

## OBSERVATIONS REGARDING “EMOTIONAL SOBRIETY”

1. **P.A.U.S.E.** = **Pray And Use Spiritual Experience**
2. God does not do what I want Him to do ... He does what He knows I need Him to do.
3. My defects of character “blur the lens” of trying to see things as God sees them.
4. “Different” is not wrong — it is merely different — not an excuse to criticize or slander.
5. “Different” is not a threat — it is merely different — not an excuse to attack.
6. Our differences are our mutual strengths — honor differences without creating separation.
7. Disappointment is inevitable — discouragement is optional.
8. We learn more from “failing” than from succeeding —it’s not “failing” if we get up, move on.
9. The desire to control is an end in itself for some, but for most of us it is a desire for security.
10. A limitation is not a punishment.
11. Seeking and receiving help is not a weakness.
12. As I become less afraid and less selfish, I begin to see what in me God wants to grow.
13. Obsessively trying to please someone and trying not to disappoint someone are the same.
14. Be eager to simply describe someone rather than approve or disapprove of them.
15. I miss the blessings right in front of me while I worry about what I am missing — FOMO!
16. The “perfectionism irony”: I think my opinion is perfect when I know there is no such thing!
17. When I deny my powerlessness, I am denying my need and my opportunity for help.
18. A sponsor is a relationship for all times, good and bad ... not merely an emotional “EMT”.
19. Contentment is not what I have, but Who has me.
20. Uncertainty is not my enemy — uncertainty is where God is keeping the next big surprise.
21. Self-reliance is a good, God-given gift ... until it goes too far and exceeds God’s limitations.
22. There is no healthy emotional “up-side” to “what if”, “if only” and “yes, but”.
23. I do not have the right to take my anger out on others.
24. Manipulation of others is a manifestation of my lack of trust in God.
25. It is a *humble privilege* to receive ... it is a *grateful responsibility* to “pass it on”, to share.

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