



How an RI Example Should Be Constructed

OUTLINE

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.*)

Learning to give an example simply and clearly in the four-step sequence is an important part of the Recovery International (RI) Method. The best way to learn is to practice constructing and giving a “good average” example. Here are a few basics to work on as you go through each step in turn.

Step 1: When describing the situation or event, be clear but brief. It’s tempting to go into a lot of “background” and detail, but this is usually unnecessary and even distracting. Practice focusing on just a few sentences of basic information that will clarify the situation or event that generated your symptoms or discomfort. Notice in the sample examples how the descriptions in Step 1 are both brief and precise.

Step 2: People often skip this step to get to Step 3, “spotting.” However, while this step, like the others, should be kept brief, an important part of the RI Method is learning to be objective in recognizing and describing physical and mental responses. This objectivity makes those responses seem less threatening and overwhelming. Avoid diagnosing (“I became paranoid”) and spotting (that comes in the next step). Just describe your physical and mental sensations (“I felt flushed and angry, my head hurt,” etc.).

Step 3: Here you identify the Recovery tools – the “spots” – that helped you deal with your symptoms. Stay focused on RI language and concepts; avoid mixing in material from other methods. Be clear about how the spots apply to the symptoms and event, but don’t worry about using every possible tool. Often just one or a few spots are all that you need for the example.

Step 4: A crucial part of getting well through will training comes when we see how we’ve improved through our use of the RI Method. This step is important in helping us to see that improvement.

Note: The sample Examples of RI Practice (see reverse side) illustrate how the four steps can be followed briefly but clearly.