



# Better Mental Health for Everyone: Self-Help for Teens and Adults

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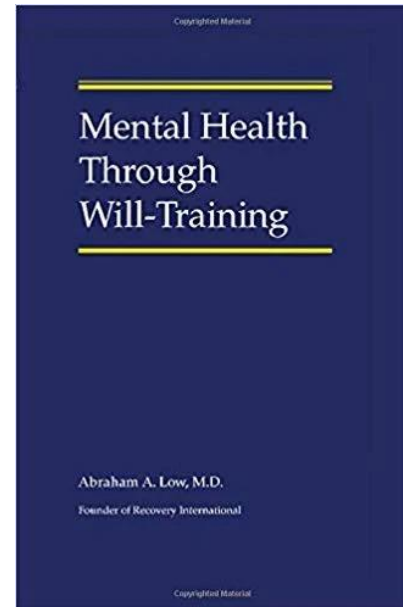
# Introductions



# About Recovery International



- Founded in 1937 by neuropsychiatrist Dr. Abraham Low
- Developed over 85 years ago by Dr. Low and his patients
- Foundation of Cognitive Behavioral Training
- Consistent approach replicated by nonprofessionals = peer-led, self-help model
- Group meetings: in-person, online Zoom, phone, chat

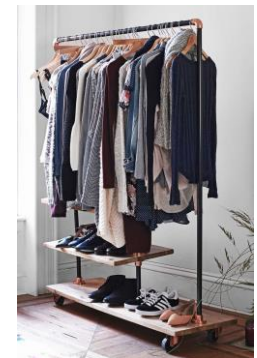


# Trivialities



The Recovery Method focuses on daily trivial events that get people worked up. Examples:

- **Obstacles** (such as a flat tire, missing your stop on the train, computer issues)
- **Delays** (such as being stuck in traffic, a late bus, or last minute requests from your boss)
- **Inconsiderate people** (such as those who cut in line, cut you off while driving, or kids who don't clean up their rooms)
- **Frequent annoyances** (such as problems with your phone, posts on social media, or incorrect food orders)



# Main Concept: **Types of Temper**



**The judgment of right and wrong in everyday events.**

Note: This does not apply to legal, ethical, or moral issues.

## **Angry Temper**

**The judgment that a person or situation is wrong or has wronged me.**

Feelings related to **Angry Temper** include:

- Irritation
- Resentment
- Impatience
- Hatred
- Disgust
- Rebellion

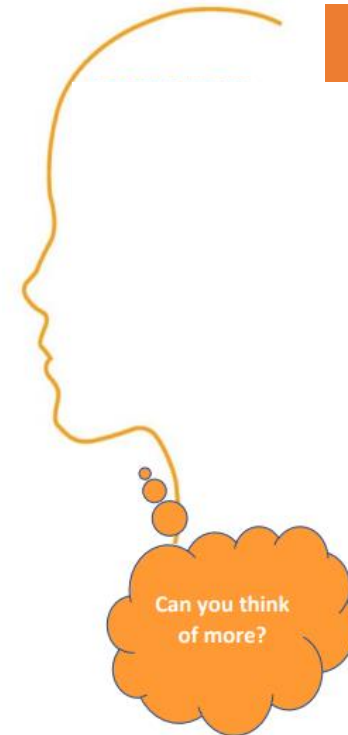


## **Fearful Temper**

**The judgment that I am wrong.**

Feelings related to **Fearful Temper** include:

- Worry
- Feelings of inadequacy
- Hopelessness
- Fear of damage to yourself or your reputation
- Sense of shame



# Main Concept: Inner & Outer Environment



## You CAN'T Control

### Feelings Sensations

Emotions such as anger, impatience, hatred, fear, worry, embarrassment, shame and many more. You cannot control your feelings.

Physical responses such as blushing, racing heartbeats, tense muscles, teary eyes, and many more. You cannot control these sensations.

Outer (External)  
Everything  
Outside Your  
Skin

Inner (Internal)  
Everything  
Inside Your Skin



## You CAN Control

### Thoughts Impulses

Ideas produced by thinking, such as, "This is fun," "I can do this," "He is annoying," and so on. You can learn to change your thoughts.

What you first want to do, such as to punch, to run, to hug, to laugh, to yell, and so on. You can learn to control your impulses.

# Main Concept: **Self-endorsement**



**One self-endorsement is worth thousands of endorsements from the outer environment.**

When we endorse ourselves, we can't be blaming ourselves.

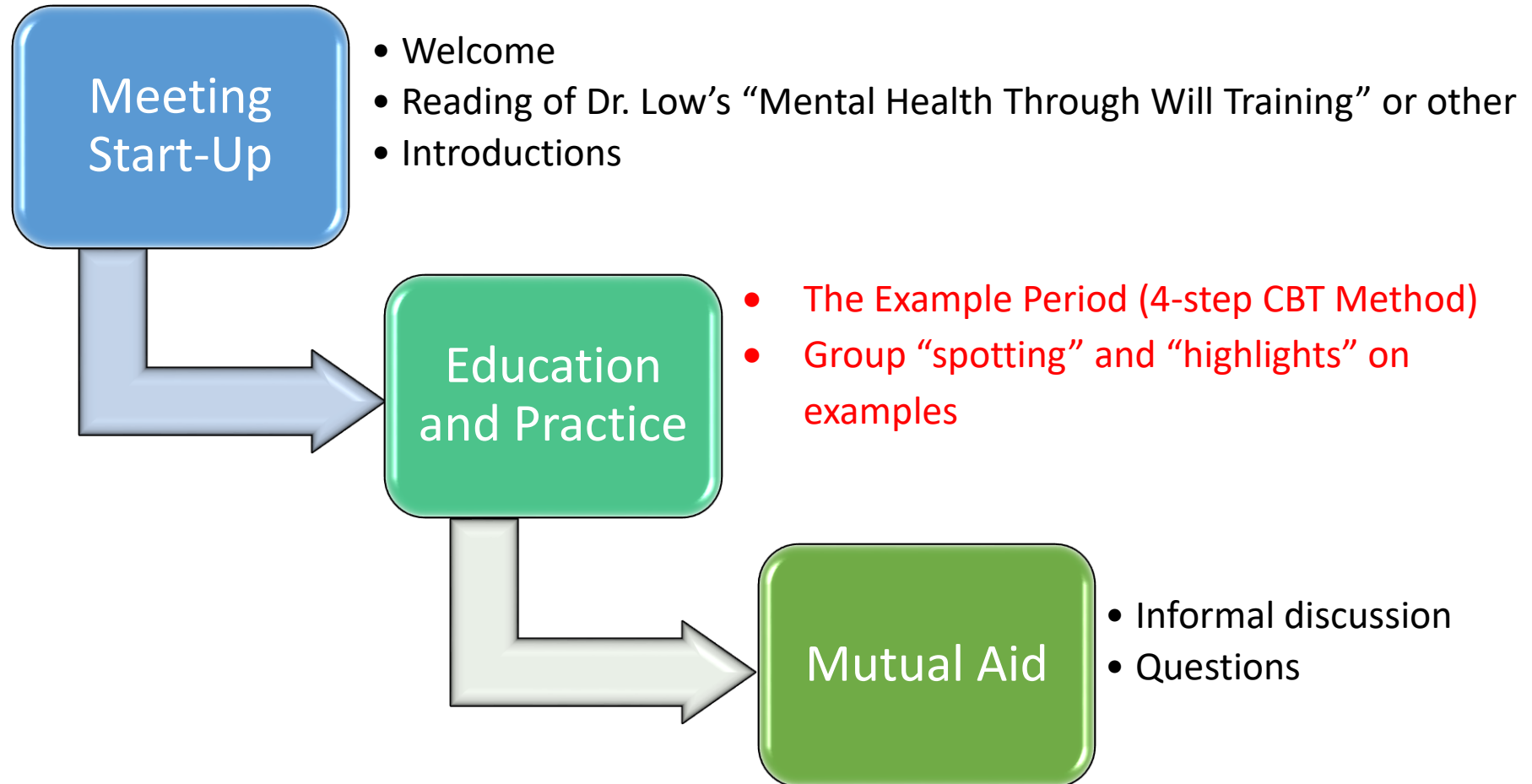
Endorse ourselves when we control our thoughts.

Endorse ourselves when we control our impulses.

Endorse ourselves for the effort, not only for the performance.



# Peer-led Meeting Format





# RI Peer Leaders



- Have **lived experience** and practice daily
- Have been **trained in the Method** and how to lead examples
- Offer participants **hope to see progress**
- Offer a **safe place to share**
- Are **volunteers** - Over 250 active peer volunteer leaders.
- Facilitate a **change in attitude** – the Method practices control and changing impulses and thoughts from alarmist or defeatist in nature to secure and positive.

# Guidelines for Examples



**We are not professionals,  
so we don't talk about:**

- **Medications**
- **Advice**
- **Diagnoses**
- **Philosophical discussions**

**We focus on trivialities,  
so we don't discuss:**

- **Sex**
- **Religion**
- **Politics**
- **Legal Issues**
- **Current events**
- **Traumatic events**

# The Recovery 4-Step Method



**Step 4: Success**

What would have happened before your Recovery training? What was the outcome this time? Report your progress.

**Step 3: Spotting**

What kind of temper did you experience (fearful/angry)? What Recovery International tools/spots did you use to calm yourself? Did you endorse for the effort?

**Step 2: Symptoms**

Report your physical symptoms and racing thoughts. What were your feelings/emotions?

**Step 1: Situation / Event**

Describe an everyday event when you got worked up. What triggered temper and symptoms? Stick to the facts. Remove the emotion.

# Step 1 – The Event



People, places, and things don't work us up. We work ourselves up.

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?

## ⊙ Trivial Event

An everyday (common, average) event most of us can relate to

## ⊙ Keep it Brief

State the most important part first

## ⊙ Omit Details

Only a couple of sentences

“ ... and that's when I began to work myself up.”

# Step 2: Symptoms



**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.)**

## Upsetting Inner Responses that we CAN'T control

### Feelings

Anger  
Fear  
Love  
Sadness  
Excitement  
Jealousy  
Hatred  
Panic  
Embarrassment

### Sensations

Tenseness  
Tightness (where?)  
Pressure (where?)  
Adrenaline Rush  
Change in Breathing  
Pounding of the Heart  
Starting to Cry  
Sweating

## Upsetting Inner Reactions that we CAN control

### Thoughts

He she is wrong.	I am wrong.
I will never amount to anything.	The system is wrong.
The rules are wrong.	I am worthless.
I will burst.	I will get sick

This is dangerous to my reputation.  
I don't know how to behave in this situation.  
If I don't express my anger, I will do damage to myself.

### Impulses

To speak in anger	To run away from discomfort
To use physical violence	To not go
To complain	To sulk

# Step 3: Temper, Tools, Endorsement



Report your spotting of Angry and Fearful temper, the RI tools you used to help yourself, and your self-endorsement for your effort.

## Did you spot your TEMPER?

**Angry Temper:** At the other person or the situation.

**Fearful Temper:** Negative judgement at one's self.

## What RI Tools/Spots did you use?

## Were you able to ENDORSE?

Did you give yourself a mental pat on the back or self-praise for control or effort?



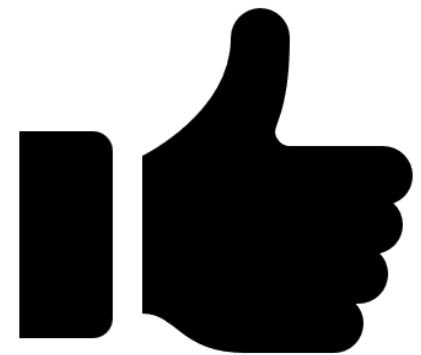
# Step 4: Before and After Comparison



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!**

**Crucial to getting well is seeing how we’ve improved through the use of the RI Method.**



# Common Tools/Spots



Be self-led, not symptom-led	Comfort is a want, not a need.	Decide, plan, and act.
Treat your mental health as a business and not as a game.	Feelings and sensations are distressing but not dangerous.	If you can't change a situation, you can change your attitude towards it.
Humor is our best friend; temper is our worst enemy.	Do things in part acts.	Temper is, among other things, blindness to the other side of the story.
Sometimes people do things that annoy us, not to annoy us.	There is no right and wrong in the trivialities of everyday life.	It's average to feel uncomfortable in an uncomfortable situation.
Calm begets calm, temper begets temper.	Feelings are not facts.	Feelings should be expressed, and temper suppressed.
Do the things you fear and hate to do as long as there is no danger	Endorse yourself for the effort, not only the performance.	Fear is a belief, and beliefs can be changed.
Have the courage to make a mistake.	Temper maintains and intensifies symptoms.	Every act of self-confidence leads to a sense of self-respect.

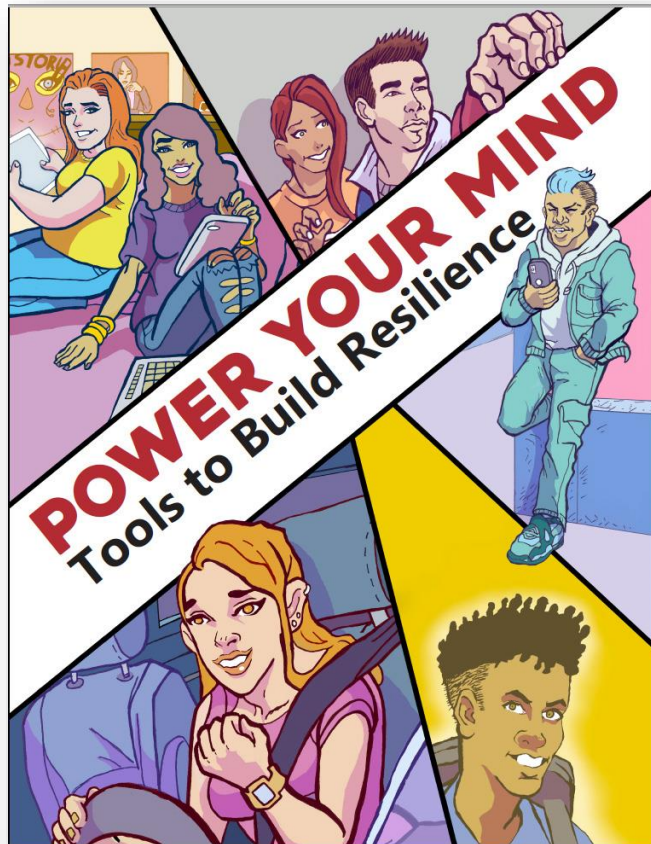


# The “Big 5” (Example Highlights)



1. **Angry Temper** - negative judgments (resentment, impatience, indignation, disgust, hatred) directed against another person or situation.
2. **Fearful Temper** - negative judgments (discouragement, preoccupation, embarrassment, worry, hopelessness, despair, sense of shame, feelings of inadequacy) directed against oneself.
3. **Muscle Control** - controlling the impulse to do something that would be detrimental for our mental health (example: controlling our speech muscles).
4. **Muscle Movement** - commanding the muscles to do something that we are resistant to do (example: attending an R.I. meeting when we'd rather stay at home or in bed).
5. **Sabotage** - when we ignore or choose not to practice what we have learned in R.I.; when we do not do what is best for our mental health. (example: not endorsing ourselves).

# Simplified program for youth / young adults



- Ages 13-24
- Introduction to the Recovery Method
- Graphic novel storytelling for group or individualized study
- Characters deal with social issues, anger, relationships
- Can be used individually or group workshop

[www.poweryourmind.org](http://www.poweryourmind.org)

# Power Your Mind

The program offers life skills to:

- control anger
- alleviate anxiety
- develop and maintain peaceful relationships in the home, school, or work
- establish realistic expectations and beliefs.



# Angry vs. Fearful Temper



## Angry Temper

## Fearful Temper

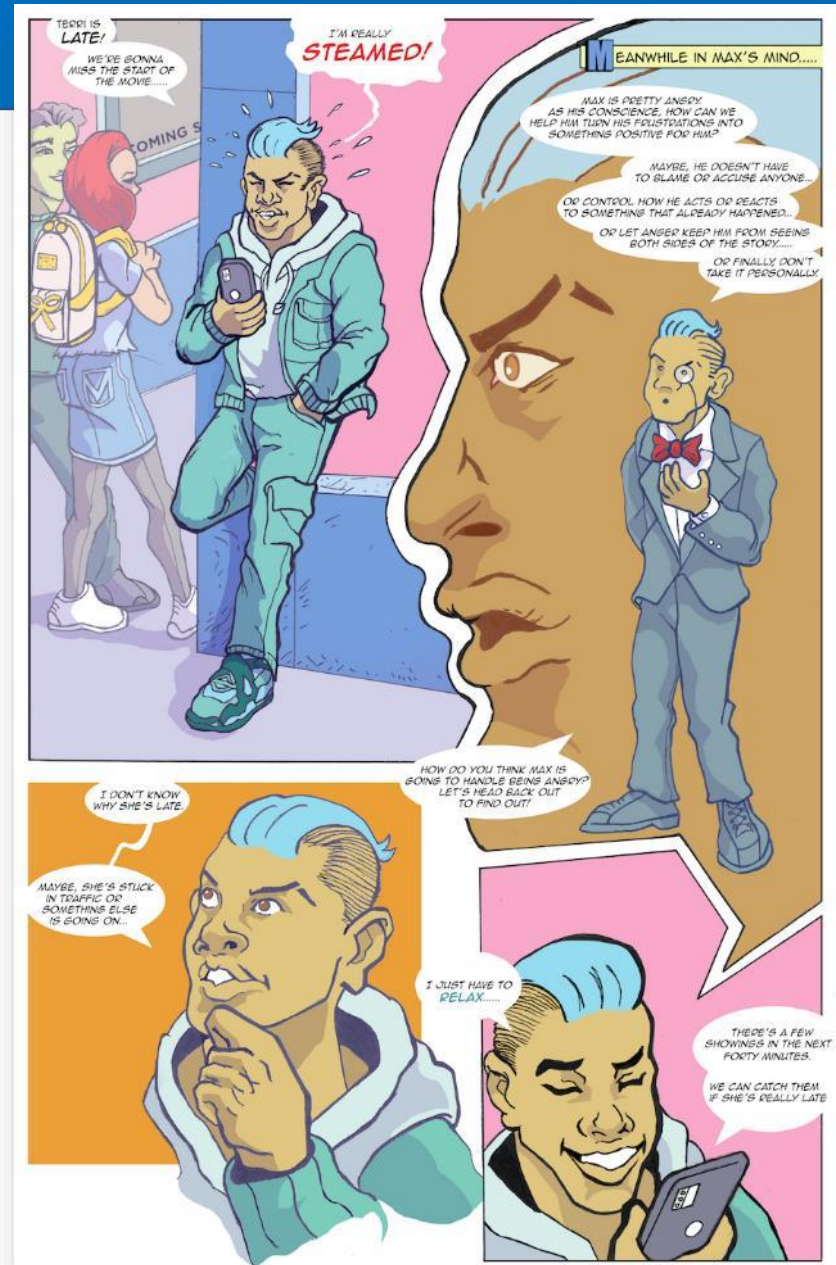
Interpretation	"Others are wrong"	"I am wrong"
	<ul style="list-style-type: none"><li>• "My brother is always getting me in trouble."</li><li>• "I hate her for saying I can't take the car to the party."</li><li>• "I'm sick of waiting for an answer. She can't decide."</li><li>• "He's always late and ruining my night."</li></ul>	<ul style="list-style-type: none"><li>• "I did bad on this test, I must be stupid."</li><li>• "I don't get math. There's no point in trying."</li><li>• "I'm so embarrassed I got called out in class for looking at my phone."</li></ul>

Everyone judges, it is part of human nature ... but judgments give you fearful and angry temper. So drop the **JUDGMENT!**



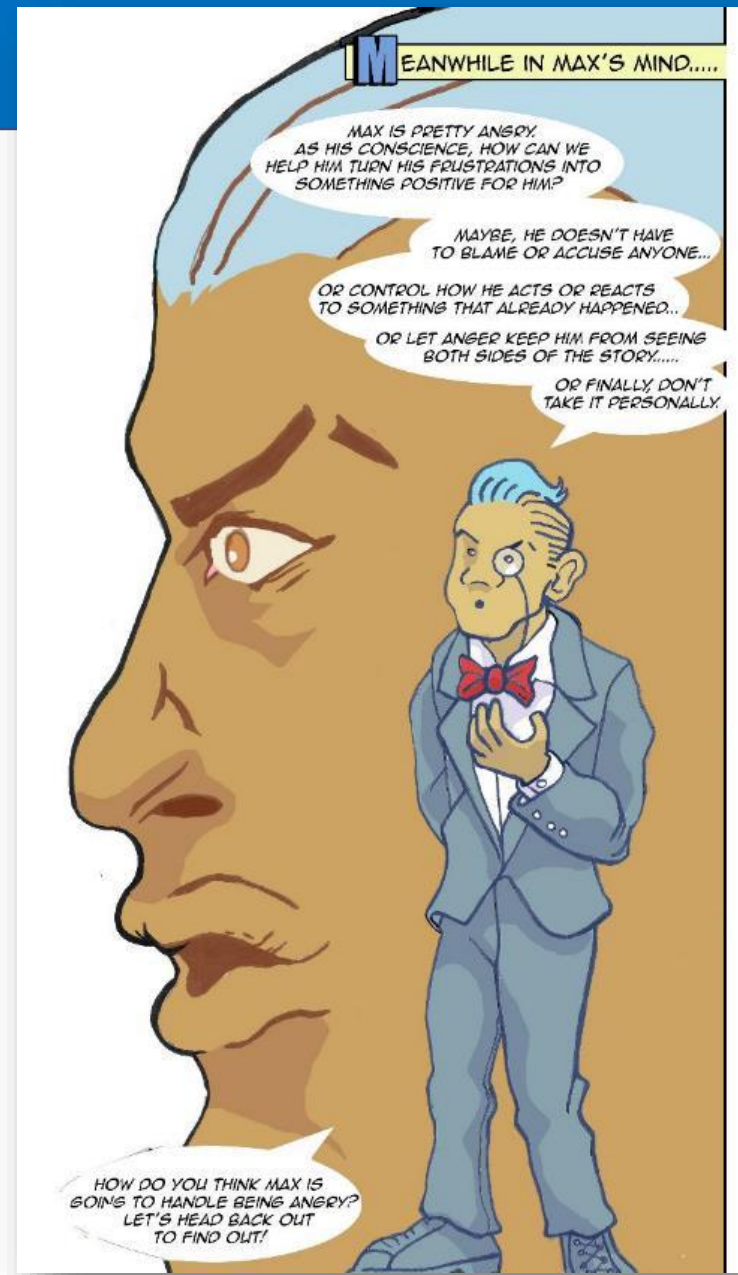
# Meet Max

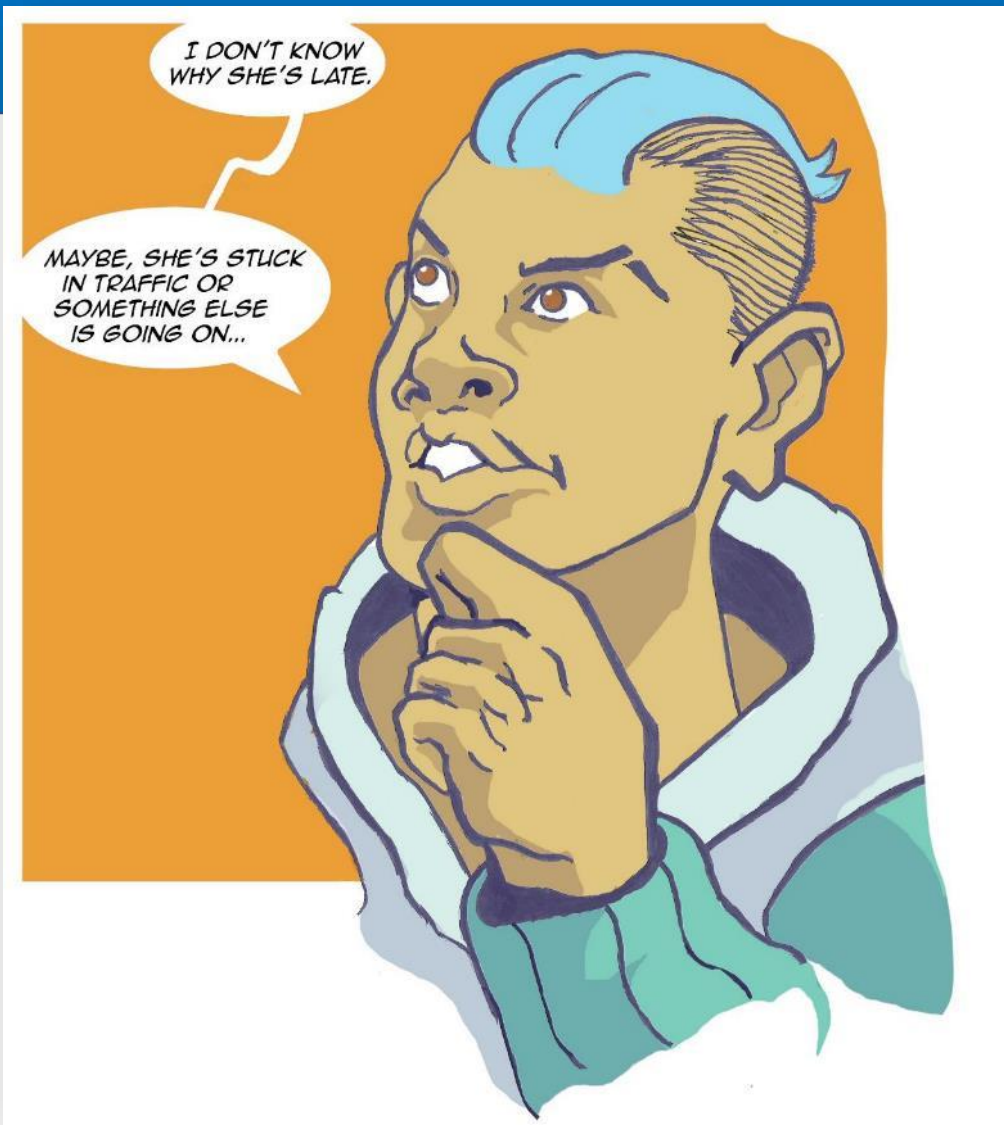
Max is outside a movie theater waiting for a friend. She is late.





# Meet Max





# Meet Max



- 1) Which kind of temper (angry or fearful) is Max experiencing?
- 2) What are his symptoms?



# Tools for Angry Temper



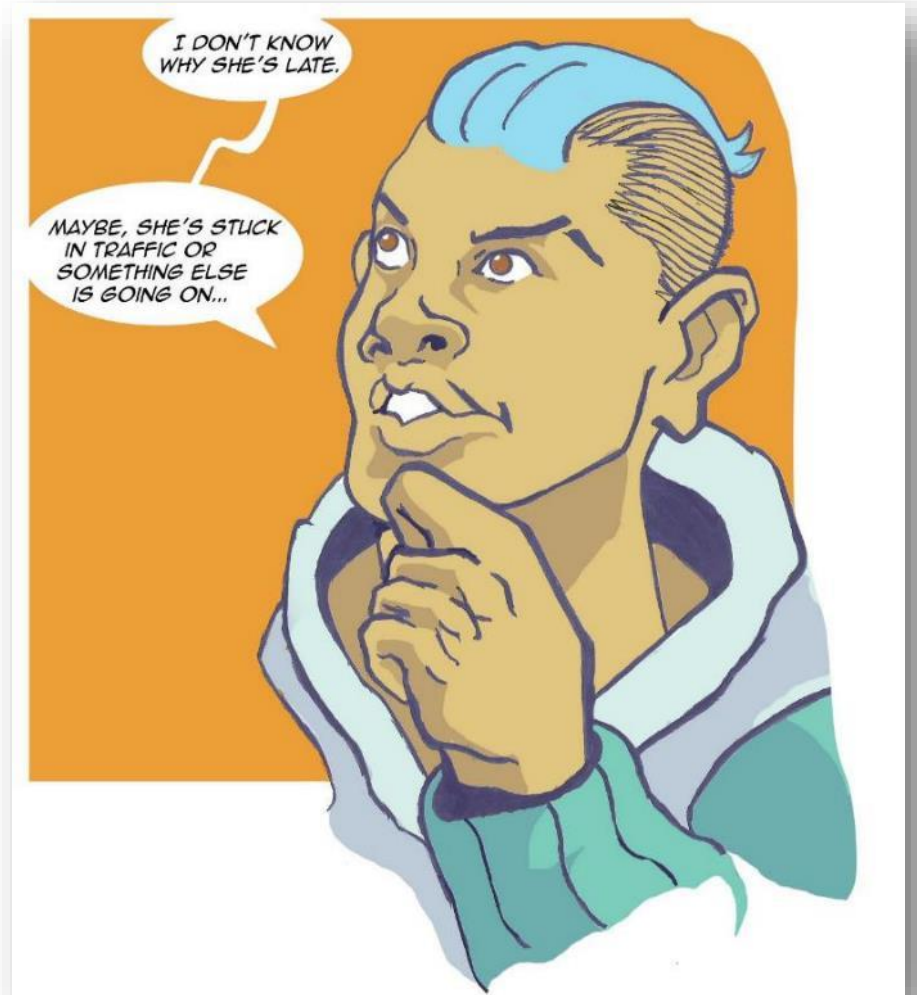
- What tools Max use to drop the judgment? What else could he use?

## Some Tools for Angry Temper

- We excuse rather than accuse ourselves and others.
- Humor is our best friend, temper is our worst enemy.
- Choose peace over power.
- If we can't change a situation, we can change our attitude toward it.
- Calm begets calm, temper begets temper.
- Drop the judgment.
- Feelings should be expressed and temper suppressed.
- Every act of self-control leads to a sense of self-respect.
- People do things *that* annoy us, usually not *to* annoy us.
- We can control our mouth and speech.
- Remove ourselves from a tense situation.
- Temper keeps us from seeing the other side of the story.

# Max's 4-Step Method

- **Step 1:** I was waiting for a friend, and she was late. That's when I started getting worked up.
- **Step 2:** I was clenching my jaw, thinking angry thoughts.
- **Step 3:** I was afraid she blew me off, that she didn't care to show up. I was angry she kept me waiting. I spotted that I should excuse, not accuse, that I shouldn't take it personally—maybe she couldn't help it. I endorsed for realizing I could control my reaction.
- **Step 4:** Before this, I would have yelled at her when she got there, we would have fought, and it would have ruined the whole evening. Now, I can relax and figure out a plan B.

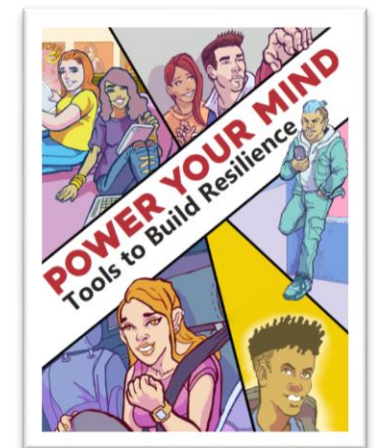
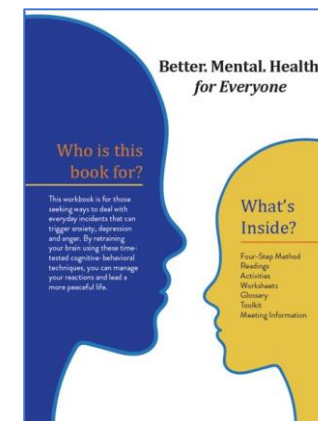
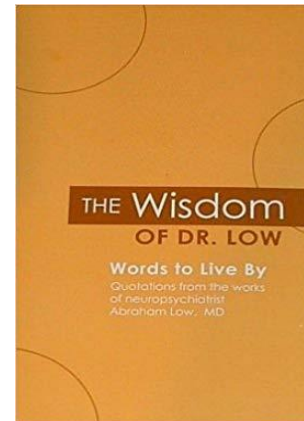
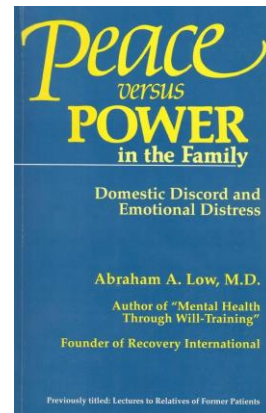
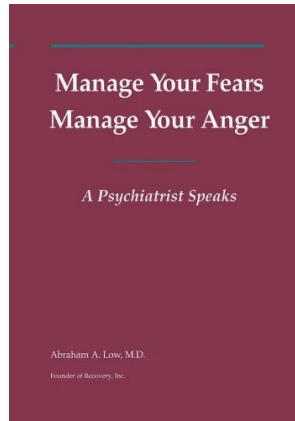
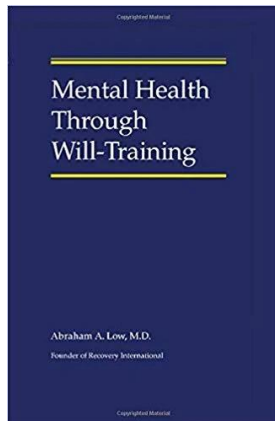


# More Concepts & More Tools!



# Resources

- Mental Health Through Will-Training
- Manage Your Fears, Manage Your Anger
- Peace vs. Power in the Family
- The Wisdom of Dr. Low
- Better. Mental. Health. for Everyone (intro workbook)
- Power Your Mind: Tools to Build Resistance (youth/young adult workbook)
- Power Tools Cards



# Ready to Join a Meeting?



## **Welcome Meetings for Newcomers:**

**Tuesdays and Wednesdays**

[www.recoveryinternational.org](http://www.recoveryinternational.org)

“Newcomer Page”

And watch videos on the

“Training Page”

# Questions?



# Thank You!



**FOR FURTHER INFORMATION:**

**[www.recoveryinternational.org](http://www.recoveryinternational.org)**

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Cognitive-behavioral self-help and peer-led programs  
for more than 85 years.

