



What Does Emotional Sobriety Look Like?

Because we've spent so long in co-dependent behaviours, it can be difficult to get a picture of what emotional sobriety looks like.

Use this worksheet to check in with how you are progressing in your recovery towards healing your co-dependence.

- ✓ I now feel in control of my life.
- ✓ I make decisions for MY highest good.
- ✓ I can say NO to what's not serving me, without guilt and shame.
- ✓ I now have a safe personal and physical scaffolding in place to support and challenge me.
- ✓ I take time out when needed.
- ✓ I have a stop button and can re-centre myself before going forward.
- ✓ I have a regime for when I get knocked down or wobbly.
- ✓ I now know how to laugh and have fun and joy in my life.
- ✓ I have reclaimed the pieces of myself that I had let go of.
- ✓ I have discovered how to ask for help.
- ✓ I am transforming into a renewed me.
- ✓ I have let go of people, places and things that do not serve me.
- ✓ I can hold strong to the boundaries I set.
- ✓ I have found how to sit with ALL my feelings. I can ask myself, "How do 'I feel?'".
- ✓ I am connected to my internal guidance system.
- ✓ I am wiser and more discerning and balanced when making all decisions in my life.
- ✓ I am discerning about who I go to for guidance.
- ✓ I take as much time as I want to make decisions.
- ✓ I have myself on the top of my own TO DO list.
- ✓ I have more to give and share with others.
- ✓ I am present with myself and when I'm with others.
- ✓ I feel lighter and freer.