



Recovery International

“Recovery International Sabotage Practice Session” Accessibility Video Transcript

Accessibility Transcript

The following is a transcript of the audio from the Recovery International Sabotage Practice Session. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Thank you all for being here. Spotting sabotage is critical to the success with the RI Method. So, please all of you endorse yourself for registering for this session and for treating your mental health as your supreme goal.

Sabotage is anything that we do or don't do that leads to more just emotional distress and physical symptoms. It can lead to more intense emotional distress and physical symptoms, or it can lead to longer-lasting emotional distress and physical symptoms. So, it's let's be clear, we are the ones that do or don't do the things that are leading us to these uncomfortable symptoms. It's not the outer environment that causes our symptoms. What's causing our symptoms is how we manage our inner environment. And the great news is that we can learn to manage our inner environment more effectively. Learning to spot sabotage can accelerate our progress in our eye. And we often hear new people who come in say, "How long will it take?" Well, the sooner you learn to recognize your sabotage, the sooner it's going you're going to see you're going to see good results. And that doesn't mean that you might not see results right at first, but it's really recognizing the sabotage really makes a big difference.

Now, also learning to spot sabotage can help you to achieve long-lasting command of temper and symptoms. It can also make balanced mental health possible. And it can make your mental health a business and not a game. Fighting sabotage means becoming consciously aware of what we are doing or not doing that leads to symptoms. It means to recognize and name what gets in the way of our mental health. Dr. Low tells us that to get well we need to learn to immediately start spotting each symptom as it arises and each sabotage trend as it arises. That takes practice, lots of practice, sure and determined practice. And this is why RI is a training program.

We have not seen any spot that does not direct in one of these ways. So, the spots are telling us what to do, what not to do, or it's telling us how to have a more objective thought. Okay, so first let's look at some of the spots that tell us what to do.

- The first one “practice, practice, practice.” What is it doing? It's telling us to practice. Try fail.



- “Try, fail, try, fail, try, succeed.” It's telling us don't give up.
- “Endorse for the effort, not only for the outcome.” It's telling us no matter how poorly we perform or how poorly the outcome is, we endorse ourselves for the effort. So it's telling us again what to do. T
- “Take the total view, not the partial view.” That's telling us what to do. Take the total view.

Now, let's look at some spots that tell us what not to do.

- “Judgment of ourselves or others robs us of our inner peace.” So, it's telling us not to judge ourselves or others.
- “Temperamental lingo is alarmist and defeatist by nature.” If we don't want to be alarmed and feel defeated, we should not use temperamental lingo.
- “Don't blame, complain, or explain.” That's very, very clear.
- “To talk it up is to work it up.” That one is very clear, too.

And if when you've been in in Recovery long enough, you recognize that these spots are all very, very true, and they really, really work. Here are some more spots that teach us how to think more objectively to avoid or address sabotage. Of course, there are many more spots and you'll find in your own your own favorites. You'll continue attending meetings and reading our literature and practicing by giving examples and you'll find many more. But let's look at these.

- “This is a triviality in comparison to my mental health.” It's telling you how to think more objectively.
- “Outer approval is a want. Inner approval is a need.”
- “Feelings and sensations are distressing but not dangerous.”
- “This is nerves and nothing else.”

So basically, these are all telling us to change our insecure thoughts to secure thoughts. All right. Now, let's look at these. I'm going to give you all a chance to participate here.

- “Anticipate joyfully or not at all.” What is that telling us to do? I would say it's telling us not to worry so much about the future events. Very good. And, that one you can look at it two ways. You can look at it as something not to do - not to worry - or to anticipate more joy joyfully. So, otherwise have a more optimistic view of the future or of a situation. So that can be either one. What about the next one?
- “It's not how we feel, it's how we function.” Okay. Oh yeah, it doesn't matter how we feel. It matters how we function. We have to change our thoughts and move our muscles because the muscles are the re-educators of the brain. And that's how I become self-led. Right. Very good. Very good. All right. How about the next one?
- “Drop your excessive sense of responsibility.” Yeah. I'm going to say we can't be all things to all people. So, when somebody spots for me excessive sense of responsibility, we can't be all things to all people. Very good. All right. What about the next one?

- “Judgment of ourselves or others robs us of our inner peace.” Okay. He's telling us not to be judgmental. Very good. All right. How about number five?
- “Sometimes people do things that annoy us not to annoy us.” Is that telling us what to do, what not to do, or is it helping us to have a more objective view? It's telling us what not to do. It's telling us not to judge people because we think they're annoying us. Very good. Very good. All right, let's go on. All right. Now, what about this one here?
- “A symbolic victory is an empty victory.” What is that telling us? For instance, when you get into a fight with someone and kind of, I don't know, win the fight, so to speak, you don't really win the fight because both people are left not feeling real great. Very good. And don't fight with people. Very good. All right. How about the next one?
- “Feelings should be expressed and temper suppressed.” You could express your feelings to somebody but not in a harsh manner. You have to suppress your temper, not get worked up when you do it. It's telling you what to do and what not to do by saying feelings should be expressed but temper should not be expressed. Very good. All right. And how about number three?
- “Stop dragging your past around with you.” Thank you. Yes. It's just simply to objectively relate the example and not to revisit it and not to make a laundry list.
- “Replace an insecure thought with a secure thought.” What is that telling us? What to do? What not to do? It's telling us what to do, specifically with thoughts. It's also making us think more objectively. Very good. All right. How about the last one?
- “Every act of self-control leads to a sense of self-respect.” It's definitely telling us what to do, but in that also maybe not what to do because self-control means doing things that you know are good for you and refraining from things that you know are not so good. And in doing so, being able to control your muscles, you gain a sense of respect for yourself. Very good. I don't think I've ever had anybody comment like that on this, but that that is so very true. Very true. Yeah. It tells us not to give into our impulses. Every measure of self-control brings add measure of self-respect and increased self-confidence. Very good.

Another way that we can determine sabotage, we can be a detective, and we can stop and think. Often time we use the um the spot “don't let don't allow the outer environment to cross over the bridge of temper into the inner environment.” So, we can ask questions like the one shown here. And let's look at the first column. After you listen to the example and you're thinking about what was said, was the person judging someone? Were they blaming? Were they worrying or comparing or maybe something else on this list? And often times when we are listening to an example and we have these spots that pop into our head, well this will be a good spot for that or you know this one will be good - but we're not thinking about how the person is sabotaging. So, for example, if you're using the spot “judgment of ourselves or other others robs us of our inner peace” and you might report that spot after an example in a meeting, but then when it comes time to when it comes down to reporting the sabotage, a lot of times people don't think about the spot that they use. So, whenever you use a spot, it can also help to point out sabotage in an example.

Okay, let's look at the other side. Seeing intent, attaching danger, imagination on fire, or maybe one of these others. And of course, we don't have to pick only one form of sabotage for an example. There might be two or three types of sabotage that you see. And each spot, remember, each and every spot addresses at least one type of sabotage. And remember spots are tools that we use to whittle down our symptoms, and symptoms are caused by sabotage. That's why each and every spot addresses at least one type of sabotage.

Rexie, I have a question. I've heard also that asking why - the "why" questions - would that fall under in your two columns there, would that fall under expectations? Like I had an expectation, which is why I'm questioning it or where would that fall, do you think? It could, but it is actually temperamental lingo. If you ask questions that are unanswerable - and usually when we ask questions like that like "why did he do it or why did he do that or what was he thinking" usually we can't answer questions like that, and it falls under temperamental lingo. But what you said, it could apply that way too. But it is definitely temperamental lingo. Okay. Thank you. You're welcome.

So, here are some other clues to look for when spotting for sabotage with ourselves or others: failing to use the 4-Step method. So, Dr. Low tells us, I mean, that's what our whole method, our whole organization is about. It's about using the 4-Step method to whittle down our symptoms. So, talking about ongoing situations, multiple events or a vicious cycle instead of focusing on a single event, these can all be sabotaged. And Lisa has a very good session that is recorded on focusing on one event at a time in step one. And if you don't focus on one event, you start all of this stuff gets muddled and you're applying part of the steps to one event, you're applying part of the steps to another event. So, it's very important to focus on just one single event and not telling a story. Because if you're trying to tell a story, you're working yourself up more. And also you may be working yourself up or you could be trying to justify your temper as well.

Now if you're interpreting, analyzing, trying to convince, or dramatizing these are all sabotage. And all of our literature tells us we don't interpret, we don't analyze, we don't try to convince, we don't dramatize. Also, if you're not endorsing, and that's a big one because in self-endorsement alone can really help a person when they're feeling down and when they're in temper. Self-endorsement is very important and if you're not endorsing yourself, then you are very likely indicting yourself. And Dr. Low tells us that we indict ourselves more than we endorse ourselves. So that's very important. So, any of these are considered sabotage.

Now when we or others are on in Step 3, it's sabotage if we are not able to identify the specific types of angry and fearful temper. So, here's the angry temper. And again, this is all the angry temper, the fearful temper. These are all part of the concept review. And if you're not doing the concept reviews in your meetings, you might be missing out a lot because this is really helpful. When the example giver is reporting the example, they're telling how they recognize the angry temper and the fearful temper and



the comparison temper. But in the Concept Review, it's the panel that is telling how they saw it. And it could be the same thing as the example giver saw it, or it could be something different.

So, now, it's time for you all to practice. I'm going to read the steps. I'll just abbreviate the steps, but I'm going to read these are some spots that I have, excuse me, some examples that I have heard in the past and I have permission to use them. And I'm going to read these and I'm going to try to read them in the way that they were given originally. And I want you all to tell me where there is sabotage in each of these steps. So, let's start with Step 1, and it's the event, the trivial event. And the example giver says, "I woke up this morning. I was feeling good. No problems. A neighbor called and asked if she could come over for coffee. I really did not want her company this early in the morning. She does nothing but gossip. And when I serve refreshments, she hogs them all up before anybody else has a chance to serve themselves. She speaks with a whiny tone to her voice. And she's so annoying. I got worked up when I heard her voice on the other end of the line."

She's complaining, she's blaming, she's explaining. If this is a first step, too, it's not it's not brief enough to be a first step. It's very storytelling. I was going to say that maybe it's exaggeration with nothing but gossip and it's certainly not an objective report. Well, way too much information, judgmental, in a vicious cycle, dramatizing and everything else that you all said. Very good. All right.

Now, let's go to Step 2. So, these are the symptoms that were reported. The feelings, the sensations, the disturbing the angry and fearful thoughts, and the disturbing impulse is what we're supposed to what she was supposed to be reporting here. And this is what she says. "I was angry. Damn, I was pissed off. I just wanted to tell her how annoying she is. I was having air hunger, pressure in my head, tenseness all over. I was just mad. Just really, really mad. All she wants to do is gossip and criticize people. Some people just like attention. She's one of those people."

So, Step 2, she's using temperamental lingo that's sabotage even when we're giving Step 2 and trying to prove her case that she was annoying, you know, at that she's right and the other person's definitely wrong. And as she gives her symptoms, she really wants to show how angry she was. And also repeating temperamental lingo again, you know, gossip and criticize and she and that the person is all out of environment which we can't control. The example giver is not following the outline to give an example. She's reliving it and a host of other things rather than reporting a single situation. So, she's sabotaging group standards by not following the suggested outline at almost every phase of that example. Exactly. Okay. She's using temperamental lingo, trying to analyze the neighbor, obsessing. No fearful thoughts were reported. No angry thought. Well, no, no thoughts. Well, some angry thoughts. Yeah, some angry thoughts are there. She's continuing to focus and criticize the neighbor and no impulse reported. And everything else that you all said, it's all sabotage.

Okay, Step 3. So, this is where we want the angry and fearful temper, the feelings and the RI tools we use to help yourself and the self-endorsement for the effort. So, this is what she reported. "I can't change the outer environment." And then she puts the source where she got that from. "Every act of

self-control leads to a sense of self-respect and ultimately self-confidence.” Again, the source. “People do things that annoy us, not to annoy us” and the source. And the last one is “calm begets calm, and temper begets temper.” So, what is she leaving out here? How is she sabotaging here? She left out the tempers. She did not identify the tempers, and she left out whether she endorsed or not. Exactly. Very good. And putting in the source is kind of like explanation. Okay. This is what I put here: did not spot angry and fearful temper and did not endorse. So that's what we've already said. Okay.

So, Step 4. This is where she's supposed to report how things are different. And basically, I believe that he's wanting us to report how our inner environment is different, because if our inner environment is different, we're doing things differently. But all she had to report was, I now have this Method to use. The step tells us to begin with “Before I had my Recovery training...” So, it's actually say those words. I know for me it helps to put that in my mind because there was a before all of this and it draws my attention to what we're supposed to do here which is say what we did before the recovery training. The acts or the non-acts that we did before Recovery training versus what the recovery training has yielded in new and different behavior and thinking muscle movement. Yeah. To have an example there has to be a difference of what how we would have acted before and after, especially if we have a newcomer so people can see the growth and yourself can see the growth of how we would acted in this in this example. Okay.

So then this is the next example. Step 1. “I was in the supermarket, and a lady was yelling at her kid. If people can't control their kids, why do they have them? The supermarket was crowded and hot. I was just having a bad day. When I got out to my car, I had a flat tire. All of this was giving me symptoms. They got worse when my ex pulled up.” I would say not limiting it to a single event. Seems like there's a lot of things going on. Judgmental, complaining, not doing the process of the 4 Steps. Okay. So, too much information, vicious cycle, criticizing, giving advice, working herself up, and obsessing. All right.

Step two. All she reported was anger, embarrassment, feelings of inadequacy, tenseness, pressure in my head. my chest, air hunger, shakiness, hot face, sweaty palms, adrenal and adrenaline rush. It looks like she didn't share thoughts and um impulses.

Okay, so let's go on to Step 3. I was angry at the lady and the baby in the store. I was angry at the store, at the heat, at the car, at the tire, at my ex, at everything going on. Angry at the day. I was embarrassed. I did not know what to do when my ex drove up and offered to help. The tools I used, “People do things that annoy us, not to annoy us. Every act of self-control leads to a sense of self-respect and self-confidence. Calm begets calm. Temper begets temper. I can change my attitude and thoughts about it. I can't change a situation or the past.” So, how do we see sabotage in this example? She didn't say what type of angry or fearful temper. She just said what she was angry at. And she didn't even identify that the embarrassment was the fearful temper. Very good. And I don't see where she endorsed even. So that's sabotage in itself. There's a lot all over the place. Right. Yes, you're right. You're right. All right.



Step 4. “Before my Recovery training, I knew nothing about the environment. It never occurred to me that I had a temper. Now I know I have two types of temper. I did not have this program to calm myself down. I used the tools to calm myself down and allowed my ex to change my tire, then accepted his invite to dinner.” What kind of sabotage did we see here? Well, she's all over the place. She does not give specifics. She's talking about different things. She's off track of the example. Exactly. About allowing her ex to change her tire and accept this invite. Pretty much the same as the previous example. She doesn't really say what she would have done and how she would have acted before she had this training and how it would have ended up because she wasn't able to use the steps. Now, I'm going to apologize to you all because I think when I was reading this prior when I was preparing, I said “well reported, no sabotage.” That is not true. There is a lot of sabotage there. So, I sabotaged myself that day.

Now, getting out of one's comfort zone is not easy. Sabotaging only takes a second before we realize it is happening or it has already happened. Dr. Low tells us that we must be patient with ourselves. We must be consistent and persistent with our practice. Many nervous people do not believe that they are capable of change. However, Dr. Low tells us that we are a capable lot. We are capable of change. So don't sabotage yourself and endorse, endorse, endorse.

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.