

Sobriety Challenges

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