

What is “Emotional Sobriety”?

Definition of “Emotional”

Emotional: e·mo·tion·al – (adjective)

1. pertaining to or involving emotion or the emotions.
2. subject to or easily affected by emotion: *We are an emotional family, given to demonstrations of affection.*
3. appealing to the emotions: *an emotional request for contributions.*
4. showing or revealing very strong emotions: *an emotional scene in a play.*
5. actuated, effected, or determined by emotion rather than reason: *An emotional decision is often a wrong decision.*
6. governed by emotion: *He is in a highly emotional state of mind.*

—Synonyms

2. temperamental, effusive, demonstrative, sentimental.

—Antonyms

2. undemonstrative, unsentimental, inexpressive.

Word Origin & History

Origin:

1857, from **emotion** + -al . Related: Emotionally . Emotional intelligence coined by mid-1960s, popular from mid-1980s.

Definition of “Sobriety”

Sobriety: so·bri·e·ty –noun

1. the state or quality of being sober.
2. the quality of refraining from excess, temperance or moderation, esp. in the use of alcoholic beverages.
3. the quality of being seriousness, gravity, or solemnity: *an event marked by sobriety.*

Origin:

1375–1425; late ME *sobrietie* (< OF *sobriete*) < L *sobrietās*, equiv. to *sōbri* (*us*) sober + -*etās*, var. of -*itās* -ity after vowel stems

What is meant by “False Dependencies”??

Definition of “False”

False: - *adjective*, fals·er, fals·est, *adverb*

1. not true or correct; erroneous: *a false statement.*
2. uttering or declaring what is untrue: *a false witness.*
3. not faithful or loyal; treacherous: *a false friend.*
4. tending to deceive or mislead; deceptive: *a false impression.*
5. not genuine; counterfeit.
6. based on mistaken, erroneous, or inconsistent impressions, ideas, or facts: *false pride.*
7. used as a substitute or supplement, esp. temporarily: *false supports for a bridge.*
8. *Biology* . having a superficial resemblance to something that properly bears the name: *the false acacia.*
9. not properly, accurately, or honestly made, done, or adjusted: *a false balance.*
10. inaccurate in pitch, as a musical note.

—*adverb*

dishonestly; faithlessly; treacherously: *Did he speak false against me?*

—*Idiom*

play someone false, to betray someone; be treacherous or faithless.

Origin: bef. 1000;

—*Synonyms*

1. mistaken, incorrect, wrong, untrue.
2. untruthful, lying, mendacious.
3. insincere, hypocritical, disingenuous, disloyal, unfaithful, inconstant, perfidious, traitorous.
4. misleading, fallacious.
5. artificial, spurious, bogus, forged.

FALSE, SHAM, COUNTERFEIT agree in referring to something that is not genuine.

FALSE is used mainly of imitations of concrete objects; it sometimes implies an intent to deceive: *false teeth; false hair.*

SHAM is rarely used of concrete objects and usually has the suggestion of intent to deceive: *sham title; sham tears.*

COUNTERFEIT always has the implication of cheating; it is used particularly of spurious imitation of coins, paper money, etc.

Definition of “Dependency” (or Dependence)

Dependency : de·pend·en·cy *–noun, plural* -cies. Also, de·pend·an·cy.

1. the state of being dependent; dependence.

de·pend·ence

–noun

1. the state of relying on or needing someone or something for aid, support, or the like.
 2. reliance; confidence; trust: *Her complete reliability earned her our dependence.*
 3. an object of reliance or trust.
 4. the state of being conditional or contingent on something, as through a natural or logical sequence: *the dependence of an effect upon a cause.*
 5. the state of being psychologically or physiologically dependent on a drug after a prolonged period of use.
 6. subordination or subjection: *the dependence of Martinique upon France.*
- Also, de·pend·ance.

Origin:

1400–50; late ME *dependaunce* < OF *dependance*, equiv. to *depend* (*re*) (see depend) + *-ance* -ence

—Related forms

non·de·pend·ance, *noun*

non·de·pend·ence, *noun*

o·ver·de·pend·ence, *noun*

pre·de·pend·ence, *noun*

self·de·pend·ence, *noun*

sem·i·de·pend·ence, *noun*

dependence

1530s (n.), c.1600 (adj.), from Fr. *dépendance* (15c.), from O.Fr. *despendence* (14c.), from *dependant*, from L. *dependere* (see depend). Originally also dependance (the earlier form), depending whether the writer had French or Latin foremost in mind, the Latin form gradually predominated and after c.1800 *dependance* is rare.

“As Bill Sees It”

Dependencies:

Pg 63 – *“Free of Dependence”*

1. Grapevine, January 1958 (*below*)

Pg 72 – *“Dependence – Unhealthy or Healthy”*

1. Letter-1966
2. 12x12 (*Step 12 pg 116*)

Letter 1966

“Nothing can be more demoralizing than a clinging and abject dependence on another human being. This often amounts to the demand for a degree of protection and love that no one could possibly satisfy. So our hoped for protectors finally flee, and once more we are left alone – either to grow up or to disintegrate.”

Pg 176 – *“Domination and Demand”*

1. 12x12 (*Step 4 pg 53*)
2. Grapevine, January 1958 (*below*)

Pg 239 – *“When and How to Give”*

1. BB (*Working with Others pg 98*)

Pg 252 – *“Alone No More”*

1. 12x12 (*Step 12 pgs 116-117*)

Pg 265 – *“Neither Dependence nor Self-Sufficiency”*

1. 12x12 (*Step 12 pg 115*)
2. BB (*How it Works pg 68*)

Pg 288 – *“Emotional Sobriety”*

1. Grapevine 1958 (*below*)

Reliance on a Higher Power

Pg 26 – “*True Independence of the Spirit*”

1. 12x12 (Step 3 pg 36-37)

Pg 33 – “*Foundation for Life*”

1. 12x12 (Step 11 pg 104)
2. 12x12 (Step 11 pg 102)
3. 12x12 (Step 11 pg 98)

Pg 55 – “*Seeking Guidance*”

1. Letter 1950

Letter 1950

“Man is supposed to think, and act. He wasn’t made in God’s image to be an automaton.

“My own formula along this line runs as follows: First, think through every situation pro and con, praying meanwhile that I not be influenced by ego considerations. Affirm that I would like to do God’s will.

“Then, having turned the problem over in this fashion and getting no conclusive or compelling answer, I wait for further guidance, which may come into the mind directly or through other people or through circumstances.

“If I feel I can’t wait and still get no definite indication, I repeat the first measure several times, try to pick out the best course and then proceed to act. I know if I am wrong, the heavens won’t fall. A lesson will be learned in any case.”

Pg 66 – “For Emergencies Only?”

1. 12x12 (Step 7 pgs 75)

Pg 78 – “Clearing a Channel”

1. 12x12 (Step 11 pgs 102-103)

Pg 87 – “Keystone of the Arch”

1. BB (We Agnostics pg 48)
2. BB (How it Works pg 62)

Pg 93 – “Atmosphere of Grace”

1. 12x12 (Step 11 pgs 97-98)

Pg 104 – “Our New Employer”

1. BB (How it Works pg 63)

Pg 107 – “Two Kinds of Pride”

1. Grapevine, August 1961
2. 12x12 (Step 2 pg 30)

Pg 117 – “The Sense of Belonging”

1. 12x12 (Step 11 pg 105)

Pg 122 – “Willingness is the Key”

1. 12x12 (Step 3 pg 35)

Pg 129 – “The Way of Strength”

1. BB (How it Works pg 68)

Pg 139 – “Basis of All Humility”

1. 12x12 (Step 7 pg 72)

Pg 155 – “Built by the One and the Many”

1. AA Comes of Age (p. 234)
2. Talk 1959

Pg 200 – “In Partnership”

1. 12x12 (Step 12 pgs 115-116)
2. AA Comes of Age (pgs 287-288)

Pg 206 – “Praying for Others”

1. 12x12 (Step 11 pg 104)

Pg 210 – “*Out of Bondage*”

1. BB (How it Works pg 63)

Pg 221 – “*Reaching for Humility*”

1. 12x12 (Step 7 pg 75)
2. Letter, 1966

Pg 239 – “*When and How to Give*”

1. BB (*Working with Others* pg 98)

Pg 249 – “*God’s Gifts*”

1. Grapevine July, 1965

Pg 265 – “*Neither Dependence nor Self-Sufficiency*”

1. 12x12 (Step 12 – pg 115)
2. BB (How it Works – pg 68)

Pg 293 – “*Rebellion or Acceptance*”

1. 12x12 (Step 11 pg 105)
2. Grapevine, June 1958

Pg 319 – “Two Authorities”

1. AA Comes of Age pg 105
2. AA Today pg 11

Pg 329 – Do it Our Way?

1. 12x12 (Step 11 pg 102)

Grapevine – August, 1961 (“As Bill Sees It” pg 107)

“The prideful righteousness of “good people” may often be just as destructive as the glaring sins of those who are supposedly not so good.”

AA Comes of Age (pg 234) (As Bill Sees It” – pg 155)

We give thanks to our Heavenly Father, who, through so many friends and through so many means and channels, has allowed us to construct this wonderful edifice of the spirit in which we are now dwelling – this cathedral whose foundation already rest upon the corners of the earth.

On its great floor we have inscribed our Twelve Steps of recovery. On the side walls, the buttresses of the AA Traditions have been set in place to contain us in unity for as long as God may will it so. Eager hearts and hands have lifted the spire of our cathedral in place. That spire bears the name of Service. May it ever point straight upward toward God.

Talk – 1959 (“As Bill Sees It” – pg 155)

It is not to the few that we owe the remarkable developments in our unity and in our ability to carry AA’s message everywhere. It is to the many; indeed, it is to the labors of all of us that we owe these prime blessings.”

AA Comes of Age (pgs 287-288) (“As Bill Sees It” - Pg 200)