mistake."

Use my personal compass to guide my life. Use: I choose, I want.

Own my projections, Confront myself. Pressure myself to change

Remember what others say and do says more about them—be curious
about that. Comfort myself when hurt or disappointed.

Stay in Gratitude

What NOT to do

No expectations, blaming, shoulds, external validation, QTIP

Don't let others edit my reality—choose whether to be influenced.

What to REMEMBER

Use tension/trouble to show where I need to grow.

Stay connected, be assertive--Don't people-please, fight or run.

Creatively adapt. Let only the situation control me

*The goal is not happiness, it's freedom—to feel all my feelings yet choose my
response.*

Humility. Maturity and Balance:

Listen to Inner voice

Self-support

Best in me leads rest of me

Become what I can be

Own my limitations

Equal to others

Low focus on self
Experiment