

Understanding Our Emotional Center of Gravity

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Concepts Relating to Emotional Sobriety

Step 12



*"Here we begin to practice all of the
Twelve Steps of the program in our
daily lives so that we and those about
us can find **emotional sobriety**."*

Twelve Steps and Twelve Traditions, 1952 - 1981.

Bill Wilson's Concepts Related to Emotional Sobriety

Real Maturity and Balance

Humility in Relationship to Self and Others

Emotional Dependence - Created a Need for the Possession
and Control of People and Circumstances Surrounding Us

Cart Before the Horse = Impossible Way of Life

Examine Our Emotional Disturbance to Identify Our
Expectations and Our Unhealthy Dependence

Transcending Our Faulty Emotional Dependencies

Dependencies Need to Be Broken at Depth



Earnie Larsen

*"...Stage II Recovery gets at the underlying
**patterns and habits that caused us trouble in
the first place.** And if nothing changes, then
nothing changes...the same results will pop up
through our whole life (p. 83)."*

Step 4

*"...We learned that if we were
seriously disturbed our first
need was to **quiet that
disturbance**, regardless of
who or what we thought
caused it."*



Twelve Steps and Twelve Traditions,
Alcoholics Anonymous, 1952

Step 4

*"... Where other people
were concerned, we had
to **drop the word blame**
from our language. This
required great
willingness to begin."*

Twelve Steps and Twelve Traditions,
Alcoholics Anonymous, 1952



Step 4

*"It never occurred to us
that we needed to
change ourselves to
meet conditions,
whatever they were."*

Twelve Steps and Twelve
Traditions, Alcoholics
Anonymous, 1952



*"When something goes wrong I try
to make a picture in my mind of a
circle with **myself** in the middle
and then I ask myself what part in
my problem are my thoughts
playing, my fears, ...my
expectations, my
interpretations.....and my lack of
faith to be able to grow ."*



Virginia Satir, Ph.D.

Physical Center of Gravity



Physical Center of Gravity



The Shift in the Location of the Emotional Center of Gravity
in Emotional Sobriety



If I'm OK even if ____ ? ____ ?

*"Our **dependency** makes **slaves out of us**, especially if this dependency is a **dependency of our self-esteem**. If you need encouragement, praise, pats on the back from everybody, then you make everybody your **judge**."*



"We are always trying to get out of our **emotional jail**....
Mostly we try by begging, threatening, or pleasing other people, **trying to get them to do it for us.**"



Virginia Satir, Ph.D.

"In my emotional impoverishment, I tend to see other people essentially as sources of approval or disapproval. I do not appreciate them for who they are in their own right. I see only what they can or cannot do for me."



Dr. Nathaniel Branden

Nathaniel Branden (1994) - The Six Pillars of Self-Esteem

“At the core of this alienation from the actual-self... is the **loss of the feeling of being an active determining force in our own lives.**”



Karen Horney, M.D.

Neurosis and Human Growth: The Struggle Toward Self-Realization

“The integrity of a person is impaired because of the alienation from the self, the unavoidable unconscious pretenses, the also unavoidable unconscious compromises due to unsolved conflicts, the self-contempt - all these forces lead to ... a diminished capacity for being sincere with oneself.”



Karen Horney, M.D.

Neurosis and Human Growth: The Struggle Toward Self-Realization

“If I do not feel lovable, then it is **very difficult to believe** that anyone else loves



Dr. Nathaniel Branden



"If you are not eternally showing me that you live for me, then I feel like I am nothing."

Virginia Satir, PeopleMaking

"We use our beauty, our cleverness, our charm to capture someone for a partnership, as if he were an animal. And then when he wants to get out of the cage, we're furious. That doesn't sound very caring to me. It's not self love. I want my husband to want what he wants. And I also notice that I don't have a choice. That's self love. He does what he does and I love that. That's what I want because when I'm at war with reality, it hurts (p.73)."



Byron Katie (2005). I Need Your Love - Is That True. Three River Press: NY.

Four Principles that Operate in Our Relationships

James Hollis (1998), The Eden Project: In Search of the Magical Other - A Jungian Perspective on Relationships.



James Hollis, Ph.D.

- 1) ***What we do not know about ourselves and what we cannot do for ourselves will be projected onto our partner.***



James Hollis, Ph.D.

- 2) ***We project our childhood wounds, our infantile longings, and our individuation imperative onto our partner.***

We project onto our partner the responsibility to do for us what we aren't able to do for ourselves.



James Hollis, Ph.D.

- 3) *Since our partner **cannot, nor should not**, bear responsibility for our wounds, our narcissism or our individuation, our projections (demands) give way to **resentment** which results in the problem of power (manipulation).*



James Hollis, Ph.D.

- 4) *The only way to **heal** a faltering relationship is to take responsibility for our **individuation (raise our level of differentiation)**.*



*"So if your partner is angry, good. If there are thing about him that you consider flaws, good, because **these flaws are your own, you're projecting them**, and you can write them down, inquire, and set yourself free. People go to India to find a guru, but you don't have to: You're living with one. Your parter will give you everything you need for your own freedom. (p.90)."*

Byron Katie (2005). I Need Your Love - Is That True. Three River Press: NY.

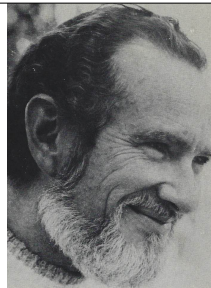
The aim of therapy is "...
*to help a person
abandon his drive to
actualize the idealized
self and move towards
self-realization.*"



Karen Horney, M.D.

The Therapeutic Process: Essays and
Lectures - 1999, p. 177.

*"It is not possible for me to
relate to others intimately
and allow (and enjoy) their
full expression of
themselves if I have not
discovered how to do this for
myself."*



Dr. Jerry Greenwald (1975). Creative Intimacy:
How to break the patterns that poison your
relationships. Simon & Schuster: NY.

*"The essential goal of
therapy is to help
patient's liberate and
strengthen the
constructive forces within
them, while weakening
the forces that are
obstructive to growth."*



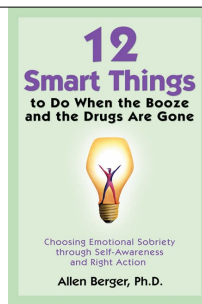
Karen Horney, M.D.

The Therapeutic Process: Essays and Lectures - 1999, p. 248.

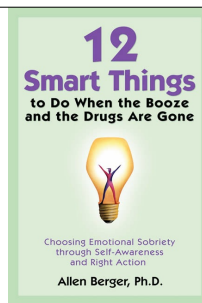


Virginia Satir, Ph.D.

"We must not allow other people's limited perceptions to define us."



"Remember, emotional sobriety helps you know yourself, Know where your center is, and hold on to it. One of the things you need to learn to do to hold on to your center is to stop letting other people edit your reality."

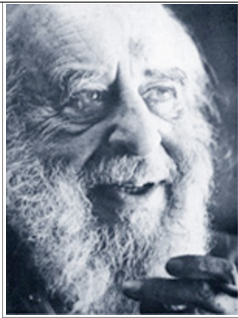


"Our emotional dependency pulls for a certain kind of togetherness or connection. It demands that we feel the same, and think the same, if we are to feel close to another person."

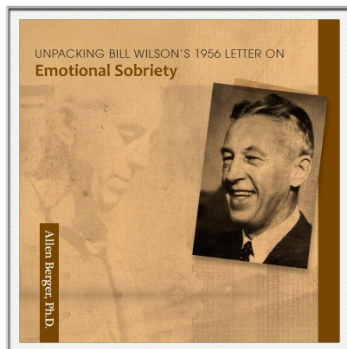


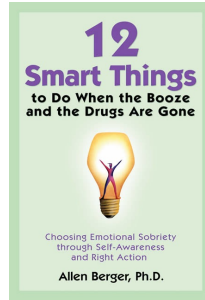
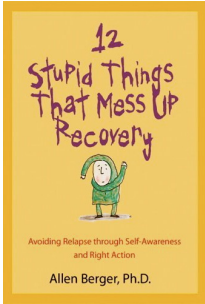
Virginia Satir, Ph.D.

"Life is not what it's supposed to be. It is what it is. The way you cope with it, is what makes the difference."



"If you understand the situation you are in, and let the situation which you are in control your actions, then you learn how to cope with life."





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