

# The Emotional Sobriety Inventory - Revised (2012)

Allen Berger, Ph.D.

| Upsetting Event<br>(Great or Small) | Your reaction - how<br>you responded to<br>the situation. | Unenforceable Rule,<br>Demand or Claim | Unhealthy<br>Dependency | To stay centered I<br>need to _____. |
|-------------------------------------|---|--|-------------------------|--------------------------------------|
|                                     |   |  |                         |                                      |
|                                     |   |  |                         |                                      |
|                                     |   |  |                         |                                      |

**To Identify Your Unenforceable Rule, Answer the Following Question:** What should they have thought, or done, or said, or felt: To make you feel more loved, more self-esteem, more respected, etc.?