

# *Emotional Sobriety*

From Relationship Trauma to  
Resilience and Balance

Tian Dayton, Ph.D.



# Emotional Sobriety Workbook From Relationship Trauma To Resilience And Balance

**Geri Miller**



## **Emotional Sobriety Workbook From Relationship Trauma To Resilience And Balance:**

**Emotional Sobriety Workbook** Tian Dayton, 2009-10 This workbook is designed to go with my book Emotional Sobriety From Relationship Balance to Resilience and Balance not to be used on its own Emotional Sobriety is available everywhere books are sold and through my web site tiandayton.com This workbook not a substitute for therapy nor does it give any advice or direction beyond that of any book The writer cannot assume any responsibility for interpretations made This workbook includes questions self-assessments and journaling exercises designed to help you to develop the skills of emotional sobriety Work on sections in order or in whatever way best suits your needs

**Emotional Sobriety** Tian Dayton, 2010-01-01 Picking up right at the point where Janet Woititz's 1990 hit book Adult Children of Alcoholics left off clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction abuse and dysfunction Dr Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain With compassion and clear explanations and her own personal journey Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety In Emotional Sobriety Dr Dayton teaches readers How to understand the mind-body relationship of addiction and relationship trauma How to rewire your brain to undo the negative effects trauma has on personal career and romantic relationships How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa

*Learning the Language of Addiction Counseling* Geri Miller, 2020-12-09 Fully revised Learning the Language of Addiction Counseling Fourth Edition introduces students and mental health professionals to the field of addiction counseling and helps them develop the knowledge understanding and skills needed to counsel people who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical underpinnings and clinical practices in the field From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

**Parents in Recovery** Sarah Allen Benton, 2024-10-15 For parents in recovery PIRs the process of recovery is so much more than just stopping drug and alcohol abuse Parents facing these challenges will feel understood and supported Booklist I am just like other parents except Parents in Recovery is not a book about how to parent It is also not a book about how to get sober Instead it is meant to be a guide for parents in recovery PIRs from substance use disorders that provides insights and strategies for coping with the many unique and not so unique challenges they may face It is also intended to give the loved ones and families of PIRs an inside look at this world and explain why certain changes and behaviors are necessary to maintain long-term recovery Each chapter is an integration of research the voices of parents in recovery input from addiction treatment experts parent recovery wisdom suggestions and the author's past journal

accounts This guidebook can support mothers and fathers in navigating their way through parenting with a sober lifestyle which includes physical emotional social spiritual behavioral environmental and vocational wellness It is written for those who have embraced sobriety before during or after becoming a parent and can serve as a job aid on this journey Key topics include love and marriage family systems work and life balance self care parenting types sober socializing coping with hard times mental health and recovery pride This book also addresses modern day challenges including the use of electronics social media career identity social trends non traditional parental roles and living in a post COVID 19 pandemic world While many parents feel shame associated with aspects of their addiction this book emphasizes the gifts and accomplishments of being in recovery and how they positively impact the entire family system *Hopeful Healing* Mackenzie Phillips, 2017-02-07 Actress and author of the courageous New York Times bestselling memoir *High on Arrival* Mackenzie Phillips Hollywood's go to person on substance abuse and a visible and outspoken advocate for addiction awareness and education brings her knowledge and voice on the subject of recovery for the first time and shares her experiences for those who are trying to overcome addiction As the daughter of lead singers of the 1960s band The Mamas and The Papas Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near fatal drug addiction Now delivered with warmth and candor she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor Using her own life experiences as examples of proven recovery methods she shares the tools and holistic approaches that are available to help you on your journey to recovery Treatment is not one size fits all and Mackenzie encourages addicts and their support networks to research the methods that most effectively address their individual physical mental and spiritual wellbeing Used by both recovering addicts and their families Mackenzie's book is a message of hope and reminds us that sobriety is a lifelong journey of the spirit that allows us to lift ourselves up even when we stumble and fall **Talking Book Topics**, 2010 *Digital Talking Books Plus*, 2011

**Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Video Source Book**, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Clinical Sociology Review**, 1990 *Girls' and Women's Wellness* Laura Hensley Choate, Kim Anderson, 2008 Comprehensive in scope and practical in execution this guide includes strategies examples assessment methods workshop outlines and handouts for clients Choate counselor education Louisiana State U and her contributors focus on both short term and long term solutions as they address body image managing conflict and anger cognitive models to improve self esteem women's college experiences life balance for working women intervention against sexual assault and intimate partner violence Especially

interesting is their approach to counseling women about spirituality Unlike many counselors they allow for the positive influence of organized faith and for individual perceptions and choices within a range of faiths or combinations of faiths They also give online and print resources for every topic Maintaining Emotional Sobriety During Covid-19 Tian

Dayton,2020-05-18 Covid 19 days can place us under unusual stress which over time can produce many of the same symptoms as trauma such as grief sadness anxiety sleep troubles intrusive or disturbing thoughts and body aches and pains But in this case we re not talking about an event that happens once and is over **Heal from Within and Reclaim Your**

**Inner Self with Emotional Sobriety** Dylan Walker,2023-10 **Emotional Sobriety: The Mental Psychology to Help You Build (A Comprehensive Guide for Navigating Your Emotional Load With Resilience)** Patrick

Reynolds,101-01-01 Be honest Few days go by where you don t find your sense of balance thrown off by what someone said about you how a meeting went what your social media contacts are doing how your fortune changed during the day or your fears about coming events Most of us face this kind of anxiety sadness worry call it what you will every day of the week Most of the times these things seem minor but they nibble at us like so many paper cuts building up and diminishing our lives This book will teach you Ways to build your emotional intelligence Be equipped with better emotional intelligence that can be used for parenting trauma recovery marriage help grief and more Addiction intervention and recovery The road to recovery can feel hopeless and hard at times Learn how to repair your connection with yourself and others This book offers you hope by showing you how to heal from trauma rebuild your life and use techniques for recovering The science This book is not just tips and advice It s based on evidence and expertise rooted in human biology and language to give you the foundation for understanding your emotions The group asks that I preserve these meditations in a book to share with others that those others would know that they are not alone Emotional sobriety is not easy it takes time Although recovery is available to all it is only accepted by those that want it and are willing to go to any length to get it Peace to you on this journey you are not alone **Emotional Sobriety** Marie Martin,2025-03-12 In Emotional Sobriety Subtle Stages of Addiction the author

explores the hidden patterns of behaviour that often precede substance abuse and contribute to a lifetime of unhealthy coping mechanisms This insightful book delves into the subtle stages of addiction those behavioural habits that don t always lead to drugs or alcohol but often set the stage for them Whether it s people pleasing self blame or the compulsion to always do more these patterns shape our emotional lives in ways we may not even recognize Written from the author s personal healing journey Emotional Sobriety outlines how once substance addictions are released we can shift our focus to addressing the deeper often unconscious behaviors that keep us stuck Through understanding and self compassion the reader is empowered to recognize and break free from these subtle addictions moving toward emotional resilience clarity and healthier relationships Drawing from the author s own life changing experiences both painful and transformative Emotional Sobriety offers a roadmap for developing a sober emotional life It challenges readers to navigate their emotions without

relying on external crutches offering practical tools exercises and insights for long lasting change The concept of FIDO Fitness Interdependence Discipline Ownership is introduced as a way to develop emotional fitness independence and self awareness guiding you toward emotional freedom This is not just a book about addiction it s about discovering the freedom that comes from self understanding compassion and a deep sense of inner peace Whether you re seeking to break free from old patterns or simply improve your emotional health Emotional Sobriety offers a path forward one that is rooted in self awareness spiritual insight and a commitment to living with integrity If you ve ever wondered why certain behaviours keep repeating in your life or why past wounds seem to hold you back this book will illuminate your journey toward emotional sobriety and a more empowered way of living **The Hangover: Overcoming Emotional Addiction** Carleah

East,2017-11-20 Have you ever tried to move forward from a broken relationship only to keep circling back Why can t you get over this person Questions like these are more common than you think The Hangover takes you through the 12 steps of recognizing dealing and healing from Emotional Addiction You already know what didn t work in your past relationships now let s understand why and how not to repeat the same nonsense Having a sober heart and mind is the only way to really find happiness Once this is a reality intimacy and love won t be far behind [The Trauma Reprocessing Workbook](#) Tony Otto Chadwick, The Trauma Reprocessing Workbook Integrating EMDR Somatic Practices and Self Compassion for Holistic Healing Are you ready to embark on a journey of healing reclaiming your life from the grip of trauma and chronic pain The Trauma Reprocessing Workbook offers a practical evidence based guide to transforming emotional wounds and physical discomfort through the integration of EMDR somatic practices and self compassion This workbook is designed for individuals and professionals seeking actionable tools to address trauma reduce emotional distress and manage chronic pain With a focus on holistic healing the strategies in this book empower you to foster resilience and restore balance to your mind and body What You ll Discover in This Workbook Eye Movement Desensitization and Reprocessing EMDR Learn step by step techniques to reprocess traumatic memories reduce their emotional impact and address chronic pain linked to unresolved trauma Somatic Practices Harness the mind body connection through body scanning gentle movement and progressive relaxation to release tension and stored trauma Self Compassion Techniques Build inner strength and emotional resilience by practicing self kindness and reframing negative beliefs Key Features of This Workbook Interactive Exercises Over 100 hands on worksheets and activities tailored for trauma reprocessing and emotional regulation Real Life Case Studies Illustrative examples that demonstrate how EMDR somatic therapy and self compassion work in practice Holistic Healing Approach A combination of evidence based methods designed to address emotional cognitive and physical aspects of trauma Daily Tools for Progress Guided meditations affirmations and journaling prompts to foster consistent growth and healing Who This Workbook is For Trauma Survivors Individuals seeking relief from emotional and physical pain caused by trauma Therapists and Counselors Mental health professionals looking to integrate EMDR and somatic techniques into their practice Chronic

Pain Patients Those ready to explore the connection between trauma and physical discomfort Wellness Enthusiasts Readers interested in holistic mind body approaches to personal growth and healing How This Workbook Can Transform Your Life Find Relief from Emotional Distress Resolve the lingering effects of trauma that disrupt your well being Reconnect with Your Body Use somatic practices to release stored tension and foster physical relaxation Cultivate Self Compassion Shift from self criticism to self kindness promoting lasting emotional resilience Achieve Holistic Healing Integrate techniques that address the emotional cognitive and physical layers of trauma for a more balanced empowered life Empower yourself to heal grow and thrive With The Trauma Reprocessing Workbook you have the tools to transform pain into resilience and reclaim a life of joy and fulfillment The Recovering Heart Beverly Conyers, 2013-06-01 Beverly Conyers a prominent voice in recovery uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female recovery experience Your old destructive lifestyle is fading into the past and now you are a woman in recovery What an amazing gift you've given yourself So why aren't you happier As sobriety takes hold and your head starts to clear a wide range of emotions can begin to emerge feelings that until now you've medicated with chemicals Yet to stay sober and to grow and flourish as a person you must engage in healing and take responsibility for these long neglected emotions Beverly Conyers a prominent voice in recovery uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female experience Learn how to develop the inner resiliency to face and process difficult buried emotions such as shame grief fear and anger while freeing the positive feelings of self worth independence and integrity Discover how to heal your damaged self by improving your communication skills expanding your capacity for intimacy and trust and reawakening a spiritual life As you heal your wounded heart you can free yourself to a life of self acceptance and lay the foundation for a rewarding and relapse free second stage of recovery

**Together We Heal: A Couples' Guide to Addiction Recovery and Rebuilding Trust** Catherine Johnson, Together We Heal A Couples Guide to Addiction Recovery and Rebuilding Trust Addiction Recovery Workbook for Couples Addiction is a devastating force that can wreak havoc on relationships leaving behind a trail of broken trust emotional turmoil and shattered dreams But there is hope In Together We Heal A Couples Guide to Addiction Recovery and Rebuilding Trust you will discover the tools and strategies needed to overcome addiction as a team and rebuild your relationship on a foundation of love understanding and unwavering support In this transformative guide you will find a comprehensive roadmap to help you and your partner navigate the challenging journey of addiction recovery fostering a renewed sense of connection intimacy and trust along the way Drawing from the latest research professional insights and real life experiences Together We Heal offers practical advice actionable strategies and powerful techniques that will empower you to face addiction head on and emerge stronger healthier and more resilient than ever before Here's a glimpse of what you'll uncover in this life changing book A step by step guide to creating a supportive recovery environment including setting boundaries establishing

healthy communication patterns and nurturing emotional safety Proven strategies for strengthening your emotional connection during addiction recovery such as prioritizing open and honest communication expressing gratitude and practicing active listening skills Tips for rekindling romance and affection in your relationship with practical suggestions for scheduling regular date nights demonstrating physical affection and exploring each other's love languages Techniques for cultivating shared interests and experiences that will help you grow as a couple and create lasting memories together from trying new hobbies to setting shared goals and engaging in community projects A comprehensive plan for maintaining sobriety preventing relapse and continuing to evolve as a couple featuring actionable advice on sticking to your relapse prevention plan staying connected to support networks and prioritizing self care A glossary of essential terms related to addiction recovery enhancing your understanding of key concepts and facilitating effective communication between you and your partner And much more Addiction doesn't have to spell the end of your relationship With determination compassion and the right support you and your partner can overcome the challenges of addiction and rebuild your lives together one step at a time Together We Heal provides the guidance encouragement and resources you need to face addiction as a united front transforming your relationship into a source of strength healing and hope for a brighter future Don't let addiction dictate the course of your love story Embark on the journey towards lasting sobriety renewed trust and a stronger healthier partnership with Together We Heal A Couples Guide to Addiction Recovery and Rebuilding Trust Order your copy now and start your journey to healing today

*How to Heal from Trauma Naturally*: Jonathan K. Hari, 2025-06-22 How to Heal from Trauma Naturally Emotional wounds can feel impossible to overcome but what if healing was more within reach than you ever imagined This book reveals a powerful holistic approach to recovery that nurtures both mind and body guiding you toward a life of peace balance and strength Inside This Book You'll Discover The Mind Body Connection How Trauma Affects Your Whole Being Healing Through Mindfulness and Meditation Rewiring the Brain for Peace The Power of Breathwork Calming the Nervous System Naturally Nourishing the Body Diet Nutrition and Gut Health for Trauma Recovery The Role of Nature in Healing Grounding Forest Therapy and Sunlight Releasing Emotional Pain Journaling Art and Creative Expression Transforming Trauma into Strength Finding Purpose Through Healing This book is more than just information it's a roadmap to reclaiming your power Through science backed techniques and time honored healing practices you'll learn how to break free from the past release emotional pain and step into a future filled with possibility Scroll Up and Grab Your Copy Today



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