

IF YOU'VE SPENT YOUR LIFE IN THE CHANGE SYSTEM, YOU WILL FIND THE CHOICE SYSTEM A WHOLE NEW UNIVERSE. THE MORE YOU GET TO KNOW IT, THE MORE FAMILIAR IT WILL BECOME.

LEARNING TO USE CHOICE IS LIKE LEARNING A NEW LANGUAGE. FIRST YOU LEARN THE GRAMMAR OR RULES OF CHOICE ("I'M RESPONSIBLE FOR MY CHOICES, OTHERS ARE RESPONSIBLE FOR THEIRS"). YOU MAY FEEL SELF-CONSCIOUS AND ARTIFICIAL WHEN YOU BEGIN TO USE THE TECHNIQUES. THIS IS NATURAL. YEARS AND YEARS OF FEELING RESPONSIBLE FOR OTHERS FEELINGS IS UNCOMFORTABLE AT FIRST. WITH PRACTICE, YOU WILL BECOME FLUENT IN USING CHOICE. UNDER STRESS YOU MAY REGRESS BACK TO TRYING TO CHANGE THINGS.

STOP RESCUING OTHERS. HELPING AND SERVING OTHERS IS ONE OF THE SECRETS OF LEADING A HAPPY LIFE. HOWEVER, HELPING PEOPLE WHO DON'T WANT TO HELP THEMSELVES SERVES NOBODY. BE AWARE OF MANIPULATION - MANY PEOPLE IN AUTHORITY LIKE TO KEEP YOU IN THE CHANGE SYSTEM BECAUSE IT'S A WAY TO CONTROL YOU. SOME PARENTS, CHILDREN, WIVES CAN BE SKILLFUL AT MANIPULATING YOU INTO BELIEVING THAT YOU ARE RESPONSIBLE FOR MAKING THEM HAPPY, COMFORTABLE, AND SATISFIED.

FOCUSING ON WHAT YOU DON'T WANT DRAINS ENERGY. FOCUSING ON WHAT YOU DO WANT CREATES ENERGY.

LIVING IN THE CHOICE SYSTEM GIVES YOU RELIEF FOR LIFE. YOU ALWAYS HAVE CHOICES, NO MATTER WHAT SITUATION YOU ARE IN. WHEN YOU ACCEPT YOUR CURRENT REALITY AND CHOOSE WHAT YOU WANT IN LIFE, THE CHOICES YOU NEED TO GET THERE WILL APPEAR.

WHAT IS MY # 1 PRIORITY? WHAT DO I WANT?

-
- | | |
|-----------------------------|---------------------------|
| 1. A RELATIONSHIP | 6. BETTER JOB |
| 2. IMPROVE MY RELATIONSHIP | 7. IMPROVE MY SOCIAL LIFE |
| 3. REDUCE STRESS IN MY LIFE | 8. LEARN HOW TO SKI |
| 4. FRIENDS | 9. MORE MONEY |
| 5. IMPROVE COMMUNICATION | 10. MORE FUN |
- ADD YOUR OWN---

USE THE ACT FORMULA

1. < A > ACCEPT YOUR CURRENT REALITY.
2. < C > CHOOSE TO CREATE YOUR VISION.
(WHAT YOU WANT IN LIFE)
3. < T > TAKE ACTION TO CREATE IT.

REMEMBER THAT ACTION BREEDS ENERGY!!!

WHEN YOU WANT TO CHANGE THE WORLD, YOU HAVE THREE OPTIONS:

1. TRY TO CHANGE YOURSELF.
2. TRY TO CHANGE OTHERS.
3. QUIT TRYING TO CHANGE THE WORLD AND USE CHOICE TO CREATE WHAT YOU WANT.

RAPID RELIEF FROM EMOTIONAL DISTRESS COMES WHEN YOU MOVE FROM THE CHANGE SYSTEM ("I NEED TO CHANGE PEOPLE AND EVENTS SO THAT I CAN BE HAPPY") TO THE CHOICE SYSTEM (" I CHOOSE TO ACCEPT THE CURRENT SITUATION AN TO CREATE WHAT I WANT")

ONCE YOU MAKE THE CHOICE TO CREATE YOUR OWN LIFE, YOU`LL BEGIN TO FEEL RELIEF. THE ONLY ENERGY YOU NEED IS THE ENERGY TO STAY ALERT TO THE CHOICES YOU HAVE AND TO COMPARE THEM TO THE CHOICES YOU ARE MAKING.

ADVANTAGES AND DISADVANTAGES OF CHOICE VS. CHANGE

CHANGE	VS.	CHOICE
1. TAKES 6 MONTHS TO A LIFETIME		1. IMMEDIATE
2. TAKES LOTS OF ENERGY		2. USES LITTLE ENERGY
3. TAKES LOTS OF TIME		3. USES LITTLE TIME
4. WE CAN FEEL OVERWHELMED		4. IMMEDIATE MOVEMENT

HOW TO GET SICK AND STAY SICK

by BERNIE S. SIEGEL, M.D.

1. COMPLAIN ALL THE TIME ABOUT EVERYTHING.
2. BE IRRITABLE, RESENTFUL AND HYPER-CRITICAL ABOUT YOURSELF AND OTHERS.
3. DON'T PAY ANY ATTENTION TO YOUR BODY. EAT PLENTY OF JUNK FOOD.
4. PRACTICE UNSAFE SEX.
5. DO THINGS YOU DON'T LIKE, AND AVOID DOING WHAT YOU REALLY WANT.
6. FILL YOUR MIND WITH DREADFUL PICTURES AND THEN WORRY MOST, IF NOT ALL OF THE TIME.
7. IF YOU ARE OVER-STRESSED AND TIRED, IGNORE IT AND KEEP PUSHING YOURSELF.
8. AVOID DEEP, LASTING, INTIMATE RELATIONSHIPS.
9. BLAME OTHER PEOPLE FOR ALL YOUR PROBLEMS.
10. DO NOT EXPRESS YOUR FEELINGS AND VIEWS OPENLY AND HONESTLY. IF AT ALL POSSIBLE, DO NOT EVEN KNOW WHAT YOUR FEELINGS ARE.
11. SHUN ANYTHING THAT RESEMBLES A SENSE OF HUMOR.
12. AVOID MAKING ANY CHANGES WHICH WOULD BRING YOU GREATER SATISFACTION AND JOY.
13. THINK ABOUT ALL THE AWFUL THINGS THAT COULD HAPPEN TO YOU. DWELL UPON NEGATIVE, FEARFUL IMAGES.
14. BE DEPRESSED, SELF-PITYING, ENVIOUS AND ANGRY.
15. WATCH TV AND READ TO REINFORCE YOUR VIEWPOINT THAT THERE IS NO HOPE.
16. HATE YOURSELF. BLAME YOURSELF MERCILESSLY AND INCESSANTLY.
17. ASSOCIATE WITH PEOPLE WHO ARE UNHAPPY AND EMBITTERED, AND WILL REINFORCE YOUR FEELINGS OF HOPELESSNESS.
18. THINK ABOUT HOW AWFUL LIFE IS AND HOW YOU MIGHT AS WELL BE DEAD. BUT MAKE SURE YOU ARE ABSOLUTELY TERRIFIED OF DEATH, JUST TO INCREASE THE PAIN.

THE SURVIVOR PERSONALITY

HOW MANY OF THE FOLLOWING LONGEVITY TRAITS DO YOU HAVE? TO FIND OUT, PUT A CHECKMARK BESIDE EACH OF THE STATEMENTS WHICH HELPS TO DESCRIBE YOUR PERSONALITY.

- YOU HAVE THE ABILITY TO BECOME SO DEEPLY ABSORBED IN AN ACTIVITY THAT YOU LOSE TRACK OF TIME, EXTERNAL EVENTS, AND ALL YOUR WORRIES. OFTEN WHISTLING, HUMMING, OR TALKING TO YOURSELF ABSENT-MINDEDLY.
- YOU HAVE A CHILD'S CURIOSITY.
- YOU HAVE AN OBSERVANT, NON-JUDGMENTAL STYLE.
- YOU ARE WILLING TO LAUGH AT YOURSELF.
- YOU ARE OPEN-MINDED ABOUT CRITICISM OF YOURSELF.
- YOU HAVE AN ACTIVE IMAGINATION.
- YOU HAVE EMPATHY FOR OTHER PEOPLE, INCLUDING YOUR OPPONENTS.
- YOU RECOGNIZE INTUITION AS A VALID SOURCE OF INFORMATION.
- YOU HAVE THE ABILITY TO SEE EARLY CLUES ABOUT FUTURE DEVELOPEMENTS AND TAKE APPROPRIATE ACTION.
- YOU TEND TO BE PLAYFUL LIKE A HAPPY CHILD.
- YOU ARE COMFORTABLE IN SITUATIONS THAT OTHERS FIND BEWILDERING AND FRIGHTENING.
- YOU KEEP A POSITIVE OUTLOOK IN ADVERSITY.
- YOU HAVE THE ABILITY TO ADAPT TO UNEXPECTED EXPERIENCES
- YOU HAVE THE TALENT FOR CONVERTING WHAT OTHERS CONSIDER MISFORTUNES INTO SOMETHING USEFULL.

- YOU FEEL YOURSELF GETTING SMARTER AND ENJOYING LIFE MORE AS YOU GET OLDER.
- YOU SEE YOUR LIFE AS YOUR OWN CREATION AND DO THINGS TO FULFILL YOUR PURPOSE IN LIFE.
- YOU TAKE CARE OF YOURSELF -- NOURISHING, SUPPORTING & ENCOURAGING YOURSELF.
- YOU RELEASE ALL NEGATIVE EMOTIONS -- RESENTMENT, ENVY, FEAR, SADNESS, ANGER.
- YOU EXPRESS YOUR FEELINGS APPROPRIATELY, YOU DON'T HOLD ON TO THEM.
- YOU FORGIVE YOURSELF.
- YOU HOLD PICTURES IN YOUR MIND OF GOALS YOU WANT TO FULFILL.
- WHEN FEARFUL IMAGES ARISE, YOU REFOCUS ON IMAGES THAT BRING PEACE AND JOY.
- YOU CREATE FUN, LOVING, HONEST RELATIONSHIPS.
- YOU TRY TO HEAL ANY WOUNDS IN PAST RELATIONSHIPS.
- YOU MAKE A POSITIVE CONTRIBUTION TO YOUR COMMUNITY, THROUGH SOME FORM OF WORK OR SERVICE THAT YOU VALUE AND ENJOY.
- YOU DEVELOPE YOUR OWN HEALING PROGRAM, DRAWING ON THE SUPPORT AND ADVICE OF EXPERTS.
- YOU ACCEPT EVERYTHING IN YOUR LIFE AS AN OPPORTUNITY FOR GROTH AND LEARNNING.
- YOU HAVE A SENSE OF HUMOR.

ETC. ETC. ETC. ETC. ETC.

THE KEY TO ACHIEVING PEACE OF MIND

THAT PERIOD WITH MULTIPLE SCLEROSIS SEEMS UNREAL TO ME NOW. I REMEMBER BITS AND PIECES, LIKE SCENES FROM A NIGHTMARE. TODAY, I HAVE RECOVERED ABOUT 95% OF SENSATION, AND HAVE RETURNED TO MOST OF MY PREVIOUS ACTIVITIES. SENSATION HAS RETURNED TO MY LEGS AND I'M SKIING AGAIN. BUT, MORE IMPORTANTLY, MY FAITH IN THE HEALING POWER OF FEELINGS LIKE GRATITUDE, CONTENTMENT AND JOY IS STRONG. EVEN THOUGH I OCCASIONALLY HAVE MS FLARE-UPS, I'VE BEGUN TO RECOGNIZE MY RESPONSIBILITY IN CREATING MY EXPERIENCES. I CAN SEE THE CONNECTION BETWEEN MY OWN THOUGHT PROCESS AND THE WAY I FEEL. AS A RESULT, I AM CLEANING UP THE POCKETS OF DISEASE IN MY LIFE, BOTH INSIDE AND OUTSIDE MY BODY. I HAVE DROPPED THOSE PEOPLE IN MY LIFE WHO DON'T FEEL GOOD TO ME. RECOGNIZING YOUR POWER TO CHOOSE AND CREATE WHAT YOU WANT IN LIFE IS A REMARKABLY FREEING INSIGHT.

YOUR THOUGHTS CREATE THE WAY YOU FEEL, WHICH IN TURN SHAPES YOUR EXPERIENCES -- MOMENT TO MOMENT, DAY BY DAY. THOUGHTS PASS THROUGH YOUR MIND AT EVERY MOMENT. SOMETIMES THOUGHTS ARE THE PRODUCT OF YOUR INSECURITIES. AT OTHER TIMES THOUGHTS PROVIDE JOY. RECOGNIZING WHICH THOUGHTS SPRING FROM WHICH SOURCE ENABLES YOU TO DROP THOSE THOUGHTS BORN FROM INSECURITIES, NO MATTER HOW COMPELLING THEY MAY FEEL AT THE MOMENT.

AN ENDLESS RIVER OF THINKING FLOWS THROUGH YOUR BRAIN. SOMETIME YOU DIP YOUR NET INTO THE RIVER, SNAG A PIRANHA, AND SPEND THE REST OF THE DAY, MONTH OR YEAR FIGHTING IT RATHER THAN TOSSING THE FISH BACK INTO THE WATER. BUT WHEN YOU ARE ABLE TO RECOGNIZE THE THOUGHT, THEN YOU DON'T HAVE TO FIGHT THE PIRANHA ANYMORE. YOU CAN THROW IT BACK. AND THEN HOW DO YOU FEEL? TREMENDOUS RELIEF AND GRATITUDE. DROPPING A THOUGHT BECAUSE YOU KNOW IT BITES IS AN ACT OF WISDOM AND COMMON SENSE.

THE KEY TO ACHIEVING LASTING PEACE OF MIND IS TO APPRECIATE THE PROCESS OF THOUGHT AS IT IS HAPPENING, RATHER THAN TO HANDLE A THOUGHT ONCE IT IS MANIFESTED IN A MORASS OF FEELINGS.

WHEN YOU'RE SCARED, YOUR THOUGHTS ARE COMPELLING. YOU FEEL THAT WHATEVER IS HAPPENING TO YOU IS CRUCIAL, CRITICAL AND SIGNIFICANT, AND NEEDS TO BE DEALT WITH NOW. THE THINGS THAT HAPPEN, AS BAD AS THEY MIGHT BE, ARE ALWAYS LESS DISTRESSING LIVED IN THE PRESENT THAN THEY ARE IMAGINED IN THE FUTURE. IT DOES NO GOOD, AND, IN FACT DOES HARM TO DWELL ON THE NEGATIVE POSSIBILITIES OF NEXT MONTH OR NEXT YEAR.

ALTHOUGH PAINFUL MEMORIES ARE NOTHING MORE THAN THOUGHTS YOU CHOOSE TO HEED, THEY FEED MUCH OF YOUR EMOTIONAL PAIN.

WHEN YOU GO THROUGH PHYSICAL OR EMOTIONAL CRISIS, PERHAPS YOU CAN'T HELP BUT PANIC. BUT EVEN THE HEART-POUNDBING, BREATH-STEALING, HYPER-VENTILATING, LIMB-SHAKING PANIC THAT COMES WITH A SERIOUS CRISIS IS JUST A FEELING. IT'S A HUMDINGER. FOR SURE BUT IT'S STILL JUST FEELING THAT'S CREATED BY YOUR MIND AND MAINTAINED BY INSECURITY.

YOU ARE USED TO TREATING YOUR FEELINGS AS IF THEY WERE ACCURATE INTERPRETERS OF THE CIRCUMSTANCES AROUND YOU. THEY AREN'T. YOUR EMOTIONAL PAIN IS YOUR VERY OWN THOUGHT-CREATED REACTION. THE FEELINGS MAY CAUSE YOUR HEART TO RACE AND YOUR BLOOD TO BOIL, BUT THEY'RE STILL CREATED BY YOUR OWN THOUGHTS.

1. You hide strong feelings.

2. Then you hide all your feelings.

3. You spend a lot of energy hiding your feelings.

4. You have no extra energy to deal with your problems.

5. You hope the world around you will help you out of your boredom.

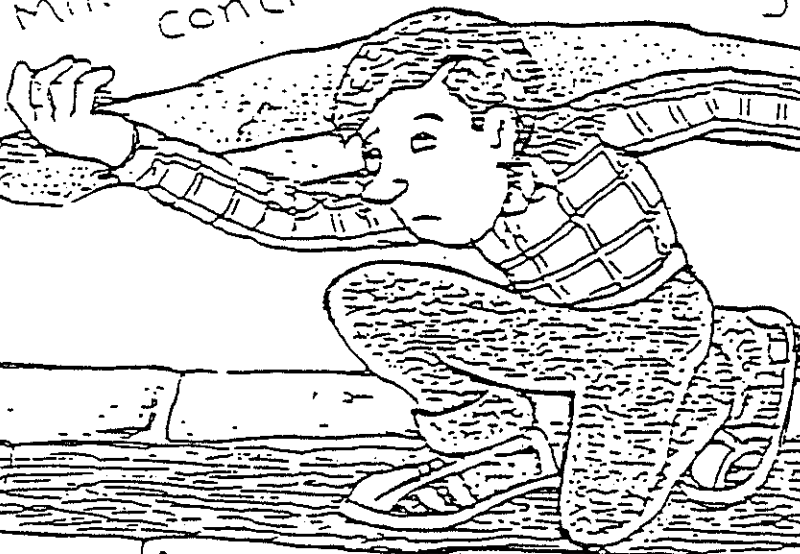
6. But the world around you demands involvement and energy.

7. You don't have the energy to get involved with anything meaningful.

8. So you shut yourself off even further from people and activities.

9. You turn to mindless activities to keep your mind off your problems.

10. Mindless activities keep you from taking control of your life again.



THOUGHTS THAT CAUSE PROBLEMS

1. PEOPLE MUST LOVE ME OR I WILL BE MISERABLE.
2. MAKING MISTAKES IS TERRIBLE.
3. PEOPLE SHOULD BE CONDEMNED FOR THEIR WRONG DOING.
4. MY EMOTIONS CAN'T BE CONTROLLED.
5. SELF DISCIPLINE IS TOO HARD TO ACHIEVE.
6. I MUST DEPEND ON OTHERS.
7. MY CHILDHOOD MUST ALWAYS AFFECT ME.
8. I CAN'T STAND THE WAY OTHERS ACT.
9. EVERY PROBLEM HAS A PERFECT SOLUTION.
10. I SHOULD BE BETTER THAN OTHERS.
11. IF OTHERS CRITICIZE ME, I MUST HAVE DONE SOMETHING WRONG.
12. I CAN'T CHANGE WHAT I THINK.
13. I SHOULD HELP EVERYONE WHO NEEDS IT.
14. I MUST NEVER SHOW ANY WEAKNESS.
15. HEALTHY PEOPLE DON'T GET UPSET.
16. THERE IS ONE TRUE LOVE.
17. I SHOULD NEVER HURT ANYONE.
18. THERE IS A MAGIC CURE FOR MY PROBLEM.
19. IT'S OTHERS' RESPONSIBILITY TO SOLVE MY PROBLEMS.
20. STRONG PEOPLE DON'T ASK FOR HELP.
21. I CAN DO THINGS ONLY WHEN I'M IN THE MOOD.
22. I AM INFERIOR.
23. I AM ALWAYS IN THE SPOTLIGHT.
24. I NEED TO BE SURE TO DECIDE.
25. KNOWING HOW MY PROBLEMS STARTED WHEN I WAS YOUNG IS ESSENTIAL.
26. EVERYBODY SHOULD TRUST ME.
27. I SHOULD BE HAPPY ALL THE TIME.
28. THERE IS A SECRET, TERRIBLE PART OF ME THAT CONTROLS ME.
29. WORKING ON MY PROBLEMS COULD HURT ME.
30. THE WORLD OUGHT TO BE FAIR.
31. I AM NOT RESPONSIBLE FOR MY BEHAVIOR.
32. ANXIETY IS ALWAYS DANGEROUS.
33. YOU CAN'T TELL ME ANYTHING ABOUT ME THAT I DON'T ALREADY KNOW.
34. I SHOULD BE ABLE TO CONTROL MY KIDS' (OR SPOUSE'S) BEHAVIOR.
35. WILL POWER ALONE CAN SOLVE ALL MY PROBLEMS.
36. I AM INDISPENSABLE.
37. I OUGHT
38. I CAN'T
39. I SHOULDN'T

THERE ARE MANY, MANY MORE YOU CAN ADD TO THIS LIST

(YOU HAVE THE RIGHT TO SAY NO!)

DO YOU HAVE TROUBLE SAYING "NO" TO....

- ___ A. your mother? (e.g., who continuously needs rides to the doctor/pharmacy/beauty salon) _____
- ___ B. door to door people? (e.g., Girl Scouts selling cookies/salespeople/fundraisers/religious enthusiasts/charity solicitors) _____
- ___ C. a friend? (e.g., who wants you to use drugs/alcohol with him or her/wants to borrow money) _____
- ___ D. a neighbor? (e.g., who wants you to watch her five children "just for an hour") _____
- ___ E. your children? (e.g., who want... new toys/more allowance/the car) _____
- ___ F. a fellow worker? (e.g., asks you to help him fix his car/go shopping with her/contribute for a gift) _____
- ___ G. your spouse? (e.g., who wants to buy his or her "dream car" which you feel is too much money at this time) _____
- ___ H. your boss? (e.g., asking you to stay late) _____
- ___ I. _____
- ___ J. _____

GUIDELINES TO SAYING "NO":

Be honest, open and direct.

Don't make excuses.

By saying "no" you're gaining self-respect.

EXAMPLE FORMATS...

No, I am unable to do that today. Maybe you can...

No...to be honest, I don't want to...

What is the greatest risk you have taken recently?

What was your greatest fear in taking this risk?

What were the advantages of taking the risk?

What was the outcome?

How did you feel about having taken the risk?

What is one risk you have avoided taking?

What fears keep you from taking that risk?

What would you stand to gain from taking the risk?

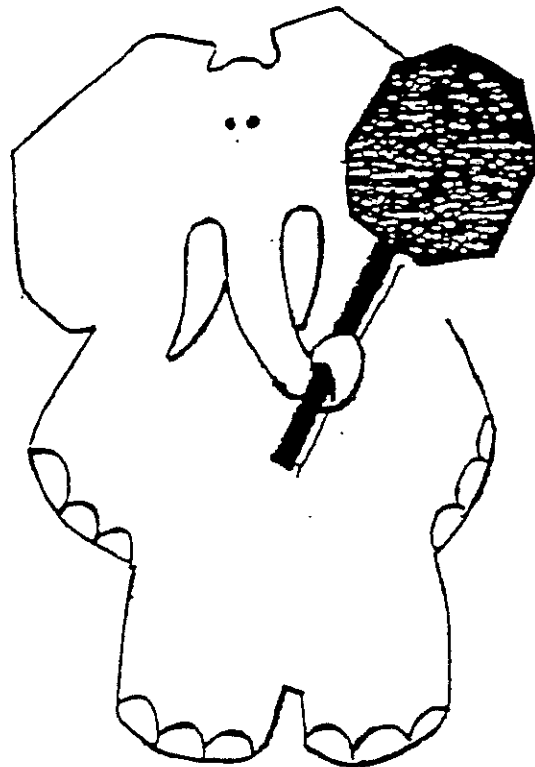
How do you feel when you think about your avoidance?

Healthy boundaries...

We all have a right to set our own personal boundaries.

These boundaries can apply to our bodies, possessions or what others say or do to us.

It is important that children know this at an early age.



ADDICTIONS

1. WHAT IS AN ADDICTION?

AN ADDICTION IS A STATE OF PHYSICAL OR PSYCHOLOGICAL DEPENDENCE.

PHYSICAL---ILL WHEN THE PERSON/SUBSTANCE/THING IS WITHDRAWN VOLUNTARILY OR INVOLUNTARILY
PSYCHOLOGICAL---DEPRESSION, NERVOUSNESS, ANXIETY

2. SYMPTOMS OF ADDICTIONS:

- PREOCCUPIED THOUGHTS
- SENSE OF URGENCY
- MOOD SWINGS
- TRYING TO MAINTAIN CONTROL
- LOSS OF CONTROL
- NEGLECT OF RESPONSIBILITIES (WORK, SCHOOL, FINANCES)
- TEND TO BE ISOLATED (LOSS OF FRIENDS, FAMILY)
- ENVIRONMENT IS BASED ON MEETING ADDICTION NEEDS
- CREATES PROBLEMS BUT CONTINUES TO SEEK OUT ADDICTION
i.e.: (FINANCES, LEGAL, RELATIONSHIP)
- SELF CONCEPT IS AFFECTED BY ADDICTION
- GO TO ANY LENGTH TO MEET THE NEEDS OF THE ADDICTION
i.e.: (STEALING FOR MONEY FOR DRUGS)
- IMPULSIVITY

3. WHAT ARE SOME ADDICTIONS?

- | | |
|-----------------|------------------|
| --DRUGS | --SPORTS |
| --ALCOHOL | --TV |
| --FOOD | --SPENDING MONEY |
| --RELATIONSHIPS | --GAMBLING |
| --WORK | --TOBACCO |
| --EXERCISE | --SEX |

(THE COSTS ARE MORE THAN THEY ARE WORTH)

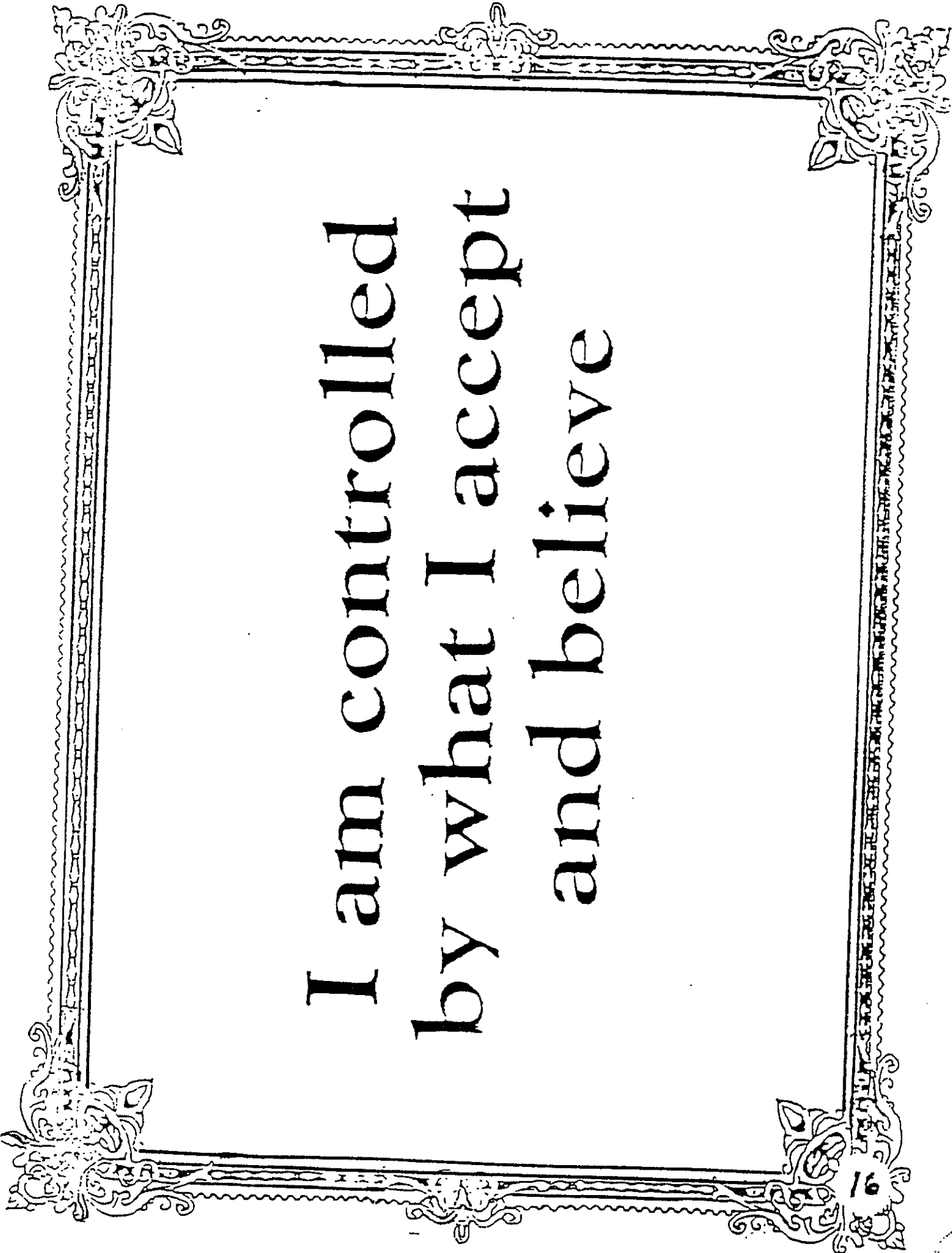
TRANSFER OF ADDICTIONS:

- IT IS VERY COMMON THAT INDIVIDUALS WITH ONE ADDICTION SUBSTITUTES ONE ADDICTION FOR ANOTHER. (DUAL ADDICTION)
i.e.: -DRUGS FOR ALCOHOL
-CIGARETTES FOR FOOD
-RELATIONSHIPS FOR DRUG DEPENDENCY

EX.: WHAT ARE OR HAVE BEEN SOME OF YOUR ADDICTIONS?

RELATIONSHIP ADDICTION
WORKING TOWARD RECOVERY

1. REMAINING ABSTINENT FROM OBSESSION WITH OTHERS AND FREE FROM MOOD ALTERING CHEMICALS HAS TO COME FIRST AND BE WORKED ON DAILY.
2. SUPPORT SYSTEM - ALANON, ACA, CoDa, AA
3. DEVELOP SUPPORT SYSTEM OF FRIENDS WHO ARE RECOVERING
4. WE NEED HELP TO RECOVER - WE CAN'T DO IT ON OUR OWN
5. CHANGE OF LIFESTYLE _ "WHAT DO I NEED TO DO FOR MYSELF RIGHT NOW?"
- "WHAT CHANGES DO I NEED TO MAKE IN MY OWN LIFE?"
6. LEARN TO SOLVE PROBLEMS WITHOUT BELIEVING THAT OTHERS SHOULD, COULD OR WOULD CHANGE, "IF ONLY". LEARN TO SOLVE YOUR PROBLEMS, NOT THOSE OF OTHERS.
7. BECOME CLOSE TO OTHERS, SHARE FEELINGS
8. RELAXATION TECHNIQUES
9. GOOD DIET AND REST
10. HIGHER POWER - FIND YOURS!
11. BALANCE BETWEEN WORK, FUN, SPIRITUAL AND LOVE
12. HONESTY - WITH YOURSELF AND OTHERS
13. LEARN TO HAVE COMPASSION FOR SELF



I am controlled
by what I accept
and believe

STRESS REDUCTION

BEHAVIORAL CHANGES

- Take a bath, shower 1
- Listen to music 1
- Exercise 1
- Deep breathing 1
- Sharing with others 1
- Sex 1
- Relaxation exercises 1
- Interaction with pets 1
- Meditation 1
- Any enjoyable activity 1
- Dumping old stuff 1
- Biofeedback 1
- Try something new 1
- Help someone else 1
- Go to 12 Step Meeting 1
- Read 1
- Take action on stressors 1
- Massage 1

DAILY HABITS

- Adequate sleep 1
- Good, regular diet 1
- Prayer and meditation 1
- Enjoyable activities 1
- Creative activities 1
- Journaling 1

ATTITUDE CHANGES

- Acceptance--of self, others, situations, the world 1
- Relaxed attitude--don't sweat the small stuff, difference in 100 years 1
- Choose--to deal with issues, feelings, group, sponsor, etc 1
- Vulnerable is OK--it is normal to need other people, ask for help 1
- Use stress--so it doesn't use us put energy of stress into action 1
- Practice being gentle--with self, no more beating self up 1
- Choose to get involved--fill void, find enjoyment & support 1
- Accept pain as normal--use it for growth and learning 1
- Use humor--take yourself less seriously, learn to laugh at yourself 1
- Release double binds--perfectionism--mostly good is great, this to will pass, unpleasant is OK 1
- Catch "I can't stand statements--exchange for "I can handle this until it passes 1
- Serenity Prayer--memorize it 1
- Here and now--deal with only the present 1

CHILDREN LEARN WHAT THEY LIVE



*If children live with criticism,
They learn to condemn.*

*If children live with hostility,
They learn to fight.*

*If children live with ridicule,
They learn to be shy.*

*If children live with shame,
They learn to feel guilty.*

*If children live with tolerance,
They learn to be patient.*

*If children live with encouragement,
They learn confidence.*

*If children live with praise,
They learn to appreciate.*

*If children live with fairness,
They learn justice.*

*If children live with security,
They learn to have faith.*

*If children live with approval,
They learn to like themselves.*

*If children live with acceptance
and friendship,
They learn to find love in the world.*

Dorothy Law Nolte