

# Sobriety Challenges

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| <ul style="list-style-type: none"><li>▪ underachieving<br/>despair</li><li>▪ self-defeating<br/>shame</li><li>▪ not accountable</li><li>▪ profound self-<br/>neglect</li><li>▪ remorse</li><li>▪ no common sense</li><li>▪ avoidance/<br/>procrastination</li><li>▪ isolation</li><li>▪ shut down feelings/<br/>numbness</li></ul> | <ul style="list-style-type: none"><li>▪ distorted achievement</li><li>▪ compromised self-image</li><li>▪ lack of accountability</li><li>▪ problematic self-care</li><li>▪ impaired conscience</li><li>▪ faulty realism</li><li>▪ limited self-awareness</li><li>▪ incomplete relationships</li><li>▪ disordered affect feelings</li></ul> | <ul style="list-style-type: none"><li>▪ overachieving<br/>depletion and chaos</li><li>▪ self-absorbed<br/>obsession</li><li>▪ secret life</li><li>▪ grandiose<br/>entitlement</li><li>▪ guilt driven</li><li>▪ common sense<br/>ignored</li><li>▪ compulsive<br/>busyness</li><li>▪ hidden parts of self</li><li>▪ indulgent rage,<br/>drama, intensity</li></ul> |
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