

Emotional Sobriety – Self-Check

This is a personal reflection tool. There are no right or wrong answers.

Check YES or NO for each statement. Then count your YES answers and select your total at the bottom.

1. I can experience uncomfortable emotions without immediately trying to escape them.

YES NO

2. I take responsibility for my reactions instead of blaming others.

YES NO

3. I can accept disappointment without becoming resentful or withdrawn.

YES NO

4. I do not rely on substances, people, or situations to regulate my emotions.

YES NO

5. I can sit with uncertainty without needing immediate relief or control.

YES NO

6. I communicate my needs calmly rather than emotionally reacting.

YES NO

7. I can tolerate stress without emotional shutdown or emotional explosion.

YES NO

8. I accept that life is not always fair without becoming bitter.

YES NO

9. I can let go of outcomes after doing my best.

YES NO

10. I feel emotionally grounded even when things do not go my way.

YES NO

My Total YES:

0 1 2 3 4 5 6 7 8 9 10

Reflection Guide:

- 0–3 YES: Emotional sobriety is developing
- 4–6 YES: Growing emotional awareness
- 7–10 YES: Strong emotional sobriety foundation

Emotional sobriety is not about perfection. It is about learning how to respond rather than react—one day at a time.

Note: Auto-scoring is not used so this works consistently in any PDF viewer.