

The Emotional Sobriety Inventory - Revised (2014)

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| Describe an upsetting event in detail. (Great or Small) | My reaction - how I responded to the situation: What did I feel, what did I say, and what did I do. | My unenforceable rule, demand or claim is _____. | The unhealthy dependency underlying my reaction and unenforceable rule is _____. | To stay centered and emotionally balanced I need to _____. |
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To Identify Your Unenforceable Rule, Answer the Following Question: What should they have thought, or done, or said, or felt: To make you feel more loved, more self-esteem, more respected, etc.?

Berger, A. (2010). **12 Smart Things to do When the Booze and Drugs are Gone.** Hazelden: MN.