

# *Emotional Sobriety*



**From Relationship Trauma to  
Resilience and Balance**

**Tian Dayton, PhD**

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# Emotional Sobriety From Relationship Trauma To Resilience And Balance

**Tian Dayton**



## **Emotional Sobriety From Relationship Trauma To Resilience And Balance:**

**Emotional Sobriety** Tian Dayton, 2007-12-10 Do you use substances or engage in compulsive activities to regulate your mood Do you reach for something sweet a couple of drinks or a pack of cigarettes after a difficult day because you can't unwind without them Do you race to the stores to spend away the day's frustrations or run around in circles taking more time to get less done If these self-defeating habits sound familiar Emotional Sobriety will shed light on why and how these coping mechanisms threaten your health and impact resilience When we manage the stresses of the day by turning to outside mood managers such as food sex work shopping gambling drugs and alcohol rather than healthier forms of self-soothing it is because we lack emotional sobriety the state of processing our thoughts efficiently to bring our emotions into balance says bestselling author and renowned addictions psychologist Tian Dayton Ph D In her latest book Emotional Sobriety Dr Dayton shares compelling honest tales of her life experiences and case studies of those she has counseled Illustrating that emotional sobriety is a mind-body phenomenon Dr Dayton includes ideas on how to attain emotional literacy the skill of translating feelings into words so that we can use our thought processes to understand and bring our emotions into balance and how to calm the limbic system so that we can actually experience what we're feeling The limbic system processes our emotions and governs our mood appetite and sleep cycles Repeated painful experiences in childhood or adulthood over which we have no ability or sense of control or escape can oversensitize us to stress and deregulate our limbic system Dr Dayton shows you through concrete examples how to bring your emotions and thoughts into balance and learn healthy ways of self-soothing to relieve symptoms of depression anxiety rage and the desire to self-medicate

**Emotional Sobriety Workbook** Tian Dayton, 2009-10 This workbook is designed to go with my book Emotional Sobriety From Relationship Balance to Resilience and Balance not to be used on its own Emotional Sobriety is available everywhere books are sold and through my web site tiandayton.com This workbook not a substitute for therapy nor does it give any advice or direction beyond that of any book The writer cannot assume any responsibility for interpretations made This workbook includes questions self-assessments and journaling exercises designed to help you to develop the skills of emotional sobriety Work on sections in order or in whatever way best suits your needs

**Emotional Sobriety** Tian Dayton, 2010-01-01 Picking up right at the point where Janet Woititz's 1990 hit book Adult Children of Alcoholics left off clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction abuse and dysfunction Dr Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain With compassion and clear explanations and her own personal journey Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety In Emotional Sobriety Dr Dayton teaches readers How to understand the mind-body relationship of addiction and relationship trauma How to rewire your

brain to undo the negative effects trauma has on personal career and romantic relationships How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa **The 30-Day Sobriety**

**Solution** Jack Canfield,Dave Andrews,2016-12-27 Jack Canfield the 1 New York Times bestselling author of the Chicken Soup for the Soul R franchise and coauthor of The Success Principles and Dave Andrews a recovery expert join forces to present a sensitively written yet no nonsense guide Publishers Weekly starred review to help you cut back or quit drinking entirely in the privacy of your own home For readers who sincerely want to stop drinking the lessons in this book will pave the way Library Journal Not everyone wants to join a support group to deal with their drinking problems With that in mind Canfield and Andrews carefully guide readers through a series of daily solutions which include psychological insights personal accounts some from celebrities and honest appraisal Anyone who needs to be kept on track or inspired will find genuine help in this honest insightful book Booklist The 30 Day Sobriety Solution grew out of Jack Canfield s decades long work in self esteem and success training Its principles were carefully developed into a program by Dave Andrews and tested by thousands whose inspiring stories of recovery are shared throughout the book Organized into five phases that span 30 day periods this book guides you through each day with practical exercises that over time allow you to more easily make positive choices again and again Integrating neuroscience cognitive therapy proven tools and teachings The 30 Day Sobriety Solution s daily program will help you achieve your goals whether that s getting sober or just cutting back and create positive permanent change in your life

*Trauma and Addiction* Tian Dayton,2000-05 The author weaves solid scientific findings with her professional and personal experience into a thoughtful analysis of traumatic experience secrecy and addictive behaviors *Healing Through the Arts for Non-Clinical Practitioners* Bopp, Jenny,Grebe, Amy M.,Denny, Joanna

Hope,2018-09-07 Time and time again the arts have been called on to provide respite and relief from fear anxiety and pain in clinical medicinal practices As such it is vital to explore how the use of the arts for emotional and mental healing can take place outside of the clinical realm Healing Through the Arts for Non Clinical Practitioners is an essential reference source that examines and describes arts based interventions and experiences that support the healing process outside of the medical field Featuring research on topics such as arts based interventions and the use of writing theatre and embroidery as methods of healing this book is ideally designed for academicians non clinical practitioners educators artists and rehabilitation professionals A Man's Way through Relationships Dan Griffin,2014-07-28 An essential guide to the challenges men face in creating healthy and engaged relationships in all areas of their lives Every idea is presented through the lens of the Man

Rules the often unconscious ideas men carry with them into every relationship they have that affect their ability to find true connection A Man s Way through Relationships offers practical advice and inspiration for men to define with their partners their own sense of masculinity and thus heighten their potential to love and be loved Dan Griffin excerpts interviews with men who share their innermost lives and experiences with relationships He draws from his own life with over two decades of

recovery and ten years of marriage Readers will learn to recognize how their ideas about masculinity have shaped who they are and how they approach their relationships For every man who has wandered through the entanglements of love unwilling to ask for directions and secretly hoping for a guide Dan Griffin offers a clear and comprehensive road map For any man serious about love and any woman who loves him this book is a must Terrence Real Author of I Don t Want to Talk About It Overcoming the Secret Legacy of Male Depression      **Neuropsychodrama in the Treatment of Relational Trauma** T. Dayton, 2015-11-10 There is a growing awareness that the body as well as the mind needs to be involved in therapy Neuroscience and attachment theories have clearly demonstrated that emotion is a physiological as well as a mental phenomenon Dr Dayton s approach to experiential work has been in the forefront of what is now so commonly in use in treatment centers that it has become mainstream Used in treating relational trauma and PTSD neuropsychodrama is designed to be easily incorporated into existing programs regardless of length of stay and can be used in outpatient settings group and one to one practices Additionally she has created a model of treatment called Relational Trauma Repair RTR which is a multi sensory model used in the treatment of relational trauma issues Neuropsychodrama in the Treatment of Relational Trauma provides education woven into a healing interactive experience It will mobilize engage bond and motivate groups through a process that is interactional and relational and progressively imparts skills of emotional literacy and emotional regulation      Sociometrics Tian Dayton, 2022-08-30 In Sociometrics Tian Dayton masterfully integrates principles of group dynamics and psychodrama therapies with insights into bodily states and feelings gained from contemporary neuroscience Sociometrics infuses therapeutic principles in an intuitive and functional program that shifts the agent of healing from the therapist to the group We learn that through sociometrics the threads of healing are woven as the client experiences a reconnection with the inner self and a connection with others Stephen W Porges PhD Distinguished University Scientist Indiana University Professor of Psychiatry University of North Carolina creator of the Polyvagal Theory Embodied relational processes designed to add experiential therapy into addiction treatment centers IOPs and one to one or group therapy settings Relational trauma can cause a loss of connection with the self and impact our ability to engage comfortably in intimate connection with others Feeling misread neglected or abused by the people we want most to be loved by is a traumatizing experience that is cumulative When these relational wounds remain unseen and unresolved they can become the pain pump fueling self medicating and dysfunctional behaviors that silently pass down through generations Sociometrics are embodied research based processes that educate clients about trauma grief and resilience as they offer in the moment experiential relational trauma repair Created by Dr Tian Dayton to fit easily into outpatient programs clinics and one to one settings sociometrics help to take the guesswork out of incorporating experiential therapy into treatment They give therapists a clear process that builds momentum for deep change and personal growth Harnessing the therapeutic power of the group they teach skills of emotional literacy and self and co regulation The combination of sociometrics and simple role

plays allow the body as well as the mind to find a voice They draw on the theory base of psychodrama and sociometry the first forms of mind body experiential therapy created by the father of group therapy Jacob Levy Moreno **Hopeful**

**Healing** Mackenzie Phillips, 2017-02-07 Actress and author of the courageous New York Times bestselling memoir *High on Arrival* Mackenzie Phillips Hollywood's go to person on substance abuse and a visible and outspoken advocate for addiction awareness and education brings her knowledge and voice on the subject of recovery for the first time and shares her experiences for those who are trying to overcome addiction As the daughter of lead singers of the 1960s band The Mamas and The Papas Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near fatal drug addiction Now delivered with warmth and candor she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor Using her own life experiences as examples of proven recovery methods she shares the tools and holistic approaches that are available to help you on your journey to recovery Treatment is not one size fits all and Mackenzie encourages addicts and their support networks to research the methods that most effectively address their individual physical mental and spiritual wellbeing Used by both recovering addicts and their families Mackenzie's book is a message of hope and reminds us that sobriety is a lifelong journey of the spirit that allows us to lift ourselves up even when we stumble and fall **Women and Recovery**

Kitty Harris, 2012-05-07 A breakthrough recovery plan for women who struggle with alcoholism based on a groundbreaking new model Tens of millions of women today drink to excess and their numbers are growing Now Dr Kitty Harris an experienced counselor and therapist who is herself a recovering alcoholic with more than thirty years of sobriety presents a new model for recovery that focuses on treating the pain in women's lives that can lead to a vicious cycle of addiction not on the shame that fuels it Combining her personal and professional experience Dr Harris offers tools that can help women who want to recover as well as friends or family members who are seeking help for a loved one Focuses on dealing with the pain associated with alcoholism in women not reinforcing the shame Discusses the different types of female drinking habits including binge drinking and drunkorexia Takes a plain language jargon free approach that is easy to understand and shares the stories of recovering women of all ages and from all walks of life Is written by Dr Kitty Harris Director of The Center for the Study of Addiction and Recovery at Texas Tech University with twenty five years of private clinical experience working with adults and adolescents 12 Stupid Things That Mess Up Recovery & 12 Smart Things to Do When the Booze an Allen

Berger, 2010-11-17 A bundle of two ebooks by recovery expert Dr Allen Berger to help you avoid pitfalls and be proactive in your recovery journey *12 Stupid Things That Mess Up Recovery* contains concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness To grow in recovery we must grow up emotionally This means getting honest with ourselves and facing up to the self defeating thoughts and actions that put our sobriety at risk Although there are as many ways to mess up recovery as there are alcoholics and addicts some general themes exist which include confusing

self concern with selfishness not making amends using the program to try to become perfect not getting help for relationship troubles and believing that life should be easy In simple down to earth language Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery He then provides tools for working through these problems in daily life 12 Smart Things to Do When the Booze and Drugs Are Gone offers a fresh list of smart things to do to attain and sustain emotional sobriety Whether it s called dry drunk or white knuckle sobriety it s that stage in recovery when we realize that putting the plug in the jug isn t enough The next step is taking responsibility for the emotional immaturity that fuels our addictive personality and has a tremendous impact on ourselves and others These smart things include understanding who you are and what s important to you learning not to take others reactions personally trusting your inner compass and taking responsibility for your reactions to problematic situations     The ACOA Trauma Syndrome Tian Dayton,2012-09-03 Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long term post traumatic stress effects that adversely compromise adult relationships Bestselling author psychologist and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood and she shows how these traumas can become catalysts for unhealthy self medicating behaviors including drug and alcohol abuse food issues and sex gambling and shopping addictions Through Dr Dayton s insightful analysis and thoughtful examination Adult Children of Alcoholics will learn how and why the pain they experienced in childhood plays out in the     *Healing in Action* Barney Straus,2018-09-04 *Healing in Action* Adventure Based Counseling with Therapy Groups is a practical guide for therapists wanting to integrate interactive games and challenges into their work It provides current research supporting using ABC with trauma survivors and those recovering from addictions as well as its efficacy with a broader population Twelve activity based chapters take the reader through various one hour sessions of activities based on a particular theme or material used complete with 50 descriptive photos of groups in action Therapists will be able to use these activities to help their patients experience in vivo the joy freedom and playfulness that are the hallmarks of sound mental health With its combination of sound theoretical material and practical application this book is a valuable resource for practitioners and graduate students alike     Stop People Pleasing Hailey Magee,2025-05-20 A viral life coach offers a practical empathetic and inspiring guide to breaking people pleasing patterns that can harm our careers relationships and physical and psychic health For most of Hailey Magee s life people pleasing came so naturally to her that she didn t even have a word for it When somebody wanted something from her even a stranger she gave it no matter how uncomfortable exhausted or resentful she felt inside People pleasing she learned was a coping mechanism that had kept her physically and emotionally safe in the past but wreaked havoc on her life in the present and she was committed to breaking the pattern once and for all The solution that social media and self help shelves gave her was to Advocate for yourself Speak up Set boundaries But after years of ignoring her feelings and needs Magee needed more than

boundaries she needed to reconnect with the self who was supposed to be doing the advocating You can't express yourself if you're cut off from your feelings You can't fight for your needs if you don't know what they are And you can't set boundaries with others until you believe you're worthy of more than the bare minimum Radically reconnecting with herself gave Magee the confidence and self respect she needed to stand up for herself in her relationships As she experienced a freedom she never thought possible she became a certified life coach with the mission of helping others do the same Stop People Pleasing explains how anyone can break the pattern by learning their own feelings needs values and desires ending cycles of enmeshment and codependency overcoming guilt developing physical and sexual agency and more It is a refreshingly nuanced guide exploring fundamental questions like How can I tell when my genuine kindness veers into people pleasing How can I set boundaries while maintaining my empathy and generosity When is it appropriate to compromise on my needs and when is it not Combining social science psychology and hands on coaching exercises Stop People Pleasing teaches you how to connect with your own feelings needs and dreams courageously advocate for yourself in your relationships with friends family and colleagues soothe yourself through the growing pains of healing and dive headfirst into pleasure and play With fresh insight heartfelt empathy and a keen personal understanding of the pitfalls of people pleasing Magee helps you say what you need and get what you deserve

**After the Tears** Jane Middleton-Moz, Lorie Dwinell, 2010-09 The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage If you grew up in an addicted family the dysfunction that permeated every aspect of your childhood may have seemed normal and you may not even realize the level of affect alcohol still has on your adult life whether or not you drink If you are one of the millions of Adult Children of Alcoholics ACOAs the cost of your childhood pain can be unbearable You may have learned how to survive but are you living your life Do you fear normal conflict Do you blame yourself when something goes wrong even when it isn't your fault Are you a chaos junkie Or do you just fear relationships because they are too difficult or too painful Having devoted much of their careers to working with ACOAs therapists Jane Middleton-Moz and Lorie Dwinell now take a deeper look into the origin and cost of childhood pain as well as the grief resolution process that is integral to recovery This revised and expanded edition of their groundbreaking 1986 hit *After the Tears* discusses the latest research and offers insights on living a good life despite a dysfunctional childhood by tackling issues such as intimacy sibling relationships codependency breaking the alcoholic pattern building a relationship with the inner child forgiveness and opening a window to spirituality

**Soul Silence** Peter Amato, 2010-11 The millions of recovering addicts who attend Twelve Step programs around the world each day for issues ranging from alcoholism to overeating codependence gambling and even chronic lateness quickly learn that sobriety and abstinence hinge on a decision to turn over their will and life to a Power greater than themselves They also learn through the program's 11th Step that prayer and meditation are vital tools for making this conscious contact with a Higher Power of their understanding

**Parents in Recovery** Sarah Allen Benton, 2024-10-15 For parents in recovery PIRs the process of recovery



is so much more than just stopping drug and alcohol abuse Parents facing these challenges will feel understood and supported Booklist I am just like other parents except Parents in Recovery is not a book about how to parent It is also not a book about how to get sober Instead it is meant to be a guide for parents in recovery PIRs from substance use disorders that provides insights and strategies for coping with the many unique and not so unique challenges they may face It is also intended to give the loved ones and families of PIRs an inside look at this world and explain why certain changes and behaviors are necessary to maintain long term recovery Each chapter is an integration of research the voices of parents in recovery input from addiction treatment experts parent recovery wisdom suggestions and the author s past journal accounts This guidebook can support mothers and fathers in navigating their way through parenting with a sober lifestyle which includes physical emotional social spiritual behavioral environmental and vocational wellness It is written for those who have embraced sobriety before during or after becoming a parent and can serve as a job aid on this journey Key topics include love and marriage family systems work and life balance self care parenting types sober socializing coping with hard times mental health and recovery pride This book also addresses modern day challenges including the use of electronics social media career identity social trends non traditional parental roles and living in a post COVID 19 pandemic world While many parents feel shame associated with aspects of their addiction this book emphasizes the gifts and accomplishments of being in recovery and how they positively impact the entire family system

**Starve the Ego: Feed the Soul! Souldrama: Ignite Your Spiritual Intelligence!** Connie Miller, 2010 This is a story about relationships A story about a man named Iye who has been searching for his soulmate In order to find his partner he must leave the land of Ego and pass through seven doors of spiritual transformation of souldrama Each door offers and challenge and a gift upon its completion Will he complete the journey Today we seem to search for meaning and purpose in our lives and begin a spiritual journey as we ask ourselves Is this all there is What keeps people stuck in relationships careers addictions Souldrama helps us to move past the resistance in our lives preventing us from accessing our higher purpose Souldrama integrates all three levels of intelligences our rational emotional and spiritual through a group process that puts spirituality into action The end result helps us to create spiritually intelligent leadership Souldrama moves group therapy and psychodrama to another level that of the transpersonal

**The Soulful Journey of Recovery** Tian Dayton, 2019-11-05 More than just a book full of the latest information this is a dynamic interactive and personalized journey of recovery for those impacted by adverse childhood experiences ACES Finally they can put their past behind them where it belongs For those who have grown up in a family with addiction mental illness or other adverse childhood experiences ACES the heartache and pain doesn t end when they grow up and leave home The legacy can last a lifetime and spread to generations unseen as author Janet Wotitz first showed readers in the groundbreaking Adult Children of Alcoholics In The ACoA Trauma Syndrome Dr Tian Dayton picked up where Dr Wotitz left off filling in the decades of research that tell us why pain from yesterday recreates itself over and over again in our today In

The Soulful Journey of Recovery Dr Dayton gives us the how There is a journey of recovery that you can start today Simple elegantly written and researched poignant penetrating and on point Dr Dayton will move with you through the confusion pain and anger you may carry in secrecy and silence Through engaging and enlightening exercises you will give voice to hidden wounds and space to your innermost emotions and thoughts Online links will also offer guided meditations film clips and other tools to enhance the work you do in the book You will learn what happened to you growing up with dysfunction and you will learn how to deal with it in the present You will discover that recovery is a self affirming life adventure and the kindest and best thing you can do for yourself and future generations Some books can change your life This is one of them

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## **Table of Contents Emotional Sobriety From Relationship Trauma To Resilience And Balance**

1. Understanding the eBook Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - The Rise of Digital Reading Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Advantages of eBooks Over Traditional Books
2. Identifying Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - User-Friendly Interface
4. Exploring eBook Recommendations from Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Personalized Recommendations
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance User Reviews and Ratings
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance and Bestseller Lists

5. Accessing Emotional Sobriety From Relationship Trauma To Resilience And Balance Free and Paid eBooks
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance Public Domain eBooks
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance eBook Subscription Services
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance Budget-Friendly Options
6. Navigating Emotional Sobriety From Relationship Trauma To Resilience And Balance eBook Formats
  - ePub, PDF, MOBI, and More
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance Compatibility with Devices
  - Emotional Sobriety From Relationship Trauma To Resilience And Balance Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Highlighting and Note-Taking Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Interactive Elements Emotional Sobriety From Relationship Trauma To Resilience And Balance
8. Staying Engaged with Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Emotional Sobriety From Relationship Trauma To Resilience And Balance
9. Balancing eBooks and Physical Books Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Emotional Sobriety From Relationship Trauma To Resilience And Balance
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Setting Reading Goals Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Fact-Checking eBook Content of Emotional Sobriety From Relationship Trauma To Resilience And Balance
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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

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