

FIVE STEPS TOWARD RECOVERY

1. Experience appropriate levels of self-esteem
 - In other words: do not beat yourself up for your past “errors in judgment”
 - Remember that you did the best that you could with the coping tools and information that you had going into the situation
 - Remember that any situation can be turned around if you can at least admit that you learned from it – Knowledge is Power!
2. Set functional boundaries
 - Know what your limits are and work within that as you gain strength
 - Start with small steps in setting limits of what you can tolerate from others
 - Congratulate yourself on small victories and be patient as you learn this new skill
3. Own and express your own reality / who you really are
 - No small feat, to be sure, but a challenge well worth mastering
 - Start with taking the time to get to know Who You Are:
 - In your body (example: where are my feelings in my body?)
 - In your ways of thinking (example: are there patterns that I follow in my thoughts when I get stressed?)
 - In your feelings (example: what are my feelings during times of stress? Fear? Hopelessness? Anxiety?)
 - In your behavior (example: how do I act out when I get stressed?)
4. Take care of your adult needs and wants
 - Moving through stressful situations or emotions without getting stuck in them requires all of your personal strength
 - Personal strength is built by taking care of your needs
 - Overworking for others or going too far to get things done depletes personal strength
5. Experience and express your reality moderately
 - Know how to be moderate in everyday life rather than living by extremes
 - For example: being totally involved or totally detached in your life
 - Or: totally happy or totally miserable
 - Try not to think in terms of “good / bad” or “right / wrong”