



WHY EMOTIONAL SOBRIETY MATTERS

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Why Emotional Sobriety Matters

An Emotional Sobriety Workshop

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for sharing information with others. TR*

AN EMOTIONAL SOBRIETY WORKSHOP

*Acceptance is not defeat and
letting go is not giving up.*

-TR

*Reject your sense of injury and
The injury itself disappears.*

-Marcus Aurelius
The Meditations

*People are not disturbed by things,
But by the view they take of them*

-Epictetus

Emotional Sobriety is...

a philosophy to be applied, not a goal to reach. Emotional Sobriety is a daily practice that requires our conscious attention to the details of how we are responding, interpersonally and INTRApersonally, to the world we inhabit. In other words, emotional sobriety calls for us to accept full responsibility not only for our behavioral responses but also for how we interpret our experiences. Emotional Sobriety provides new perspectives and specific techniques that afford us opportunities to change from the inside out. Emotional Sobriety teaches us, and reminds us daily, that the mind (your mind and my mind) is all that we control.

Emotional Sobriety engages us in rational thinking, compassion for self and others – and challenges us to clearly define the beliefs and values that are the guiding principles in our lives.

Emotional Sobriety is about...

- Making conscious choices based on your conscious value systems – and making those choices even if they are not easy, popular or profitable*
- Choosing who you are throughout the day, the week, the month, the year – and throughout your lifetime.*
- Knowing who you are and being the very best version of that person RIGHT NOW.*
- Living with a commitment to learn from experience.*
- Attention to detail in that learning.*
- Valuing learning more than ego.*

What Are Your Conditions?

SENTENCE STEMS

I will be okay if...

I will be okay when...

I would be okay if not for...

I will be okay as long as...

CONDITIONS

I am understood

I am accepted

I am loved

I am respected by [Bob, Sally and/or their community or group]

I don't make any big mistakes

I get that job I want

I get that person to like me

I catch up on all my work

I can finally understand why she left

INTRApersonal Change Process

*What I hear, I forget
What I see, I remember
What I do, I understand*
-Chinese Proverb

INTRApersonal Change Process directly addresses each person's unique internal structure of consciousness with metaphor, active imagination, role play, psychodrama, journaling, visualization, and other creative methods. Based on an understanding that the nature of consciousness is multiple, rather than singular, a client is guided to translate perceived interpersonal and situational conflict into intrapersonal problem definitions. The philosophy of "healing from the inside out," is pivotal to this therapeutic approach.

Intrapersonal relationship dynamics, in most cases, accurately mirror a person's relevant interpersonal patterns. For instance, a person who is in a negative relationship with others who are critical or condemning of her will be guided to explore an intrapersonal relationship between her authentic self and some sort of "inner-bully" that agrees with external criticisms. Or, a person experiencing an addiction or an eating disorder is taught to see herself "in relationship" with a personification of her "inner culprit."

Intrapersonal therapy focuses on these internal "codependent" relationships, with the intention of strengthening the client's ability to differentiate "self" from "problem," and teaching him to use the ability to make such a distinction to accept full responsibility for decision-making in his life. By personifying inner "characters" to represent conditions and problems such as addiction, eating disorder, anxiety, self-condemnation, the therapist is able to bring to light cognitive patterns that inhibit growth and change. By teaching clients how to identify and separate from "toxic" characters (negative beliefs about self and/or environment) and how to create --- or enhance --- "positive," supportive characters, intrapersonal therapists are able to help the client discover, define and develop (called "3-D" process) an authentic identity that includes both strength and appropriate vulnerability.

Thank you for your interest in my work and...

Thanks for coming to the party.



Thom Rutledge is a psychotherapist and author of several books. He is the co-host (with Allen Berger, PhD) of *The Emotional Sobriety Podcast*. For more information about Thom's work, visit www.thomrutledge.com

