



Syracuse Inter

Comprehensive c

# Emotional Sobriety

"You are addicted to the chaos because it makes you feel alive."

## The Concept

We talk about sobriety from alcohol or drugs. But many of us are "drunk" on our own emotions. We use drama, crisis, and intensity to regulate our nervous system.

When life gets calm, you get anxious. You pick a fight. You create a problem. You check your ex's social media. You need the "hit" of cortisol and adrenaline to feel normal.

## What is Emotional Sobriety?

Emotional Sobriety is the ability to sit with your feelings without acting on them. It is the capacity to feel bored, lonely, or anxious without creating a crisis to distract yourself.

## Deep Reflection

### The Addiction Cycle

1

#### The Trigger

You feel a "low" emotion: boredom, emptiness, subtle anxiety.

2

#### The Craving

You want to feel something intense. You want to feel "alive" or "justified."

3

#### The Acting Out

You send the risky text. You start the argument. You spiral into panic. You binge.

4

#### The Hangover

Regret. Shame. Exhaustion. "Why did I do that?"

Your Drug of Choice

What is your go-to emotional chaos? (e.g., Jealousy, Rage, Victimhood, Panic)

## The Turning Point (Action)

### Detox Protocol: The Pause

#### The Pause

The next time you feel the urge to create chaos, can you wait 10 minutes? What will you do in those 10 minutes?

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