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Emotional Sobriety Workbook: From Relationship Trauma to Resilience and Balance

Tian Dayton PhD

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This journal is a companion to the book Emotional Sobriety, From Relationship Trauma to Resilience and Balance which, along with The ACoA Trauma Syndrome, are companion books for The Relationship Trauma Repair Model. The journal can be used at home as a self exploration that illuminates the issues in each chapter of Emotional Sobriety. The simple act of journaling actually elevates the immune system as it brings forward disparate thoughts and feelings and allows them to organically weave themselves into a coherent picture of self and self in relation. The writer emerges feeling relaxed and more integrated and with greater emotional clarity and literacy.

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