Who should attend? ALL who are interested in improving their life; especially those in any 12 Step Fellowship.

In this four hour workshop Dr. Berger and Herb K. will address the nature of “unmanageability”:
- Restless, Irritable, Discontent
- Resentments - Columns 3 & 4
- Tensions from negative thinking
- Guilt/ Shame
- Depression
- Regret, Sadness, Remorse, Grief

Honesty ask yourself:
- Do I have a quality emotional life?
- Do I have balance, especially in my relationship with myself?
- Do I have a daily PRACTICE of PRINCIPLES that result in a fully authentic and integrated life.

You will experience a process for:
- Identifying the exact nature of obstacles to your relationship with yourself & others;
- Taking ownership and responsibility for your happiness;
- Fostering balance in your emotional and spiritual life.

Saturday, July 23, 2022 ~ Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Orientation to Emotional Sobriety</td>
</tr>
<tr>
<td>10:00</td>
<td>Use of Column 3</td>
</tr>
<tr>
<td>11:00</td>
<td>Use of Column 4</td>
</tr>
<tr>
<td>12:00</td>
<td>Q &amp; A: Dialogue of Experience</td>
</tr>
</tbody>
</table>

Cost: $45 Zoom information and links will be emailed to you a few days before each event.

To register call José at (310) 377-4867 x250 or email him at jsalas@maryjoseph.org or register online at www.maryjoseph.org For questions on content, email Rainey S at rainey.herbk@gmail.com

Herb Kaighan, Spiritual Direction
(Sober - 1984)
Through working the steps as contained in the Big Book Herb experienced a profound spiritual awakening. He will discuss the impact of the Process & Principles for walking this path, practicing emotional sobriety to develop emotional maturity and a practice of daily intentional consciousness.

www.herbk.com

Allen Berger, PhD, Clinical Psychologist
(Clean & sober - 1971)
Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence and manifesting our true self.

www.abphd.com