

Recovery International

“Recovery International – 4-Step Method Example A”

Accessibility Transcript

The following is a transcript of the audio from the Recovery International 4-Step Method Example A. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Our first leader for the example period right now is Levi. And Levi is going to lead Jenna's example. And our reader is Joey. With that I'm going to ask my panel here to unmute and Levi when you're ready go ahead. Please, Jenna are you ready? I'm ready. Great, Joey, whenever you're ready please start with the first step.

Okay Step 1. Report a single situation or event that occurred in everyday event when you began to work yourself up. Focus on a brief description of what happened, specifically what triggered temper and symptoms. Okay, my son and I are going on a trip next week and it's a third party that's making the arrangements for us. I asked him if we know what we're doing, and he said “no” and that started to work myself up from not knowing what is going on.

Okay, thank you. Joey, please go to Step 2. All right, 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. I felt anger. I was tense. I had nervous feelings like butterflies. I also got jittery, you know. I started thinking “Oh these people are wrong they haven't told us anything yet.” I also had thoughts that “I need to stop asking him and that I'm wrong for asking my son multiple times if they've gotten in touch with him.” Anything else? Some pounding of my heart, pressure in my head. Did you have any disturbing impulses? The only disturbing impulse would be to have kept it up - to have bugged him more and more to get in touch with the other people. Okay and by him you mean your son? My son, sorry yes.

Okay, thank you. Joey, when you're ready, please read Step 3. Report your spotting of Fearful and Angry Temper, the RI tools you used to help yourself, and your self-endorsement for your effort. I was angry with my son because it had turned out he was having an appointment with them today and instead of just saying that, he let me get mad. So, I was angry with him. Angry with the third party that's putting this all together. I had fearful temper that I was doing something wrong by constantly asking him. I had worry about the situation. Nervousness. And that's about that. That's it when it comes to my anger, my Angry Temper and Fearful Temper. And then my tools that I used, my RI tools that I used were “calm begets calm, temper begets temper,” and also that “to know is to not know” - I don't know what's going on. Also, that this is outer environment, and I guess “try, fail, try, fail,” meaning like we'll find out when we find out what we're supposed to do and where we're supposed to go. I endorsed for not raising my voice. I endorsed for not getting in an argument with my son. I endorsed for asking the question and

accepting his answer. That's it. Okay good, thank you.

Read Step 4 whenever you're ready. Step 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. In the past before my Recovery training, I probably would have ended up in a yelling, screaming match. Me being right - getting into an argument with my son over something I can't control right now. That didn't happen and so I endorsed myself for not acting the way I used to respond to things like this.

Okay great, thank you, Jenna, for sharing the example. It was very well reported. Thank you, Joey, for reading the four steps. Now we'll open it up to the panel for some further spotting on Jenna's inner environment. And as always, we refrain from giving advice. Who would like to begin?

- Lynn: "Decide, plan and act."
- Angela: "Comfort is a want, not a need."
- Joey: "There is no right or wrong in the trivialities of everyday life."
- "Every act of self-control produces an increased feeling of self-respect."
- I spot that Jenna has the opportunity to endorse herself for all her Recovery practice and a really good before and after picture. So, it's definitely a significant difference between the fourth step, which how it was before recovery and the way it was now.
- Joey: Her son is outer environment and we "can't change outer environment, but we can change our inner environment" - mainly our reaction to the outer environment.
- Lynn: "Be self-led, not symptom-led."
- Angela: I have another this is one of my favorites, "people do things that annoy us, not necessarily to annoy us."
- Lynn: "When we control our speech muscles, we have nothing to regret."
- I spot that we don't have to be heroes, angels, saints or martyrs."
- I'll also spot that "one victory over the inner environment is worth a thousand victories over the outer environment." And it seems like Jenna was able to remember that the trip and the travel plans are a "triviality when compared with her mental health."
- Lynn: "It's average to feel uncomfortable in an uncomfortable situation."
- I'll also spot that "feelings call for expression and temper for suppression."
- "Feelings when expressed give relief to the sufferer, while temper has no such effect."
- Joey: "Arguments and disputes, especially with family, they're "distressing but it's nothing dangerous."

Are there any other spots on Jenna's example? Now we will do something called the Big Five which is a kind of summary of the example that we just heard. And the big five consists of five elements - one is angry temper, one is fearful temper, one is muscle movement, one is muscle control, and the last one is called sabotage. Who would like to begin on the subject of angry temper?

Lynn. The example giver spotted an anger at her son, and the company that was organizing the trip, and her symptoms themselves. And there may be just some angry temper at fate, the whole situation that she found herself in.

The next element is called fearful temper. Fearful temper is the belief that someone has that “I failed, or sinned, or blundered, or defaulted,” on some standard of average efficiency. Who would like to comment on the fearful temper in this example? Angela. There could be some fearful temper in terms of her own worry about the schedule and how she's going to prepare for this trip - and what that means to her own planning. There might be some kind of general fearful temper about just not knowing how to handle this situation or what's the best course of action to take.

The next element is called muscle control, and this is where a person refrains from doing something which is harmful or detrimental to their mental health. Joey. Muscle control. Jenna was able to control her speech muscles. It could have been easy for her to prolong the complaining or the argument with her son or maybe the agency, but she was able to cut it down to a minimum.

The next element is muscle movement, which is where we do something that is beneficial to our mental health. We would like to comment on muscle movement. Lynn. The example giver moved her muscles by exchanging an insecure thought for a secure thought and using the RI Method in the moment. There may be some muscle movement, not sure if it was mentioned, but there may be some muscle movement if Jenna was going about other activities related to planning her part in arranging the trip.

The last element is called sabotage and this is where a person does something either consciously or unconsciously that is harmful to their mental health. And we don't indict ourselves or criticize ourselves for sabotage, but it's something that we all do and it just kind of explains or helps us understand how we work ourselves up. Does anybody have any comments on the subject of sabotage? We'll start with Lynn. Yes, perhaps some sabotage and not expecting a frustration every five minutes and Dr. Low tells us when we do that we won't be so disappointed. There may be some sabotage in the form of emotionalism which is associating danger with the situation where there's no actual danger. And there may also be sabotaging in the form of judgment of other people. But these, as we say, these are all very average and it was a very well reported example. If there are no further comments, we'll bring this example to a close. Thank you all.

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