

What You Can Expect at a Recovery International Meeting

- Meetings will start and end on time.
- Please turn off your cell phone.
- Meetings are facilitated by volunteer leaders trained to demonstrate the Recovery International Method.
- A Recovery International meeting is a safe place to share. All personal information disclosed during meetings is held in strict confidence.
- All Recovery International meetings follow a standard, structured format.
- Written information will be distributed to help you understand and participate during the meeting. Additional RI literature, membership information and materials will also be available.
- You may take notes on RI tools and principles during any portion of the meeting EXCEPT during the giving of an example.
- We encourage you to sit with the group and to participate. Until you are ready to participate, simply say “I pass.”
- We listen quietly and respectfully when others are reading and speaking.
- We do not use offensive language.
- We don’t offer advice, criticize, judge, analyze or make negative comments.
- We keep comments and spotting tools brief in order to have time for all to participate.
- You will have an opportunity to ask questions or make comments.
- We don’t discuss politics, sex, religion, or legal issues in our meetings.
- We are not mental health experts or trained professionals. We are people who practice the RI self-help techniques. We don’t diagnose, comment or advise on diagnoses, treatment plans or your medications.
- Drinking non-alcoholic beverages is permitted during a meeting but eating is restricted to the Mutual Aid portion of the meeting.

Thanks for coming and we encourage you to return.

If you have questions, comments or concerns, contact your meeting leader.

“Temper” Has Two Faces

Temper: The judgement of right or wrong in everyday events.
This does not apply to legal, ethical or moral issues.

ANGRY TEMPER

The judgement that *the other person is wrong* or has wronged me.

Feelings related to Angry Temper:

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

Can you think
of more?

FEARFUL TEMPER:

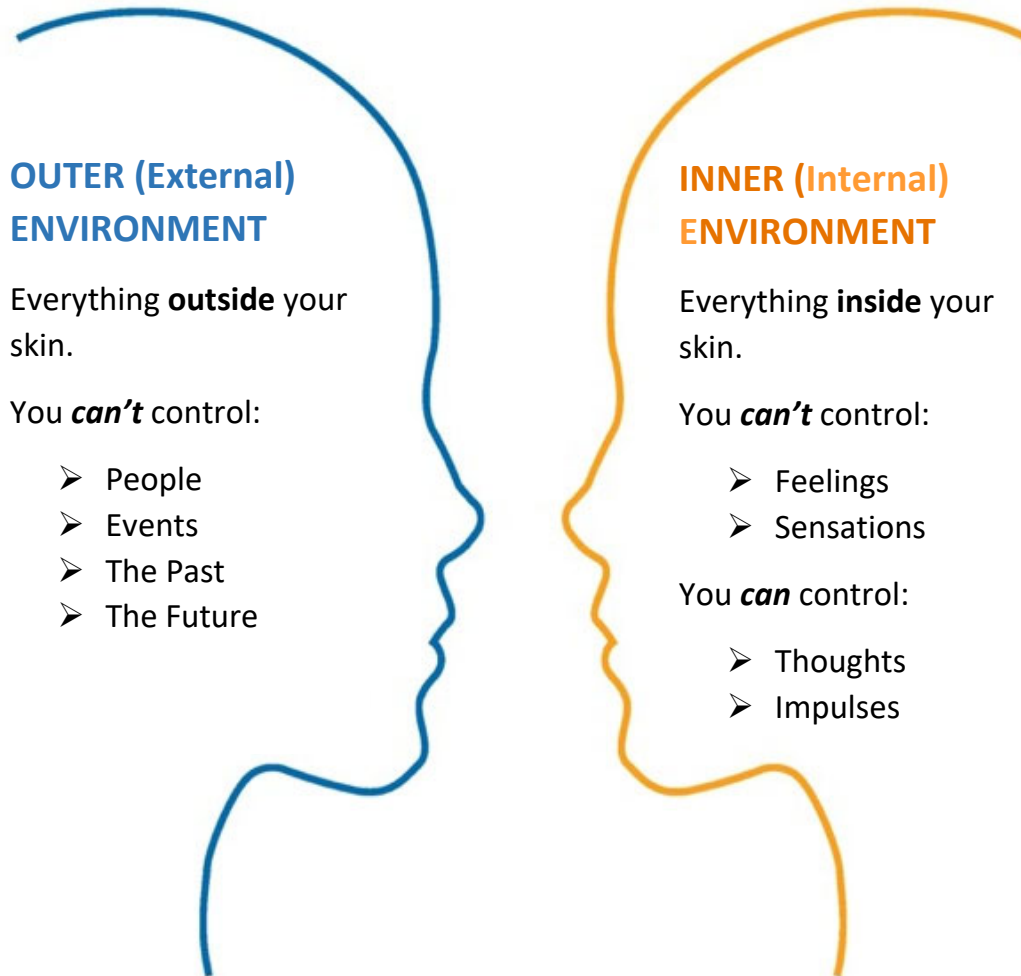
The judgement that *I am wrong*.

Feelings related to Fearful Temper:

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

Can you think
of more?

Environment Has Two Faces



<p>Feelings Emotions such as anger, impatience, hatred, fear, worry, embarrassment, shame and many more. You cannot control your feelings.</p>	<p>Sensations Physical responses such as blushing, racing heartbeats, tense muscles, teary eyes, and many more. You cannot control these sensations.</p>
<p>Thoughts Ideas produced by thinking, such as "This is fun," "He is annoying," and so on. You can learn to change your thoughts.</p>	<p>Impulses What you first want to do, such as punch, run, hug, laugh, yell and so on. You can learn to control your impulses.</p>

Self-Endorsement

- Endorsement is a mental pat on the back, self-praise for effort or control.
- If you're endorsing, you can't be indicting yourself.
- We need to learn to praise ourselves, rather than depending on the praise of others.
- Self-endorsement reinforces each use of the tools and increases the awareness of change.
- Endorse for the effort, not just for the good outcomes.

One Self-Endorsement

Is worth 1000's
of endorsements from the outer
environment.

Endorse, endorse, endorse.



SOME BASIC RI TERMS

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

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

Muscle Control — controlling the impulse to do something that would *be bad for* our mental health. (Example: controlling your speech muscles.)

Muscle Movement — commanding the muscles to do something that we are *resistant* to do. (Example: Keep walking when we would prefer to rest.)

Averageness — most of the things we experience, including nervous symptoms are average — most people have experienced them. Only our tendency to work them up make them seem exceptional to us.

Self-endorsement — self-praise for any effort to practice the RI Method. We recognize the value of every effort we make regardless of the result.

Sabotage — when we ignore or choose not to practice what we have learned in RI. When we do not do what is best for our mental health.

Trivialities — the everyday events and irritations of daily life. Compared to our mental health, most events are trivial.

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

Outer Environment — everything outside yourself: places, people, events, and the past.

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

The Big Five/Example Highlights

Angry Temper

Fearful Temper

Muscle Control

Muscle Movement

Sabotage

How a Recovery International Example Should be Constructed

The major portion of each RI meeting is the presentation of very structured examples by the group members. These examples illustrate our use of the RI Method and tools to deal with temperamental reactions to trivialities in our daily lives.

The presentation of each example consists of the steps outlined below. Each example presentation should last **no more than five minutes**.

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 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.*)

The example format also helps RI group members to:

- Report rather than complain.
- Note our symptoms.
- Check on our responses.
- Control our behavior.
- Use the tools to change our thoughts.
- See our progress.
- Praise ourselves for the effort.
- Learn simplicity instead of complexity.

Constructing an Example Worksheet

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?

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.)

3. **Report your spotting of fearful and angry temper**, the RI tools you used to help yourself, and your self-endorsement for your effort.

4. **Begin with “Before I had my Recovery training”** and describe the temperamental reaction and symptoms you would have experienced before you began practicing the RI Method. What would have happened then versus what happened now? (This will help you to note the progress you have made.)

Constructing an Example Worksheet

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?

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.)*

3. **Report your spotting of fearful and angry temper**, the RI tools you used to help yourself, and your self-endorsement for your effort.

4. **Begin with “Before I had my Recovery training”** and describe the temperamental reaction and symptoms you would have experienced before you began practicing the RI Method. What would have happened then versus what happened now? (This will help you to note the progress you have made.)

A SAMPLING OF TOOLS

The purpose for using a Tool List is to enable newcomers to more easily and rapidly participate in a Recovery meeting. We encourage you to use this list when you initially attend our meetings, until you feel comfortable without it. Your Group Leader may have other guidelines for you regarding the use of this list in meetings. We are glad that you are here, and encourage you to participate and endorse for your participation!

These tools are quoted or adapted from Dr. Low’s books: ***Mental Health Through Will Training*** (MH), ***Selections from Dr. Low’s Works*** (SEL) and ***Manage Your Fears, Manage Your Anger*** (MYF). Citations to Dr. Low’s books are listed for each tool. Many other tools can be found in these books.

Some Basic RI Tools

- Treat mental health as a business and not as a gameMH ch.25
- Humor is our best friend, temper is our worst enemy.....MH p.108
- If you can't change a situation you can change your attitude towards it....MYF p.108, Sel. p.31-32
- Be self-led, not symptom-led.MYF p.114-118, 280-283
- Nervous symptoms and sensations are distressing but not dangerous....SEL p.53, MH p.115, 119
- Temper is, among other things, blindness to the other side of the story.....MH p.159
- Comfort is a want, not a need.MH chs.13, 22
- There is no right or wrong in the trivialities of every day life.....SEL p.39, MH p.157, 195-196
- Calm begets calm, temper begets temper.....MYF p.245, SEL p.31
- Don't take our own dear selves too seriously.....MH p.109
- Feelings should be expressed and temper suppressed.....MH p.178
- Helplessness is not hopelessness.....MH ch.7, MYF p.184
- Some people have a passion for self-distrust.....MH ch.29 & MYF Lecture 2
- Temper maintains and intensifies symptoms.....MH p. 219
- Do things in part acts.....MH p.246-249
- Endorse yourself for the effort, not only for the performance.....MYF p.13, SEL p.46, 132
- Have the courage to make a mistake.....MH p.203, ch.30, MYF p.60, SEL p.108
- Feelings are not facts.....MH ch.9, MYF Lecture 14
- Do the things you fear and hate to do.....MH p. 329-330, MYF p.197
- Fear is a belief — beliefs can be changed.....MYF p.266-269
- Every act of self-control leads to a sense of self-respect.....MH p.166
- Decide, plan and act.MH p.42
- Any decision will steady you.....MYF p.5
- Anticipation is often worse than realization.....MH p.114-115, 146
- Replace an insecure thought with a secure thoughtMYF Lecture 1
- Bear the discomfort in order to gain comfort.....MH p.149
- Hurt feelings are just beliefs not shared.....SEL p.21
- Self-appointed expectations lead to self-induced frustrations.....SEL p.35
- People do things *that* annoy us, not necessarily *to* annoy us.....MH ch.48
- Knowledge teaches you what to do, practice tells you how to do it.....SEL p.118
- Muscles can be commanded to do what one fears to do.....SEL p.123
- Tempers are frequently uncontrolled, but not uncontrollable.....MH p.392

THE BIG 5 or EXAMPLE HIGHLIGHTS

This a review of the five most important elements that are found in each example. We spot on each element to reduce/eliminate our symptoms.

*After the group members spot on each example**, we work through the review

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 bad 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 home).
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).

Remember: We do this review at the end of each example presented. (You may also emphasize other opportunities for **“Self-Endorsement”** to end on a positive note.)



Note: *Only the person facilitating the example and the panel do the concepts review -the example giver does not participate.