



Recovery International

“Recovery International Report Step 1 with Confidence” Accessibility Video Transcript

Accessibility Transcript

The following is a transcript of the audio from the Recovery International Report Step 1 with Confidence. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

As Angela said my name's Lisa Garcia and I'm the San Diego Regional Director. During our time today we're going to have interactive practice session to learn how to report Step 1 with confidence, so I hope everybody has a piece of paper and a pen or pencil. We're going to distinguish between trivial and non-trivial events, identify only one event for each example and keep step one brief into the point, and practice by giving examples.

The foundation of the Recovery Method - Step One is the trivial event and it lays the foundation for pretty much the example as itself. And then in Step 2 we have feelings, sensations, thoughts and impulses. And Step 3 we talk about our temper - Angry and fearful Temper, what tools or spots we used and was there any endorsement. And Step 4 was before versus after Recovery training.

So here's some trivialities that we came up with. The Recovery Method focuses on common, average, trivialities that get people worked up. 95% of our lives are trivialities. Traffic, dropping our phone, obstacles, planes aren't on time, delays, we know we sent that email, inconsiderate people, it's time to spring forward or fall back, frequent annoyances, what am I going to wear - I have to present.

So those are some of the things that are little trivialities and we'll share what are some of the trivialities that get you worked up. But let's talk about some of this first we focus on triviality, so we don't discuss sex, religion, politics, legal issues, current events and traumatic events. And we are not professionals, so we don't talk about medications, advice, diagnosis, treatment plans, or philosophical discussions. Those are some of the things that are not trivialities. However, we can whittle down some of those events in Step 1.

If somebody's going through a divorce - can take that I've been expecting a phone call from a lawyer - that would be the trivial thing. You might be in a lawsuit which would be legal, but we could whittle that down - same thing phone call, paperwork to fill out. We might have an illness and so we don't talk about the illness or the medicine but the symptoms that we're having - being on hold. We don't talk about treatment plans - there's always some kind of paperwork that could be the trivial event that could get us worked up. Funerals - who am I going to see there or what am I going to wear?

What is a triviality? What every day ordinary events do you get worked up about? So, let's open it up for sharing and we'll just kind of have a little open discussion of the little trivialities that get you worked up.

- Traffic
- Yesterday I wanted to get on a zoom with someone, but I'd also told a friend I'd pick her up at the at the hospital bring her home and they conflicted.
- People running late and not keeping me posted. Right time is something that can get us worked up.
- A neighbor who won't say hello when I say hello.
- Forgetting things. Yes, you have that list and you forgot something or you leave the house without that thing you were supposed to take with you.
- Lack of sleep/insomnia.
- Calling to have a pet prescription refilled and it turned out to be a big event.
- Waiting - even though you had an appointment time for a vet, a doctor or whatever it might be.
- Having bad customer service.
- Waiting in line at the grocery store and then you change lines and the other line goes faster.
- Having a losing lottery ticket.
- If I go out to the car and I'm running late and I see find I forgot my keys.

What I'd like for all of us to do now is write down an event or triviality that has gotten you worked Up. So let's practice Step 1 - choose a triviality, focus on one event - be concise and objective. Let's practice together. 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. Let's hear from you. What's the triviality that has you worked?

- I got an email notifying me that my credit card bill was way higher than usual.
- Thank you, Lisa. I'm gonna say this afternoon knowing that I have neighbors/friends coming over for a little while. I get worked up before people come over. So, you have some friends coming over and that's what can get you worked up.
- I lost a microphone speaker driver before an area meeting.
- When you get into your car and you think your commute is going to be x amount of minutes and you put in your navigation and it's triple the time.
- I made plans with a friend, and she was supposed to come over and she didn't.

We're going to try it again because we're practicing "and that's when I began to work myself up." This time we're going to say it like this "I was expecting a phone call I was expecting a phone call, and I didn't receive it, and that's when I began to work myself up."

Does anybody want to share?

- My brand new DVR system worked and then it didn't, that's when I began to work myself up.

- I have an exercise class and someone called a committee meeting at the same time and that's when I began to work myself up.
- My card was declined and that's when I began to work myself up.
- I had to cancel a doctor's appointment and that's when I began to work myself up.
- The weather is hot my air conditioning is running all the time and that's when I'm beginning to work myself up. So, are you are you worked up because you're running the air conditioning or because it's hot? I'm anticipating a big bill. Okay so that could be the event, as well - I'm anticipating a big electric bill and that's when I'm beginning to work myself up. And then in Step 2, you can give some of those thoughts.

Only you can decide which event to use for an example. Ask yourself why am I worked up? What's causing my symptoms? Important note two: if more than one event or triviality is causing you symptoms do a separate example for each event. Don't ignore any events. Be concise and objective. What it means to be concise and objective:

- We report rather than complain
- We describe instead of interpret
- We don't try to convince
- We don't dramatize.

How to be concise and objective. These are some things that in Step One are really important:

- We avoid temperamental lingo
- We avoid storytelling
- We avoid justifying temper

Let's go on to what temperamental lingo sounds. Temperamental lingo is the language that maintains and intensifies symptoms. Temperamental lingo is based on judging ourselves or others or situations. It increases tenseness and promotes angry outburst and fearful anticipations. There're some things about temperamental lingo like right versus wrong, should and shouldn't, absolutes – it's always like this, he's always like this or he never returns my phone calls. Extreme thinking – intolerable, unbearable, never ending. And unanswered questions - why did this happen to me? What was he thinking? Dr. Low says that when we ask the word "why" that they're odious questions, we don't know the answer, so that's temperamental lingo.

Storytelling - avoid storytelling. I have to give you some background ever since we were kids. Oh wait, Lisa, wait I need to tell you a little background. It started about six weeks ago. Ok hang on. When did you really get worked up? That's storytelling. I have to give you some background. You know my sister and I didn't used to talk and now we're talking and then she had a friend that used to be my friend. All that is storytelling in Step 1 and it's sabotaging, as well.



Here's some sabotage that we talk about. We wouldn't have an example if we didn't have sabotage. Not doing what we have been taught to do in Recovery International. Not doing what is best for our mental health. Making choices that lead to more symptoms, more intense symptoms or longer lasting Symptoms. I don't have to read all the things that are sabotaged but there are some sabotage words that we know that Dr. Low pointed out to us what is sabotage. I'll take a second so you guys can read that. An awareness to sabotage is the key to changing our thoughts and controlling our impulses.

Who would like to give an example and put it into practice since we're all here together? Holly, you have a triviality of everyday life, right? And then we need a reader of the four steps, who would be kind enough to read the four steps? Jen, thank you. I'll lead the example. And we're ready, Jen.

Can we have the reading of Step 1, please. Report a single situation or event that occurred an everyday event when you begin to work yourself up. Focus on a brief description of what happened specifically what triggered temper and symptoms. I was at a restaurant and when food came out that I couldn't eat and the waitress gestured to the other table, that's when I got worked up.

So, were you upset that the waitress gestured to the other table or were you upset that you couldn't eat the food? It was kind of like seconds between the two but maybe the food itself because I knew I couldn't eat it and I hadn't said anything. Okay, so when they brought you your food, you began to work yourself up, that's the event, right? Okay, well reported. Step 2 please, Jen.

Step 2- Report the symptoms you experience both physical and mental, for instance angry and fearful thoughts, confusion, palpitations, disturbing impulses, tighten in your chest, lowered feelings, sweaty palms and so on. Maybe some like devious excitement like to prove her wrong that she made a mistake. Kind of like loss of the salad - I wasn't going get. I was embarrassed that I forgot to tell them or just that it was like a hassle to have to pick out the croutons. So, I kind of started to panic. So, the fearful thought was that "I was wrong that I didn't tell them." And what was your angry thought? I didn't specify but I got angry when she kind of snickered. And maybe like a waste of food kind of thing. Okay so you had some angry temper at the situation perhaps or at her. She could have been more thorough or something. Yeah, we can't control that out environment, right? And do you remember any physical symptoms you were having? I kind of went fast like I started to panic and I was catching my temper so I might have gone faster to start trying to make it better and put my hands on the food to try to pull out the croutons - so speed on the muscles. And some tension like how exactly to say this politely to her. And did you have any disturbing impulse that you may have acted on? I think I think I did have an Impulse to complain more than just doing something and picking the food out, verbally. And then I kind of could tell I had a flare so maybe change in breathing

Step 3, please. Report your spotting of angry and fearful temper the RI tools you use to help yourself and your self- endorsement for your effort. So, let's start with your angry temper. We talked about thoughts in Step 2 but let's talk about your temper and Step 3. Angry temper is always at the other person or situation and includes resentment, impatience, indignation, disgust and hatred. So where was

your angry temper at the situation? Maybe a slight angry temper towards her impatience like that we had to fix it or that she wasn't going to bring me a new salad. Maybe just disgusted with it. Do you have a spot or a tool when you have Angry Temper that you use? Well, I didn't catch it until she made the gesture so I tried to use "a word, a look, a gesture and the skies the limit to how we can work ourselves up."

Okay and then let's go to Fearful Temper. Fearful Temper is negative Judgment at oneself and that includes discouragement, preoccupation, embarrassment, worry, hopelessness, despair, sense of shame, feeling of inadequacy. So where was your Fearful Temper? Maybe I was a little worried that I was like overworking this person. It was just too much to expect her to have to fix it and kind of somewhat ashamed as it was Labor Day and there were people from other countries who seemed like they were doing fine. And I felt a little bit ashamed of myself for not having a better attitude about what I was given.

So, what other tools or spots did you use to work this down? I tried to use humor - I like that was Labor Day and here like making her labor for it. And I made a comment to her about like gosh maybe it's a United States thing because there were people speaking other languages, so I tried to keep it keep it light and then excuse her. I tried to make sure it didn't turn into a vicious cycle. I tried to say anything politely like "I'm not going to eat the food." I'm going to have to say this super politely, cultured without making a momentous occasion out of a triviality. Then change my attitude. I didn't really need the salad anyways. Okay, and did you endorse? Yeah, I endorsed because I almost got mad at myself or getting mad and I caught that it was a flare that I just had to work it down, so I endorsed myself for working it down. It was average. Working it down.

Let's go on to Step 4, please. Holly, Step 4 - Look at the progress you have made. Begin with "Before I had my Recovery training..." and describe the temperamental reaction and symptoms you would have experienced before you be practicing the RI Method. What would have happened then versus what happened now? This will help you to note the progress that you have made. So, if somebody had served you in the past something wrong, how would you have reacted before you had your Recovery training? I might not have asked (calmed myself down) and told the person that this isn't what I can eat. I might have sulked and felt sorry for myself and not said anything. And then what kind of symptoms would that have produced for you? I would have gotten angry when the bill came because I would have been like 20 minutes staring at the salad, so I would have felt taken advantage of and I would have maybe like I spent the whole day not understanding what happened. So, now you have insight with Recovery. Thank goodness we all do, right? So now you're going to be quiet.

Does anybody have any spots for Holly? Jennifer, thank you for reading the steps for us.

- In Recovery, we don't want to "add a harm to the first harm." So, we already had a harm of not getting her dish the way she liked it, but we don't want to add a second harm of working ourselves up.
- "We can excuse rather than accuse for the sake of our mental health."

- “Every act of self-control leads to a sense of self-respect.”
- “People do things that annoy us, not to annoy us.”
- “This is phasic, not is basic.”
- “We often see intent when there's only accidents.” Nobody is aiming specifically at her.
- “Spotlight what you have and want and blind spot what you don't have and don't want about the situation.”
- “We can excuse rather than accuse for the sake of our mental health.”
- “Temper blocks insight to the other side of the story.”

Okay, so let's go on to the concept review. This is a review of the of the example itself and we'll take a couple spots for each one. It's not another example, it's just a couple spots to highlight of reviewing the example. So where do we see the angry temper -negative judgments directed against another person or situation and that includes resentment, impatience, indignation, disgust and hatred. Where do we see the Angry Temper in this example?

- At the waitress for not being able to read her mind. Not knowing what she needs.
- “We learn to excuse rather than excuse.”
- Angry Temper at the situation and at the server: “More tolerance for others means fewer symptoms for ourselves.”

So, then we have Fearful Temper and that's negative judgment directed against ourselves includes discouragement, preoccupation, embarrassment, worry, hopelessness, despair, sense of shame, feeling of inadequacy. So where do we see the fearful temper in this example?

- Perhaps some worry that she's not going to get the dish that she wants. But we can worry with calmness and not emotional hysteria - not an emergency.
- And we don't sell Recovery, we demonstrate it.
- Fearful temper in the form of “I'm not being average like other people are.” “Comparisons are odious.”

Then we're a muscle method so we either control our muscles or move our muscles, so let's talk about muscle control. Somewhere that Holly controlled her muscles not to do something that would be bad for her mental health -example, controlling her speech muscles. Where do we see muscle control?

- She controlled her speech muscles not to complain.
- “We don't blame, complain or explain.”
- She acted with culture not raw nature

She controlled that from being disruptive right and so we'll flip that over and we'll go to muscle movement - commanding the muscles to do something that we are resistant to do. Example: attending an RI meeting when we'd rather stay home, taking a walk and walking away from a bad situation. So, where do we see muscle movement in this example? She came to a meeting and gave a well reported example.

And then we wouldn't have an example if there wasn't any sabotage - when we ignore or fail to practice what we have been taught to do in RI, when we do not do what is best for our mental health. Where do we see some sabotage in this example?

- When she compared herself with how others were behaving and thinking she was not being average.
- Letting the outer environment cross over the bridge to the inner environment.
- We never endorse ourselves enough. We endorse every effort no matter how small - not the outcome
- Possibly some duality - I better say something about this vs. no I'm not sure that's a good idea. The mind can only hold one thought at a time and if we're not endorsing, we are in fact indicting.
- More endorsing for the total view.
- There may have been some issues with expectations - Perfection is a hope, dream and an illusion.

Now let's go on to endorsing. We're an endorsing group so where can we see finding other opportunities for self-endorsements - what we put into practice and have learned using the Recovery training. We don't give her endorsement but where do we see endorsement as a whole?

- For becoming "self-led instead of symptom-led."
- For "functioning in symptoms." Dr Low says "Don't tell me how you feel, tell me how you function."
- She "wore the mask and functioned during symptoms."
- I spot that Holly can endorse for a using humor.
- "Humor is our best friend and temper is our worst enemy."
- She can definitely endorse for the difference between Step 3 and Step 4 - that she would have handled it differently before. Maybe still processing it up in her mind

So let's close this example. Thank you, Holly, for your example I hope you got some relief. And, Jen, thank you for reading the steps.

So the way that we get well to learn how to give an example with Step 1ne with Confidence is:

- Attend meetings
- Read Dr. Low's literature
- Practice by giving examples
- Practice spotting or giving tools on others' examples
- Become a Member
- Do a five minute phone call
- Post on the RI private Facebook page
- And, of course, use the new Power Tool Cards



You know we are nonprofit we never turn anyway. If you can make a donation that would be great.

Thank you for being here tonight. There's our website. There's the dial-a-spot helpline which is really wonderful when you're in symptoms. You can also hear music in the background is very calming video. You can call on the phone and listen to the recording, as well. We do have somebody that speaks Spanish in the San Diego office.

Accessibility Note

This transcript is intended to accompany the audio recording so that all visitors have access to the same information in a text format.