



BASIC

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.

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

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

Environment Has Two Sides

<p>Outer (External) Environment: Everything outside yourself.</p> <p>You can't control any of these: People, Events, the Past, the Future.</p>	<p>Inner (Internal) Environment: Everything inside yourself.</p> <p>You Can't Control These: Feelings, Sensations.</p> <p>You Can Control These: Thoughts, Impulses.</p>
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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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Recovery International Spots

- "I cannot" means "I care not."
- All I know is that I don't know.
- Angry temper is temper turned outward toward another
Anticipation
- Anticipation of an event is usually worse than the realization of that event.
- Approval of others is a want, not a need.
- Avoid self-importance. Others don't sit around and think about what I did or said.
- Be group minded.
- Be self-led, not symptom lead.
- Calm begets calm, temper begets temper.
- Change your thoughts and impulses and your feelings and sensations will follow suit.
- Choose peace over power. Don't go over the "symbolic victory." (See I told you so!)
- Chose to hope rather than "gloom, doom and despair."
- Comfort is a want, not a need.
- Comparison temper is a form of fear temper.
- Decide, plan and act.
- Discomfort can be patiently borne, bravely faced and humbly tolerated.
- Don't blame, complain, or explain.
- Don't give outer expression to my inner environment when temper is involved.
- Don't let the trivialities of everyday life work me up.
- Don't take our own dear selves too seriously.
- Drop the danger, diagnosing, and judgment.
- Drop the excessive need to control outer environment.
- Drop the judgment on others and myself.
- Drop the need to be exceptional.
- Drop the use of temperamental lingo.
- Drop the vanity of always knowing better and best.
- Endorse like an ever flowing river...
- Every measure of self-control, brings a measure of self-respect.
- Everyone is entitled to their initial flare, (reaction). Like when a dog jumps out of a bush.
- Excuse yourself and others, don't accuse.
- Failure to practice spotting is sabotage and so is failure to practice muscle control.
- Fear is a belief and beliefs can be changed.

- Fearful temper is temper turned inward; toward ourselves; self-disgust, embarrassment...
- Feelings are NOT facts.
- Feelings call for expression, temper for suppression.
- Feelings rise and feelings fall.
- Feelings should be expressed and temper suppressed.
- Focus on what you can do. Do have. And do know. Not the opposite.
- Get out of duality. A firm decision will steady you.
- Go about my mental health with a strong aim, not a lose wish.
- Have I endorsed today?
- Have the courage to be wrong in the trivialities of everyday life.
- Have the courage to make a mistake.
- Have the will to “humility.”
- Helplessness is not hopelessness. There is no hopeless case.
- Humor is our best friend, temper our worst enemy.
- I can act my way into right thinking. (Action produces motivation.)
- I can always share my feelings with an understanding party, without using “temperamental lingo.”
- I can bear discomfort and do hard things.
- I can command my muscles to move.
- I can control my speech muscles.
- I can do the things I fear and hate to do.
- I can do things in part acts, (baby steps) and then endorse for each act.
- I can feel guilty without being guilty.
- I can move my muscles as needed, then endorse.
- I cannot control outer environment, only my inner environment.
- I don't need to be a saint, hero or angel.
- I have choices. (Agency)
- If you can't change an event, change your attitude towards it.
- Interpret securely, don't exaggerate insecurely.
- It's OK to be average.
- Lower your expectations and your performance will rise.
- Treat mental health as a business and not as a game
- Humor is our best friend, temper is our worst enemy
- If you can't change a situation you can change your attitude towards it
- Be self-led, not symptom-led
- Symptoms are distressing but not dangerous
- Temper is an intellectual blindness to the other side of the story
- Comfort is a want, not a need
- There is no right or wrong in the trivialities of every day life
- Calm begets calm, temper begets temper
- Don't take our own dear selves too seriously
- Feelings should be expressed and temper suppressed
- Helplessness is not hopelessness
- Some people have a passion for self-distrust
- Temper maintains and intensifies symptoms

- Do things in part facts
- Endorse yourself for the effort, not only for the performance
- Have the courage to make a mistake
- Feelings are not facts
- Do the things you fear and hate to do
- Fear is a belief- beliefs can be changed
- Every act of self-control leads to a sense of self-respect
- Decide, plan and act
- Any decision will steady you
- Anticipation is often worse than realization
- Replace an insecure thought with a secure thought
- Bear the discomfort in order to gain comfort
- Hurt feelings are just beliefs not shared
- Self-appointed expectations lead to self-induced frustrations
- People do things that annoy us, not necessarily to annoy us
- Knowledge teaches you what to do, practice tells you how to do it
- Muscles can be commanded to do what one fears to do
- Tempers are frequently uncontrolled, but not uncontrollable
- Feelings expressed, temper expressed
- A firm plan steadies us
- Movement of the muscles counters the defeatist attitude of the brain
- Feelings are not facts; they lie and deceive us that there is danger
- Expect a frustration every 5 minutes
- The favorite pastime of the nervous person is self-torture
- Poor Me
- To compare is to despair
- The symbolic victory is an empty victory
- The outer environment is rude, crude and indifferent
- Rushing leads to temper, temper leads to symptoms, symptoms lead to temper
- Don't put a ceiling on the discomfort that you are willing to bear
- Nervous people hate change, dread routine
- Dropped the judgment on outer environment or myself
- Wear the mask
- Acted in cultured manner
- Endorse myself for the discomfort was willing to bear
- Include self
- Did not blame or guilt
- Averageness
- Did not use exceptional words and language
- Self-endorsed for the effort
- Did not go for symbolic victory
- Did not engage in self-diagnosing
- I'm being group-minded
- Retraining my brain to take the danger out of the situation
- Recovery International is realism and good common sense
- Whatever you call recovery; it is taking the danger out
- We need our own approval
- When we make mental illness our business, we cannot fail
- By giving the insincere gesture of friendliness and cooperation , it becomes real

- Essence of Recovery is change your thoughts and your feelings will follow
- Nervous people are good observers and poor interpreters
- Worry with reflective calm
- Talking it up is working it up
- We celebrate failure
- He is not laying down a bridge to anger
- He was group-minded
- He did what he had to without temper
- Long range goals call for patience and perseverance
- The feeling of danger to your social situation is just a belief – you can change your belief.
- When we seek to be of service, we cannot fail.
- The purpose of life is particularly peace of mind, and peace of action and calm of action.
- Power is the reverse of peace and emotion uses power and craves power – the 2 forces that work in life are primarily peace and power.
- When parts act against total, there is no peace
- You can't restore inner peace with power
- Wear the mask the give some spots
- You must reduce or eliminate your temper