

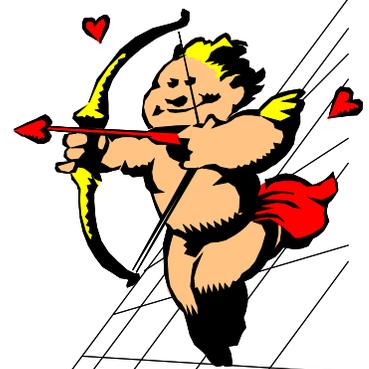
Al Kohallek Goes Emotional

“Now about emotions. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It’s so easy to get way off the track. Here we find human opinions running to extremes-absurd extreme, perhaps. We all have emotional problems. We’d hardly be human if we didn’t. What can we do about them?” (Alcoholics Anonymous reprinted with permission).

Well that’s one of the questions the following Inventory will address. However, a more important question is what are we willing or able to do about all of our relationships? In fact, if we changed our point of reference as to a different type of relationship, we would find this Inventory useful.

ACTION

1. Respond to each of the questions, some you will hate.
2. Keep your response brief, simple and to the point. If you need additional space use the back of the facing page.
3. Keep the Basic Format For A Step Four Inventory handy.
4. Review your work to this point. Those items that you had a strong response to spend a little more time on.
5. Write out your new plan of action and/or inaction.



EMOTIONAL INVENTORY



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CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff.

You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

<p><i>Al Kohallek wants to have more say so about his emotions – Now Lou-is Pazeniton suggested that he apply his Steps on his emotions just as he had on his primary disease.</i></p>	<p>If I want the fullness of life – if I want loving, caring relationships with whomever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. I must learn to do something with my emotions. Then I can look to our Father to do the deed. If the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become; forgiven forgivers forgiving. Our emotions can be transformed into something loving and useful. The following are a group of thoughts and ideas about our emotions – check them over – take some and leave some. Al Kohallek (Alcoholic) found them very useful. Lou-is Pazeniton (Lou is passing it on) is Al's sponsor.</p>
<p>OUR MISSION Al Kohallek has Questions -- What Is It? How Does It Work? What's In It For Me?</p>	<p>Our primary purpose of this workshop is to offer additional tools, which could enable you <i>to practice these principles in all your affairs</i>. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well that's what this little workbook is about. The main focus of this workshop will be on forgiveness. We will use this process to help chip away all that is not our God-created self, to help us open up and realize our Spiritual Gifts, which is our true nature.</p>
<p>POWER SUPPLY <i>Lou-is Pazeniton tells Al Kohallek about Three Spiritual Gifts</i> <i>1st Spiritual Gift Awakening – The correct word</i></p>	<p>"Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a <i>Power greater than ourselves</i>. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (<u>Alcoholics Anonymous</u> page 45 reprinted with permission) The main object of this workshop is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Step Twelve opens with: <i>"Having had a spiritual awakening as the result of these steps..."</i> This spiritual awakening, this Gift, is the first of our three primary goals of this workshop.</p>
<p>SHARING <i>2nd Spiritual Gift Love is the message And the messenger</i></p>	<p>One of the most common human needs is love. The second part of Step Twelve is; <i>"...we tried to carry this message."</i> This is sharing; this is Love. We give but little when we give of our possessions, it is when we give of ourselves that we truly give. In the act of giving, "passing it on", what we have received, we realize that giving and receiving are the same? In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.</p>
<p>INDIVIDUAL SELF <i>3rd Spiritual Gift Finding our purpose And living it</i></p>	<p>Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: <i>"...and to practice these principles in all our affairs."</i> The only way we can fully realize who we are is to share what we currently are as the result of this process. When we are God-centered even for a moment we will have all the power and wisdom we need. In that moment we will be told, shown what to do, say, think and feel in a way we can currently hear, understand and follow.</p>

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STEP ONE - (Honesty) We admitted we were powerless over alcohol – That our lives had become unmanageable.

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us this personal “reality” has a lot of limiting, useless, even harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we really don’t have any real individual purpose or meaning.

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that cause the healing are found in the process of doing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our life to which we may choose to apply it. It

begins with the realization that we are powerless to Change, alone and unaided. The mind set that made us sick will not, cannot make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us that have been around the program for some time and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we really want to live in any area, we start at Step One and take the first nine Steps in order. A dentist had a sign in his office, “Only floss those teeth you want to keep”. We are saying: only practice this program in the areas of your life that you want to be joyous, happy and free in. We suggest that you keep your response to the questions or statements on emotions positive or negative. Questions for Step One:

1. List those emotions that you most want and/or need to deal with. Choose one.
2. What pain or fear do you associate with changing your emotions?
3. What pleasure are you getting out of not changing?
4. What will it cost you if there is no real emotional change?
5. What are the benefits you could gain by having real emotional change?
6. How have your emotions placed your important relationships in jeopardy? (Example)
7. Have you lost self-respect and/or reputation due to your emotional responses?
8. Have these emotions made your home life unhappy?
9. Have these emotions caused any type of illness? (Example)
10. Do you turn to the type of person that enables you to practice these emotions?
11. What part of these emotions do your loved ones, friends, family or business associates object to the most?
12. What type of abuse has happened to you and/or others due to these emotions? (Example)
13. List examples of what you have done in the past to fix, control or change these emotions?
14. What are the feelings, emotions, and conditions you have tried to alter or control?
15. At this time ask yourself, “If this is such an important area in my life, why haven’t I changed?”
16. Am I now willing to do whatever it takes to experience a complete change, healed or transformed?
17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over my emotions, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage my emotions, positive or negative.

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STEP TWO (HOPE) Came to believe that a Power Greater than ourselves could restore us to sanity.

Step One shows us our problem - we are powerless over our little personal "reality". That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we are unable to consistently manage our thoughts, feelings, or actions.

Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves.

So how do we do this, how do we get from Step One, the problem, to Step Two, the Solution? Well that's what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what's to come.

- a). Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself, be precise. If you cannot recall an experience related to the area, (emotions) you are presently working on. Any experience with your invisible means of support will do.

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- b). List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to begin to build a new habit of gratitude in our everyday life. We are suggesting that you keep this running list of "I am grateful for:" at least 40 days. I AM GRATEFUL FOR:

STEP THREE (FAITH) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Making a decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change but we have the same old personal "reality," then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say to ourselves, "I'm going to do this thing come hell or high water," and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves.

This, by the way, is one of the main characteristics of addictions, the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual

behavior alone and unaided. It does not hurt much until we really try our best to stop, to change and cannot. This really **trying alone and unaided with the same old personal "reality," is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

"There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works." (Twelve Steps and Twelve Traditions, Step Three reprinted with permission)

There were ten black birds on a wire. One decided to fly. How many were left? Ten. One decided but none flew. That was a meaningless gesture.

1. State what it means to you when you make an important decision.
2. State what is this "will" and "life" you are asked to turn over.
3. State what it means to you "to the care of God."
4. State what it means to you "as you understood Him."

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(A) A QUESTION OR STATEMENT:	<i>List examples where your selfish or self-centeredness got in the way of unity, love or "our common welfare."</i>
(B) RESPONSE:	<i>My wife found out about my mistress when I went by the office drunk</i>

(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?
<i>Mr. Brown</i>	<i>His attention to my wife – told my wife about my mistress – He's after my job</i>

(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED?
<i>Trust and love</i>	<i>My wife does not love or trust me – Brown told my boss about my drinking</i>

(G) RECEIVING AND GIVING LOVE:	(H) VALUED AS THE INDIVIDUAL I AM:
<i>I must have someone to love & I must be loved</i>	<i>I am of more value than I am demonstrating</i>

(I) WHAT WAS MY PART AT THE TIME?	(J) HOW WAS I AFFECTED AT THE TIME?
<i>I shouldn't have gone by the office drunk</i>	<i>I was really stressed out so I drank more</i>

(K) HOW DO I SEE MY PART TODAY?	(L) HOW AM I AFFECTED TODAY?
<i>I was so selfish, lustful and I drank too much</i>	<i>I was caught and my denial came down</i>

(R) RATIONAL (I) IRRATIONAL

(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I
<i>Brown/My Wife</i>	<i>I fear Brown will get my wife and my job</i>		<i>x</i>

(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM:	(R) HOW DID I HARM MYSELF?
<i>Wife/Brown/Mistress</i>	<i>I was unfaithful to my wife – I burned Brown – I used my mistress</i>	<i>I cut myself off from the love I needed – drank too much</i>

(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?	(T) AM I WILLING AND ABLE TO FORGIVE MYSELF?
<i>Yes – I am willing and able</i>	<i>Yes – I am willing but I am not able</i>

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(A) A QUESTION OR STATEMENT:	
(B) RESPONSE:	

(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?

(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED?

(G) RECEIVING AND GIVING LOVE:	(H) VALUED AS THE INDIVIDUAL I AM:

(I) WHAT WAS MY PART AT THE TIME?	(J) HOW WAS I AFFECTED AT THE TIME?

(K) HOW DO I SEE MY PART TODAY?	(L) HOW AM I AFFECTED TODAY?

(R) RATIONAL (I) IRRATIONAL			
(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I

(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM:	(R) HOW DID I HARM MYSELF?

(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?	(T) AM I WILLING AND ABLE TO FORGIVE MYSELF?

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The following list is a thought starter to help identify your habits of thoughts and feelings in the area of emotions. Go through the whole list first marking the ques-

tions that cause you to have a strong reaction, good or bad. Go back to these questions and include them in your Inventory.

1. Do you try to control how much of your emotions to express, how often and with who?

2. Do you find yourself unable to stop your emotions, negative or positive about a specific person or area even though you know it is useless, limiting or destructive?

3. Do you feel you need to hide your emotions, negative or positive from others - friends, family, co-workers, counselors, lovers, etc.?

4. Do you get "HIGH" from expressing some of your emotions, which ones? Then do you "CRASH"(rebound)?

5. When have you had inappropriate emotional outburst, in inappropriate places, and/or with inappropriate people, regardless of the consequences?

6. Do you make promises to yourself or rules for yourself concerning your emotional expressions and/or behavior that you find you cannot follow?

7. Do you find yourself venting to someone you don't/didn't want to express your emotions to?

8. Do you believe that only a "perfect" set of emotions will make your life bearable?

9. Do you feel you "need" emotional outburst? Do you look for reasons to feel sorry for yourself?

10. Do you feel that someone else's emotion display can "fix" or control you? Do you fantasize over your pain?

11. Do you keep a list, written or otherwise, of those you have expressed extreme emotions, negative or positive with?

12. Do you feel desperation or uneasiness when you are alone?

13. Have you pushed others away with your emotional outburst? Have others pushed you away with their outburst?

14. Do you feel desperate about your need for a lover, sexual partner, or future mate who fits your emotional profile?

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15. Do you find that you have a pattern of repeating useless, harmful, childish emotion?

16. Do you find that you have a pattern of warm, loving, kind, caring, useful adult emotions (whatever this is)?

17. Do you feel that your only or major value in a relationship is your ability to provide an emotional fix?

18. Do you feel like a lifeless puppet unless there is someone around with whom you can play emotional games with?
Do you feel that you're not "really alive" unless you are with someone special or with whom you feel special?

19. Do you feel entitled to the "right" emotions from others?

20. Do you find yourself in a relationship, job, friendship, group, etc. that you cannot leave?

21. Have you ever threatened your reputation, financial stability or standing in the community by pursuing someone or something causing a real emotional mess?

22. Do you believe that the problems in your "love life" result from not having enough of, or the right kind of emotional expressions, or from continuing to remain with the person who provides you with a sick emotional "fix"?

23. Have you ever had a serious relationship threatened or destroyed because of your emotional outburst?

24. Do you feel that life would have no meaning without warm and loving emotions? Do you feel that you would have no identity if you were not someone's emotional center?

25. Do you find yourself playing the emotional game of flirting or sexualizing with someone even if you do not mean to?

26. Do you need to have an emotional "fix" in order to feel like a "real man or woman"?

27. Do you use your emotions, consciously or sub-consciously to deal with or escape from life's problems?

28. Do you feel uncomfortable about your misuse of your emotions, the frequency that you misuse them, the fantasies you engage in, the props you use, and/or the people and places in which you do it?

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29. Do you engage in the practices that bring discomfort or pain, Spiritual, mental, physical, emotional or social?

30. Do you find yourself needing greater variety and energy in your emotional expressions just to achieve an "acceptable" level of fulfillment?

31. What part does guilt and punishment play in your emotional life?

32. Do you feel that your emotional "life" is about as rewarding as a revolving door? Are you emotionally jaded?

33. Have you been unable to concentrate on other areas of your life because of thoughts or feelings you are having about another?

34. Do you find yourself obsessing about a specific person, place or thing even though these thoughts and feelings bring pain, craving or discomfort?

35. Have you ever wished you could stop or control your emotions for a given period of time? Have you ever wished you could be less emotionally dependent?

36. Do you feel the pain in your life increasing no matter what you do? Are you afraid that deep down you are unacceptable?

37. Do you feel that you lack dignity and wholeness?

38. Do you feel that your emotional "life" affects your spiritual life in a negative way? Do you take time to pray and meditate? If you so, do you feel closer to others?

39. Do you feel that your life is unmanageable because of your emotions, your reactionary behavior or your excessive dependency needs?

40. Have you ever felt that there might be more you could do with your life if you were not so driven by emotions and romantic pursuits?

41. Hiding what we feel/do is a major emotional problem. Is this a problem for you?

42. Are you good at communicating your emotional needs?

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43. Were your emotional patterns shaped by what was being said or not being said?

44. How has concealing current dissatisfactions and/or history helped to shape your emotional response?

45. Some hide feelings and desires, others conceal behavior, others their history. How do you handle these?

46. What are you willing to reveal? To Whom? What do you choose to keep concealed?

47. Have you formed an unspoken truce to keep secret some of the things you do or don't with your dealings with others?

48. Do you find misplaced embarrassment a major reason to resist asking for help?

49. What are your emotional double standards?

50. Is the only way you can handle explicit conversation about emotions by joking?

51. How do you handle emotional criticism?

52. Are you waiting for others to guess what you want or give you permission to express yourself?

53. Write a list of what currently turns you off emotionally. Be very specific.

54. Write a list of what currently turns you on emotionally. Be very specific.

55. Describe your emotional fantasies.

56. Are you afraid of being emotionally dominated by your partner?

57. Are you so preoccupied with performance anxiety that the joy of sharing is lost?

58. Do you spend as much emotional intimate time together with your partner as you did when you were courting?

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59. Is your time alone with your partner filled with silence, fighting or talking about others rather than intimate sharing?

60. Do you withdraw within yourself to satisfy your emotional needs? Do you feel comfortable doing this?

61. Are you emotionally aroused only by people or objects you find inappropriate?

62. Do you worry about being perfect emotionally?

63. Do you find yourself blaming your partner when there is an emotional problem?

64. What are your most intense emotions centered on?

65. Do you believe you have to be able to express your emotions in an appropriate way all the time?

66. Do you sometimes think you are the only person with an emotional problem?

67. What are some of the myths, misconceptions, misunderstandings you learned about emotions? Who was your teacher?

68. How do you emotionally react when you have interpersonal conflicts, resentments, or hostility?

69. Have you ever had a prolonged frustration of your emotional needs? How did you react?

70. Have you ever withheld loving emotions to punish your partner? Give examples.

71. What happens to your performance in an important area when you are under server stress or in a state of depression?

72. Chronic alcohol and drug abuse as well as some medications can cause our emotional "life" and our performance in all areas to be grossly effected? What is your understanding of this?

73. What situations have caused you great anxiety, bitterness, frustration, fear or depression?

74. What is it about your emotional "life" you want changed enough to do whatever it "TAKES"?

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75. Describe your ideal person to share the fullness of your emotions.

76. Describe your present mate in emotional terms.

77. Describe your emotional image of yourself.

78. When do you make selfish or unreasonable demands on others? On yourself?

79. Do you use dishonest emotions to end a disagreement?

80. What opinions about emotions do you have that run to the extremes?

81. When and how did your selfish pursuit damage other people and/or yourself? How did you emotionally respond?

82. Who was hurt and how badly by your selfish pursuit? Which of your emotions came into play?

83. Did you spoil your marriage and/or injure your children with your emotional outburst?

84. Did you jeopardize your standing in the community with your emotional outburst?

85. Just how did you emotionally react to this situation (Q84) at the time?

86. Did you burn with a guilt that nothing could extinguish?

87. When did you insist that you were right and thus absolve yourself?

88. How have you reacted emotionally to frustration in sexual matters?

89. When you are denied anything, do you become vengeful or depressed? Do you take it out on others?

90. If there was rejection or coldness at home, did you use this as a reason for one of your emotional outburst?

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91. Many of us needed an overhauling emotionally; how about you?

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92. Have you arouse jealousy, suspicion or bitterness in others, in yourself? Where were you at fault? Give examples.

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93. How do you emotional react to: boredom, lack of fulfillment of your desires, confused emotions?

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94. Do you believe that your emotions are God -given and therefore good?

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95. Do you feel that your Higher Power is the solution to all emotional problems? If not what is?

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96. What do you tell yourself when you experience one emotional failure after another?

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97. How do you emotionally react to "relationship problems": blaming your partner, resentments, doubt, mistrust, dishonesty, communication problems, looking like a "10" all the time, "people pleasing", changing your priorities, or taking full responsibility for your own life? Give an example.

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98. What are you doing about your emotional "guilt" stuff, shame or blame?

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99. Form a prayer or affirmation seeking a spiritual solution to your emotional life. Letting go of the useless, selfish and harmful and expanding the warm loving and useful ones.

100. Write out your new plan of emotional action and/or inaction, plus learning the language of our emotions.

NOW GO BACK OVER YOUR LIST. SPEND A LITTLE MORE TIME ON THE QUESTIONS THAT CAUSED YOU TO HAVE STRONG FEELINGS OR REACTIONS.