

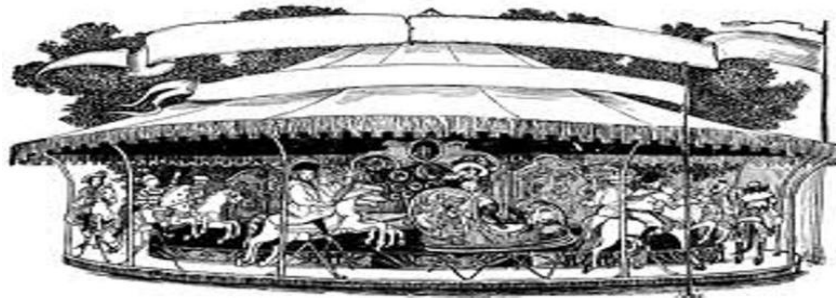
# Emotional Sobriety Workshop

## Explanation of Contents

The enclosed CDs and handouts were produced from the August, 2017 Emotional Sobriety Workshop. Some handouts relate to the Workshop structure, i.e. readings and agenda, while others are related directly to the workshop content on the CDs. The following describes how handouts relate to workshop content:

1. The agenda is the first handout discussed at the very beginning of the workshop. It identifies the time and sequence of topics and events, and when breaks and lunch is scheduled.
2. The Next Frontier: Emotional Sobriety handout is a letter Bill W. wrote in response to an AA friend's letter about struggles with depression despite his sobriety. It is used in
3. The St. Francis of Assisi Prayer handout is referenced in The Next Frontier letter. It is the prayer that is said at the closing of the workshop.
4. The Fourth handout entitled "Emotional Sobriety A Workshop" deals with the Steps, character defects, and solutions.
5. The Bedevilmments (p. 52 of the Big Book) handout delineates the vexations that plague a practicing, chronic alcoholic in his or her daily life.
6. The Bedevilmments vs. Promises (p. 83-84 of the Big Book) handout compares the vexations that plague a practicing, chronic alcoholic in his or her daily life.
7. Content on CDs.  
CD1 corresponds to the 10:05 am – Setting the Stage presentation  
CD2 corresponds to the 11:15 am – The Solution presentation  
CD3 corresponds to the 1:00 pm – Making a Decision presentation  
CD4 corresponds to the 2:00 pm – Inventory Work presentation  
CD5 corresponds to the 3:15 pm – Improving Conscious Contact presentation





# Emotional Sobriety Workshop

## References to Handouts and Steps

### Disc 1:

- Opening remarks (0:00)
- Personal background: (5:10)
- Handout #2:
  - reading from (35:36)
  - reference to “faulty dependencies” (16:20, 38:59)
- Handout #5:
  - reading from (2:15)
  - reference to “bedevilments” (21:25, 43:15, 51:32)
  - personal explanation of (24:35)
  - treatment of (32:26)
  - main problem vs. alcohol (33:42)
  - relief from (1:06:56)

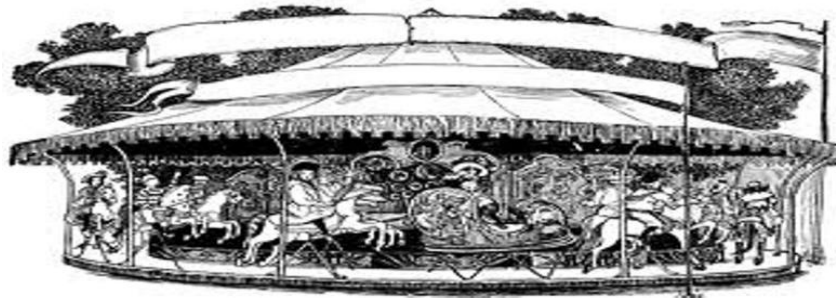
### Disc 2:

- Step 1 (9:06)
- Step 2 (11:41)
- Step 3 (22:52)
- Handout #2:
  - reference to “faulty dependencies” (7:53)
- Handout #5:
  - uncontrolled emotions of (1:11)
  - reference to “bedevilments” (3:15)
  - solution for (15:03)

### Disc 3:

- Step 3 (0:00)
- 3<sup>rd</sup> Step Prayer (1:15)
- Step 4/5 (5:22)
- Step 6 (1:07:45)





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## References to Handouts and Steps (cont.)

### Disc 4:

- Step 7 (11:58)
  - 7<sup>th</sup> Step Prayer (15:14)
- Step 8/9 (29:05)
- Step 9 (40:00)
  - promises (40:00)
- Step 10 (46:16)
  - promises (48:10)
- Handout #4:
  - handout reference (0:40)
- Handout #5:
  - reference to “bedevilments” (41:25)
- Handout #6:
  - handout reference (42:03)

### Disc 5:

- Step 10 (0:00)
  - promises (0:00)
- Step 11 (2:51)
- Step 12 (23:34)
- Handout #2:
  - reading from (29:30)
- Handout #3:
  - reading from (31:11)

