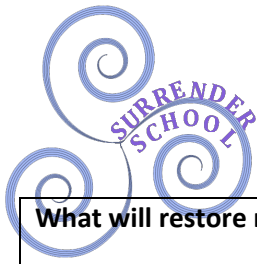


RESTORING EMOTIONAL SOBRIETY TOOL

<p>What am I feeling uncomfortable about right now?</p> <ul style="list-style-type: none"> • <i>Am I Hungry, Angry, Lonely, Tired, Bored, Anxious, Depressed, Avoiding, Stress, Shame? (HALT-BADASS)</i> • <i>What do I want right now that I am not getting? What is happening/not happening that I want to be different?</i> 	
<p>What fears are driving this discomfort?</p> <ul style="list-style-type: none"> • <i>Am I afraid you won't be loved, accepted, belong?</i> • <i>What fears are involved? Consider fear of; being judged, rejected, criticized; suffering, change/not being able to change someone/something, hopelessness, powerlessness, inferiority, speaking up, getting found out, missing out, not getting something done, not being enough/not having what it takes, other.</i> 	
<p>What feelings/behaviors (character defects) are at play?</p> <ul style="list-style-type: none"> • <i>Look closely which character defects are at play, dishonesty, envy/jealousy, gluttony, greed, lust, pride, self-seeking, selfishness, sloth, wrath (anger), other.</i> 	
<p>What am I making this situation mean about me?</p>	
<p>What is my unhealthy dependency on?</p> <ul style="list-style-type: none"> • <i>What do I want or what story am I telling myself that may or may not be true – the one thing I am telling myself that if it were different, I would be different.</i> <p><i>For example, my weight, my husband's appreciation of me, the weather, my son's temper tantrums, my boss's behavior toward me.</i></p>	
<p>What demands have I placed on this dependency?</p> <ul style="list-style-type: none"> • <i>What should change for me to be happy? Consider what people should do, or how reality must be different based on the unhealthy dependence?</i> <p><i>For example, I must lose weight and keep it off. My husband needs to appreciate me by bringing my gifts, kissing me, telling me he loves me. It must be sunny tomorrow, My son needs to regulate his behavior 100% of the time.</i></p>	



RESTORING EMOTIONAL SOBRIETY TOOL

What will restore my emotional sobriety?

Respond to these three awareness statements:

- *I can remind myself _____*
- *What assets and supports do I have around this?*
- *How can I take care of myself right now?*

How can I take care of myself right now?

1. Get a drink that will work with your food plan.
2. Listen to music, an audiobook, or OA podcast.
3. Take a nap or a warm bath.
4. Call a supportive friend.
5. Play a game, read, or color in a coloring book.
6. Go to the gym, walk, dance, or do some other exercise.
7. Do something nice for someone.
8. Go for a car ride.
9. Do puzzles, play board games, or electronic games.
10. Get lost in social media or research emotional sobriety.
11. Watch a TV show or movie.
12. Clean something.
13. Get a haircut, makeover, or get your nails done.
14. Organize your paperwork, a drawer, your closet.
15. Unsubscribe from all the email you don't want.
16. Brush your teeth.
17. Spend time with a pet/child.
18. Give yourself a makeover.
19. Plan a vacation.
20. Come up with awareness statements for the situation.
21. Tell yourself that whatever you are thinking, or feeling is okay ask yourself what you need.
22. Scream! Cry! Punch a Pillow, Get your feelings out.
23. Plan a date with a friend or other.
24. Buy yourself something – flowers, for example.
25. Take your car for a carwash.
26. Ask HP for help – Maybe through two-way prayer.
27. Use a free app to meditate.
28. Find free tappings online.
29. Write down every talent you have.
30. Explore recovery websites to see what is available.
31. Look up on the internet for "Things to do besides eat."
32. Find an online Step-Study or book study.
33. Look for OA and other 12-Step meetings online.
34. Buy yourself something small that will bring you joy.
35. Immerse yourself in the surrenderschool.org community.

Awareness Statements: complete several statements for each item. Do this quickly, without thinking, without proper grammar, punctuation, or judgement.

Remind myself that...

What assets' and supports do I have around this?

How can I take care of myself around this right now?

- *I can ask my higher power to help me drop my demands and accept life on life's terms.*