

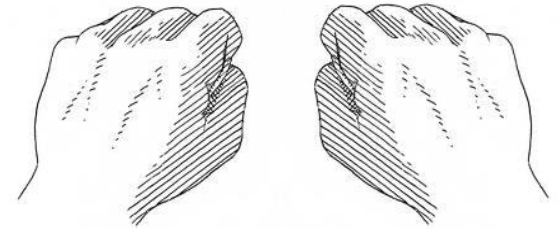
Emotional

“People cry, not because they are weak, but because they’ve been strong for too long.” – Johnny Depp



The understanding of emotions refers to the way people

- Cope with and express positive or negative emotions,
- Manage or mismanage feeling towards
 - This Moment & Myself
 - Relationship(s) with Other(s)
 - Nature/Environment/Setting
 - Higher Power
 - God (as you understand Him/It)



“By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment.” (12 Steps & 12 Traditions of AA, pg. 43)

Emotional Recovery			Emotional Relapse		
An understanding of how to recognize and <i>respond</i> emotionally demonstrates our ability to manage reality.			A lack of understanding blocks our ability to emotionally manage reality whereby we <i>react</i> impulsively.		
FEELING	PRESENTATION	RESULT	FEELING	PRESENTATION	RESULT
<i>Fear</i>	Rational knowledge & experience sets new boundaries.	Assertive	<i>Panic</i>	Irrational, uncontrolled, ignoring counsel and former boundaries.	Chaotic
<i>Satisfaction</i>	Contentment, perpetual happiness &/or achievement.	Relational	<i>Hopeless</i>	“I’m useless and a burden, I’m giving up. I hate life!”	Self-Pity
<i>Passionate</i>	Compelled to change or to take a stand for what is right.	Leadership	<i>Resentment</i>	Unwilling to reconcile with or forgive those whom hurt me.	Bitter
<i>Remorse</i>	Healthy guilt/sorrow influences empathy to others effected	Amending	<i>Regret</i>	Depressive frustration towards the current effect of pain on self	Silent
<i>Humbled</i>	“I can’t hide behind this act, this is not who I really am.”	Transparent	<i>Ashamed</i>	“I am unworthy of love and acceptance from anyone now!”	Humiliated