Recovery International Basic Concepts and Example Outline

BASIC CONCEPTS

For more than 70 years, thousands of people all over the world have been using the self-help method developed by neuropsychiatrist Abraham Low, M.D., to live more peaceful lives. The Low Self-Help Method is based on these important concepts.

Temper Has Two Faces

| **Angry Temper:** The judgment that the other person is wrong or has wronged me. For Example: Irritation, Resentment, Impatience, Hatred, Disgust, and Rebellion. | **Fearful Temper:** The judgment that I am wrong. For Example: Worry, Feeling of Inadequacy, Hopelessness, Fear of Damage to your Reputation, Sense of Shame. |

Living a more peaceful life starts with learning to recognize signs and symptoms of temper, both angry and fearful.

Environment Has Two Sides

| **Outer (External) Environment:** Everything outside yourself. You can't control any of these: People, Events, the Past, the Future. | **Inner (Internal) Environment:** Everything inside yourself. You Can't Control These: Feelings, Sensations. You Can Control These: Thoughts, Impulses. |

Realize what you cannot control. Concentrate on what you can control.

Use Your Will -- You have the power to choose how you are going to act and what you are going to think.

Focus on Everyday Events

Most things that upset us are the routine events in everyday life. Using the low Self-Help Method, helps us deal more positively and peacefully with the frustrations, challenges and upsets of daily living.

Practice Self-Endorsement Give yourself a mental pat on the back for any effort to spot and control your temper and to control your thoughts and impulses.
HOW A RECOVERY INTERNATIONAL EXAMPLE SHOULD BE CONSTRUCTED

OUTLINE
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 construction and giving a “good average” example. Here are a few basics to work on as you go through each step in turn.

**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? 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.

**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. 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:** 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. 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:** 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 note the progress you have made.) 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.

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