



EMOTIONAL SOBRIETY

2026

Emotional Sobriety: *ALIGNMENT* with REALITY
IMPROVING CONSCIOUSNESS ~ Staying AWAKE
ENLARGING COMPASSION ~ Being HELPFUL



PRESENTERS: ALLEN BERGER, PhD & HERB KAIGHAN

Dr. Berger and Herb K. continue to explore the core components of **EMOTIONAL SOBRIETY**. They will help you become more aware of IMPROVING CONSCIOUSNESS and how unconsciousness impacts your life and influences your behavior. Learn how to break free from dependency, Step 10 - the primary tool of practicing **EMOTIONAL SOBRIETY**. Develop a **PRACTICE** of *emotional sobriety* which will increase your ability and confidence to cope with reality ... as it is Steps 11 & 12 - **DAILY!**

Emotional sobriety is an experience of JOY of LIVING. The purpose and outcome of our Step work and therapy is to construct a solid foundation for **JOY** in our life. Join us to explore this important vision of **FREEDOM** from:
ADDICTION - COMPULSION
UNMANAGEABILITY - Pursuit of **HAPPINESS**

Allen Berger, PhD,
Clinical Psychologist
(Clean & sober - July 1971)
Dr. Berger will discuss mental health concepts like emotional dependency, self-esteem, independence, interdependence and manifesting *our true self*.
www.abphd.com



Herb Kaighan,
Spiritual Direction
(Sober - February 1984)
Through working the Steps as contained in the Big Book, Herb experienced a profound spiritual awakening. He will discuss the impact of the Process, Principles for walking this path, **PRACTICE** of emotional sobriety to develop emotional maturity and *practice* of daily **intentional CONSCIOUSNESS & COMPASSION**.
www.herbk.com



REGISTER
ONLINE



Quarterly | Saturdays 10 AM - Noon:

March 14 ~ Grief

June 27 ~ Shame/Guilt

September 26 ~ Forgiveness

December 12 ~ Gratitude

Cost: \$75 per workshop

ZOOM information & links will be emailed prior to event.

For questions on content, email nan.herbk@gmail.com