

# Emotional Sobriety Checklist

Your full name:

Your therapist/counselor's full name:

Date submitted:

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**Instructions:** Please tick the "I" statements currently applicable to you.

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- I accept things as they are.
- I no longer blame others for my actions.
- 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 I'm facing something difficult.
- I am grateful and appreciate what I have.
- I no longer feel bad about not having the things I want.
- I no longer allow my emotions to dictate my behavior.
- I constantly practice letting go of jealousy.
- I constantly practice letting go of my resentments.
- 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.
- I'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.
- I believe I can healthily face life's challenges.
- I try to ask for help from my support systems when I need it.
- I can now set interpersonal boundaries and communicate effectively.

**ADDITIONAL COMMENTS**