



Recovery International

“The Recovery 4-Step Method – Example B” Accessibility Video Transcript

Accessibility Transcript

The following is a transcript of the audio from the Recovery International 24-Hour Dial-a-SPOT Helpline. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Jenna is going to lead this one and Jouie has the example to give. Lynn is going to read the steps. Jenna, whenever you're ready. Thank you

Joey, are you ready to go ahead. Okay, Lynn, if you could start with step one. Step one. Report a single situation or event that occurred an everyday event when you began to work yourself up focus on the brief description of what happened specifically what triggered temper and symptoms.

This happened on Monday night. I already applied for a gym membership, but I was contemplating when to go as I haven't been to the gym for a long time. So just thinking about going there and just like when was the last time I attended - that's when I worked myself up.

Okay thank you. Lynn, step two. 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'll divide by symptoms into four different parts I'll start with the physical symptoms - sweatiness, head pressure, lethargy. Mental symptoms of how I felt - I felt down. I was questioning my sort of self-worth and my self-image. My impulse was to just be lazy and just sleep more or just to eat more chocolate, just to comfort eat to get the stress out of the way. My fearful and angry thoughts fearful thoughts – Why am I lazy? Why am I not doing this? Why am I not committed? And the angry thoughts - Why do I have to pay this much for the gym membership? Is it even worth it? And where are my other friends, they're supposed to work out with me? Where are they?



Well thank you very much that was very clear. Thank you. Lynn, would you go to step three? Step three. Report your spotting of angry and fearful temper the RI tools you use to help yourself and your self-endorsement for your effort.

So, my angry temper was first directed at the gym because maybe they convinced me to go for a plan which I was reluctant at first and I'm paying for that membership. Also, angry temper at my friends, especially the ones who used to work out with me before. Just asking where are they? They trained with me consistently before. The fearful temper I had for myself was just feelings of self-worth, and also as I said before, just laziness and if I have the motivation to go to the gym by myself and do my own routine. And in that case, if I do go, will I be judged for whatever workout I'm going to do there.

The spots I used are "comparisons are odious," and "approval from the outer environment is a want but inner approval from myself is an absolute need," "try, fail, try, fail, try succeed," "the nervous patient can expel the myth of the nervous fatigue through moving their muscles." I was able to endorse myself just telling myself it's not really dangerous to go like it's going to be frustrating but it's good for my health in the long term. So, I did endorse myself for going and to be able to get a workout in and just like not let anyone judge me for it.

Thank you very much. Can you go to step four, Lynn. Look at the progress you have made begin with "Before I had my recovery training" and described 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've made.

So, before my Recovery training what would have happened then versus what happened now is that I would have let my self-defeating thoughts get the better of me - criticizing myself so much that I would have just like not even bothered going to the gym. And because I wanted to address those unhealthy thoughts in a not quite healthy way, I would binge eat either chocolate or some other junk food. And also, just like thinking/pondering about the past like where my friends are - like why are they aren't they here with me to work out and just asking myself "Am I always going to be lazy?" So that would have affected my daily routine of functioning in other days.

All right thank you very much we're going to put Jouie in what we call the glass box and we're going to start doing some spotting for him. And I'm just going to remind the panel that we speak in third person and direct your spots to me. You can either raise your hand on your



computer or your physical hand. All right let's get started, Lynn.

Yes, I spot “when we take care of our inner environment, the outer environment takes care of itself.” Absolutely, and Joey made a decision - he “decided, planned and acted.”

Levi. Yes, I'll spot that I'll respond that “outer approval is a want, and inner approval is a need,” and “movement of the muscles overcomes the defeatist babble of the brain.” And also the friends and the staff of the gym are all outer environment and “we cannot control the outer environment.” Thank you. Yes, the “outer environment can be rude, crude and indifferent but our job is to face, tolerate and endure.”

Lynn. Yes, “treat your mental health as a business and not a game.”

Angela. “Our supreme task is our self-discipline.” Thank you absolutely.

Lynn. “People, places and things do not work us up, it's our thoughts that work us up.”

Levi. I'll spot that “we're good observers and poor interpreters.” And also with regard to the gym membership, it seemed like Jouie “dropped the judgment for the sake of his own mental health and inner peace,” and he also “dropped the Judgment against himself.” He's not wrong for purchasing the gym membership and the people who he spoke to are not wrong for helping him or selling it to him. Thank you. And he can “endorse for his efforts not, only the outcome.”

Lynn. Yes, when we feel our worst and try our hardest is when we make the greatest gains.

Really good spots. Angela. “People hope to be exceptional but fear there are nothing more than average.” Yes, this is very average, I believe. The averageness of getting back into a working out routine, the averageness of friends not doing what we hope they will. Do I have any other spots?

Levi. I spot that “we hate routine and fear change” so the new gym membership is a change. And “we get well in direct proportion to the amount of discomfort that we're willing to bear” so going to a new gym involves a certain amount of discomfort but Jouie expressed the willingness to do that. Thank you.

Lynn. Yes, we don't “wait to get well we do things in order to get well.”



Okay, if that's all we'll go to the big five. As Levi said before the Big Five is an opportunity to kind of have a summary of the event that Jouie just gave to us. So, we're going to go ahead and start with the number one which is the angry temper. Remember that angry temper is outer environment and what we're angry at.

Yes, it sounded like the example giver was angry at the situation, and I offer the spot "calm begets calm and temper begets temper." There might be some angry temper at the gym staff, the customer service representatives who arranged for him to purchase the gym membership, and also there may be some angry temper at his friends for not being available to go with him to the gym. Thank you.

Number two is our fearful temper. I heard some fearful temper there was some negative judgment toward himself if he was ready for the gym. Maybe feeling a little inadequate as far as being ready because he hasn't exercised in a long time. And it sounded like there was some discouragement.

Then we're going to go to muscle control - what muscles did he control for his mental health? It didn't sound like he complained a lot and called up a bunch of people to complain. Lynn. Yes, he controlled his speech muscles by not complaining. Thank you.

Then we'll go into number four which is muscle movement, and this is where we do things to move our muscles for our mental health. Yes, the example giver moved his muscles by going to the gym and Dr. Low says that "moving our muscles overcomes the defeatist babble of our brain." Yes, and giving this example is a form of moving the muscles, too.

Sabotage is not a bad thing. Dr. Low likes to say that we will always be apprentices and never masters. It reminds ourselves that we still have work to do. Can anybody see any sabotage in this example? There's always room for more endorsement and when we endorse we strengthen our nervous system. I will bring this to a close. Thank you.

Thank you, Jouie, and thank you, Jenna, for leading that example that we all could learn from. And, Lynn, thank you for reading.

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.