



**Saturdays, 10 AM to 1 PM (PST) ZOOM:** 7/20 Dealing with Disturbance - Step 10  
10/12 Conscious Contentment - Step 11  
12/14 Practicing Principles - Step 12

## Optimal *RECOVERY* ~ Optimal *LIVING*

Dr. Berger and Herb K. continue to explore the core components of emotional sobriety.

They will help you:

- Become more aware of your emotional dependency and how it automatically and unconsciously impacts your life and influences your behavior.
- How to break free from the shackles of this dependency, especially through Step 10.
- Develop a **PRACTICE** of emotional sobriety which will increase your ability and confidence to cope with reality as it is rather than how you expect it to be or think it should be, especially applying Steps 11 & 12.

We invite you to join us for what we promise to be a very stimulating and thought-provoking experience.

### Who should attend?

Any person that wants to reduce suffering and to improve the **QUALITY** of their current life.

### HONESTLY ask yourself:

- Is something missing in my life?
- How do I react when things don't go my way?
- Do I find myself imposing my will on others? Trying to control?
- Do I feel out of balance in my life?
- Am I still struggling with justified anger and resentment?
- Am I "restless, irritable, discontented"? "Disturbed"?
- Am I filled with tension from negative thinking, regret, remorse, and, sadness?
- Do I have a sense of personal value, purpose, meaning and **JOY**?
- Am I the determining force in my LIFE ... filled with gratitude ... a positive force in my community.

Emotional sobriety is an important goal of living. This means that all our Step work and therapy is to construct a solid foundation for **JOY** in our life. Join us to explore this important concept for:

- optimal recovery
- optimal living!

### Attendees will have an opportunity to:

- Identify the path to follow to **FREEDOM and JOY**.
- Foster a life that **FLOURISHES**.



### Allen Berger, PhD, Clinical Psychologist (Clean & sober - July 1971)

Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence and manifesting *our true self*. [www.abphd.com](http://www.abphd.com)

### Herb Kaighan, Spiritual Direction (Sober - February 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, practice of emotional sobriety to develop emotional maturity and a practice of daily *intentional consciousness and compassion*. [www.herbk.com](http://www.herbk.com)



Cost: \$75 per workshop

To register: Go online at [www.maryjoseph.org](http://www.maryjoseph.org) Or email Jose Salas at [jsalas@maryjoseph.org](mailto:jsalas@maryjoseph.org) Or call José at (310) 377-4867 ext 250. ZOOM information and links will be emailed to you a few days before each event. For questions on content, e-mail Rainey S. at [rainey.herbk@gmail.com](mailto:rainey.herbk@gmail.com).