

Three Actions That Lead to Success in RI

Learning the RI Method

You can learn the RI Method in many ways.

- Attending these training sessions is a good way to begin the learning process.
- You can also learn by reading books written by Dr. Low and other materials that provide the vocabulary, tools, and steps needed to use the RI Method successfully.
- A prime way to learn is by attending regular Recovery International meetings, where group members read selections from Dr. Low's writings and learn from other members' examples of how they are applying the RI Method when dealing with the stresses of everyday life that trigger distressing symptoms, thoughts, and impulses.

Gaining Group Support

You'll gain group support primarily from attending weekly RI meetings.

- At RI meetings group members can report and get feedback on their own efforts in applying the RI Method to help change their thoughts and control their impulses in reaction to normal everyday non-emergency situations that RI members refer to as "trivialities."
- Group members also can provide feedback and support to others as they give examples of their use of the RI tools to help change their thoughts and control their impulses in reaction to trivial situations.
- RI meeting attendees are all learning from each other – no matter how experienced group members are, there is always something more to learn.
- At RI meetings:
 - We don't teach, we demonstrate.
 - We don't judge, we support each others' efforts.

(Continue on next page.)

A SAMPLING OF TOOLS AND TERMS

A purpose for using a Tool List is to enable newcomers to more easily and rapidly participate in a Recovery meeting. With this in mind Recovery International encourages 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 game.....MH 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 storyMH 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 thought.....MYF 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

SOME BASIC RI TERMS

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

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

Muscle Movement – commanding the muscles to do something that we are resistant to do (example: keep walking when we would prefer to rest)

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

Averageness – most of the things we experience, including nervous symptoms, are average – most people have experienced them. Only our tendency to work them up makes 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. (example: not endorsing)

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

Inner Environment – everything inside your self: feelings, sensations, thoughts, impulses and muscles.

Outer Environment – everything outside your self: 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

1. Angry Temper
2. Fearful Temper
3. Muscle Control
4. Muscle Movement
5. Sabotage