## Emotional Sobriety Checklist

## Your full name: xxxxxxxxxxxxxxxxxxxxxxxx

Your therapist/counselor's full name: xxxxxxxxxxxxxxxxxxxxx
Date submitted: xxxxxxxxxxxxxx

Instructions: Please tick the "I" statements currently applicable to you.
$\checkmark$ I accept things as they are.
$\checkmark$ I no longer blame others for my actions.
$\checkmark$ I no longer judge myself for experiencing difficult emotions.I always look at the light at the end of the tunnel during horrible times.I look at the silver lining whenever l'm facing something difficult.


I am grateful and appreciate what I have.I no longer feel bad about not having the things I want.

$\square$I no longer allow my emotions to dictate my behavior.
$\square$ I constantly practice letting go of jealousy.
$\square$ I constantly practice letting go of my resentments.
$\square$ I no longer allow social pressure to get to me.I no longer drink or use substances as a result of strong emotions.I can make sound decisions that are not influenced by emotions.I no longer feel the need to be "right."I'm not easily influenced by other people's opinions.l'm making an effort to be more honest.I can healthily reflect on what causes me to feel negative emotions.I'm no longer irritable.I'm no longer angry.
$\square$ I believe I can healthily face life's challenges.
$\square$ I try to ask for help from my support systems when I need it.
$\checkmark$
I can now set interpersonal boundaries and communicate effectively.

## ADDITIONAL COMMENTS

I'm still nihilistic, and somewhat misanthropic. I'm trying to fix that. Perhaps, in time, I'll be more optimistic while still being realistic. I hate feeling like there's no hope for myself or for things to get better in general, not just in my life, but the world at large. But l'd like to believe things have been going great for me ever since I started taking therapy. Hopefully, that's something you recognize, too.

