

Understanding an Emotion

Reflect on the situation that triggered the emotional response.

Who was there?

What happened?

How did you
respond?

☐ I felt unaccepted

☐ I felt unsafe

☐ I felt unheard

☐ I felt powerless

☐ I felt excluded

☐ I felt unloved

☐ I felt judged

☐ I felt guilty

☐ I felt blamed

☐ I felt alone

☐ I felt disrespected

☐ I felt manipulated

☐ I felt frustrated

☐ I felt controlled

☐ I felt trapped

☐ I felt threatened

☐ I felt I couldn't
speak up

What will you do
to take care of
yourself now?



Ready for more?

Understanding how to process emotions is an important part of sobriety – but it's only one piece.

Staying sober is a multifaceted process.

If you'd like to learn more about all of the different aspects of sobriety, and how they relate to you, one on one sobriety coaching might be exactly what you're needing.

If you've been working at this sober thing for a while now, and you're still struggling, that means it's time to try something different.

With one-on-one coaching, you'll get to talk to one of us in a private setting, so we can explore things that are going on in your life and create strategies to help you navigate them without alcohol. We'll give you the tools and resources that YOU need to make long term sobriety possible.

Every person's situation and experiences are unique, and require a unique strategy. We're trained to work with you to create a plan as unique as you are.

To learn more about private coaching, [click here.](#)