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| **The Emotional Sobriety Inventory Form**  “I think that many oldsters who have put our AA “booze cure” to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.” *- Source Reading: “The Next Frontier: Emotional Sobriety” - by Bill W., Language of the Heart [A.A. Grapevine Article] January 1958* | | | | |
| **Upsetting event** | **Unhealthy dependency** | **Unreasonable expectation, claim, or demand** | **Your reaction, or how you responded to the situation** | **In order to stay centered, I need to realize that \_\_\_\_\_.** |
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