

Recovery International Tools List

The tools on this list are quoted or adapted from *Mental Health Through Will Training* (MH), *Selections from Dr. Low's Works* (SEL) and *Manage Your Fears, Manage Your Anger* (MYF) and will help you take part in a Recovery International meeting. 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, an intellectual blindness to the other side of the story.....	MH 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