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Of Sobriety. It Is Possible To Stop At This Stage But It Does Not Produce A Fulfilling Life. Just Being Sober Has Little Back Up When Something Drastic Happens. The Immediate Response Is To Go Back To Drinking Because There Is No Solid Basis For The Sobriety. Probably The Sobriety Is A Day -by-day Mana Apr 13th, 2024

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From Daily Reflections "Driven By A Hundred Forms Of Fear, Self-delusion, Self-seeking, And Self-pity, We Step On The Toes Of Our Fellows And They Retaliate." ALCOHOLICS ANONYMOUS, P.62 My Selfishness Was The Driving Force Behind My Drinking. I Drank To Celebrate Success A Apr 15th, 2024

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STEP FOUR - Emotional Sobriety And Food

DAILY REFLECTIONS, P. 101} Resentment Is The "number One" Offender. It Destroys More Alcoholics Than Anything Else. From It Stem All Forms Of Spiritual Disease, For We Have Been Not Only Physically And Mentally Ill, We Have Been Spiritually Sick. {BB, P. 64} During The Times Mar 18th, 2024

Emotional Sobriety And The Twelve Steps Of AA

The Untethered Soul: The Journey Beyond Yourself (p. 131). Michaele A. Singer "At The Core Of This Alienation From The Actual-self... Is The Loss Of The Feeling Of Being An Active Determining Force In Our Own Lives." Neuros Feb 7th, 2024

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