

RECOVERY TOOLS

Your mental health (peace) **MUST** come first. Not winning an argument or being right.

Rejoice in your imperfections, they make you human.

Bear the discomfort and be comforted later. Resisting discomfort brings more discomfort.

Discomfort is to be patiently born, bravely faced & humbly tolerated. We can function in discomfort.

It's average to be uncomfortable in an uncomfortable situation.

Temper is the Enemy of Peace and Health. Temper is stimulating, but bad for health.

Symptoms are distressing but not dangerous.

Humor is our best friend, temper our worst enemy.

Choose peace over power. Condone others, not condemn.

Fear is a belief — beliefs can be changed.

Every act of self-control leads to a sense of self-respect.

The past is external environment. Let external environment bear its own discomfort.

Failure to endorse yourself is the worst form of sabotage.

Endorse myself, endorse efforts. Give yourself credit for all your effort, not results.

Decide – Plan – Act. Have the courage to make a mistake.

Refuse to act on Impulses. Recognize the startle.

Comfort is a want, not a need.

Work it out, not up.

Feelings expressed, temper suppressed.

Not how we feel, but how we function.

Durability is stability.

Be group-minded. (Our dominion ends in a group)

Know that we do not know.

Wear the mask and control the muscles.

Every experience fades in memory, softens and mellows in time.

Boredom equates to self disgust.

Over-analyzing is paralyzing. Don't analyze your behavior, simply apply / use the tools.

Don't let the outer environment cross the bridge to the inner environment.

When you run out of rope it mysteriously lengthens.

When your mind rattles, let it rattle, but remain calm.

Observe that your supreme goal is your mental health, not who is right or wrong.

The duration of the temper is the duration of the symptoms.

Don't strive to be happy, try to be satisfied.

Every good action brings a good reaction.

Temper blocks logic. Assert yourself in culture.

Temper is not eliminated but controlled. Temper is 1/4 feeling and 3/4 thoughts.

Excuse rather than accuse others for the sake of your mental health.

It's not people, places or things that give us our symptoms but our attitude toward them.

Complainers don't get well; they keep their symptoms alive and healthy.

Change disappointment into joy and laughter.

Avoidance of pain or discomfort brings a loss of mental health.

Do activities to get well, not when you get well. Avoid being a hermit.

A thought can produce negative symptoms, a new thought can reduce them.

People do things that annoy us, not to annoy us. It's easier to bear them than to be them.

Avoid an excessive sense of self-importance.

Avoid perfectionist expectations of self & others. Perfection is grotesque.

Objectivity dispenses symptoms.

Have a determined will, not a loose wish.

When we lay down our weapons, the other person will too.

We should not be hermits.

We fear the sensations not the something we do. Do what you fear and brave the sensations.

Don't take your own dear self too seriously.
Temper results from an inner arrogance that judges who is right and wrong. Chp 8.
Panic can be spotted as temper and self-pity and hence sabotage.
We instantly judge a situation and secure or insecure. Will to reaffirm security.
Control the thoughts, and feelings, sensations and impulses will follow suit.
Feelings rise and fall and run their course and cannot be stopped or controlled by effort.
Thoughts and impulses are subject to our control by the will.
The will can say no to the thought of danger.
Treat mental health as a business and not as a game.
If you can't change a situation you can change your attitude towards it.
Be self-led, not symptom-led.
There is no right or wrong in the trivialities of every day life.
If we are not endorsing, we're indicting.
Mistakes don't stop us, they make us smarter.
Anticipation is often worse than realization.
Temper lies to you and tells you things that are not there.
External environment is rude, crude and indifferent without meaning to be.
When we feel out worst and try our hardest we make our greatest gains.

Two Categories of Emotions:

1. Stimulation: Love, devotion, affection, enthusiasm and sympathy. Results In: Life and Health
2. Frustration: Fear, anger, envy, jealousy and disgust. Results In: loss of equilibrium and tenseness.

RECOVERY Terms:

Angry Temper — negative judgments (resentment, impatience, indignation, disgust, hatred) directed against another person or situation.

Fearful Temper — negative judgments (discouragement, preoccupation, embarrassment, worry, hopelessness, despair, sense of shame, feelings of inadequacy) directed against oneself.

Averageness — typical, normal, unexceptional. Nervous symptoms are average — they are universal to human beings. Situations are average — the same event has happened to someone else. Most people are average — somewhere between the two extremes of inferior and superior.

Endorsement — self-praise for any effort. Pat yourself on the back for the effort you are putting forth, not only for the results of what you do.

Sabotage — when you are able and prepared, but not willing, to put your knowledge into practice; when you do the opposite of what is good for you.

Triviality — an everyday event. Compare the importance of what is happening around you against the importance of the peace you are striving for; consider anything and everything that upsets you from the perspective that your inner harmony is of prime importance; mental fitness comes first.

Inner Environment — everything inside your self: feelings, sensations, thoughts, impulses and muscles.

Outer Environment — everything outside your self: places, people, events, the past.

Spotting — identifying a disturbing feeling, sensation, thought or impulse, previously unseen...then applying the right Recovery tools.

Steps for Giving an Example in Group:

- Step 1. Report a single situation or event that occurred-an everyday event when you began to work yourself up. Focus on a brief description of what happened: specifically, what triggered temper and symptoms?
- Step 2. Report the symptoms you experienced-both physical and mental. (For instance, angry and fearful thoughts, confusion, palpitations, disturbing impulses, tightness in your chest, lowered feelings, sweaty palms, and so on.)
- Step 3. Report your spotting of fearful and/or angry temper, the Recovery International tools you used to help yourself, and your self-endorsement for your effort.
- Step 4. Begin with "Before I had my Recovery training," and describe the temperamental reaction and symptoms you would have experienced in former days. What would have happened then versus what happened now? (This will help you to note the progress you have made.)