

POWER YOUR MIND

Tools to Build Resilience

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Recovery International
Oak Brook, IL

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Part 1
**TEMPER HAS
TWO FACES**



Part 1

TEMPER HAS TWO FACES

IN THIS SECTION YOU WILL DISCOVER

1. Temper has two faces: Angry & Fearful
2. "Judgment" is an important element of each
3. There are tools you can use to control our temper

There are two kinds of tempers.

Angry Temper is when we feel **wronged by someone else**. For example, a friend stands us up, we get cheated out of a deal, someone else gets us in trouble, or we get snubbed outright. This situation can leave us feeling irritated, resentful, disgusted, or impatient.

Fearful Temper is when we feel **we are in the wrong**. For example, we get confused about what time we are supposed to meet someone and show up late, we act silly at a party and hurt someone's feelings, or we answer a question wrong and get called out by the teacher. As a result, this can leave us feeling bad about ourselves. We start worrying, experience feelings of shame and fear, or feel hopeless.

Judgment is one thing that both types of temper have in common.

With **Angry Temper**, we are *judging* that another person has wronged us. We may not have all the facts or know the details, but we *feel* that we are right, they are wrong and act accordingly. We get **angry** when we think **other people are wrong** or **they have wronged us**.

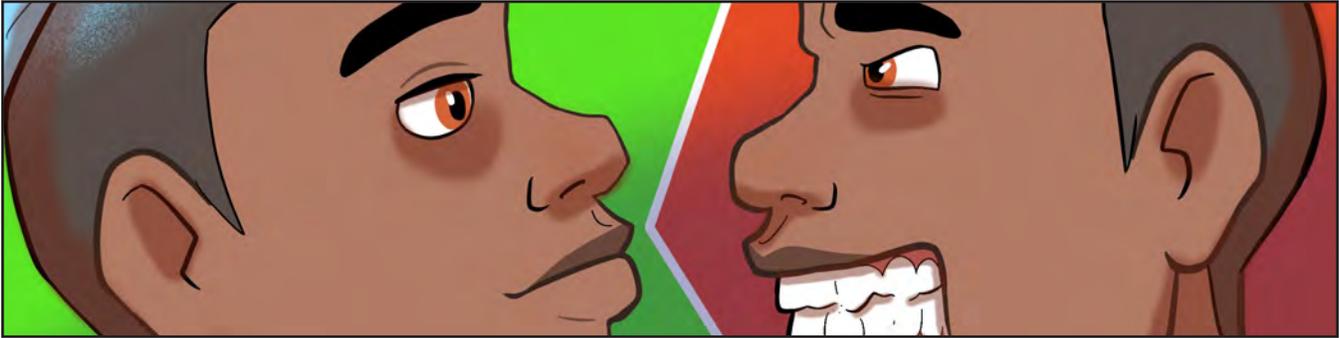
With **Fearful Temper**, we worry that others have *judged* us as being wrong, or we *judge* ourselves as being wrong. This can make us feel self-conscious, inadequate, or ashamed.

If we could all learn to "drop the judgement," we would avoid a lot of pain and aggravation! But, it's not quite that simple.

THERE ARE TWO KINDS OF TEMPER

We can't always tell the difference when we are in it—fists balled, teeth gritted, shoulders tensed—but we can learn to spot each of them.

And, if we can identify temper, we can do something about it.



FEARFUL TEMPER

The judgment that **I am wrong**

Feelings related to Fearful Temper:

- WORRY
- FEELING OF INADEQUACY
- HOPELESSNESS
- FEAR OF DAMAGE TO YOURSELF OR YOUR REPUTATION
- SENSE OF SHAME

Can you think of more?

ANGRY TEMPER

The judgment that the **other person is wrong** or has wronged me

Feelings related to Angry Temper:

- IRRITATION
- RESENTMENT
- IMPATIENCE
- HATRED
- DISGUST
- REBELLION

Can you think of more?

HERE IS THE THING...

We can't control how other people act.

We can't really control other people at all.

We can't control events or circumstances or situations.

We can only control ourselves—and how we respond to these things.

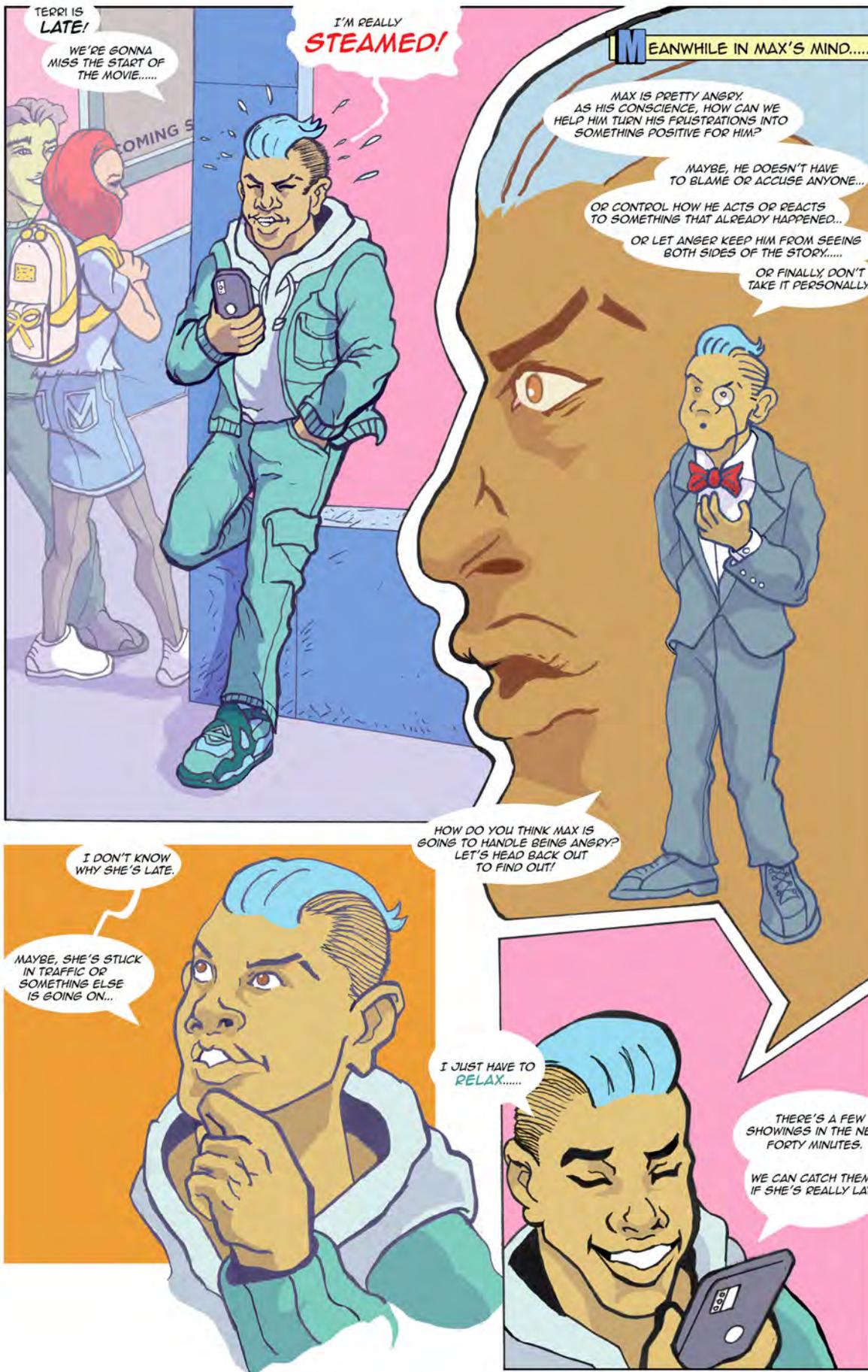
If we think others are wrong, we get angry or rebellious.

If we think that we are wrong or others think we are wrong, we worry, feel inadequate, and feel worthless.

But we can change our reactions by controlling our thoughts, emotions, and impulses. This program will teach you how. It begins by knowing the difference between angry and fearful temper. Let's see if we can spot the temper in the story on the next page.

MEET MAX

He is waiting near the theater for his friend. See if you can figure out the kind of temper on display.



In Max's situation, we saw that he was able to get his angry temper under control.

- Can you identify three ways that Max was able to keep his anger in check?
- What did Max do to calm himself down?
- How was he able to take control of the situation?

By recognizing that he didn't know both sides of the story, Max was able to manage his emotions a bit better. In addition, by identifying the situation as something relatively trivial, he was able to relax. He opted not to take it personally—he assumed Terri was not late on purpose to irritate him. He managed to calm down, and also found alternative solutions if Terri arrived too late to make the first show.

In the box below, you will see the tools that Max used, as well as other tools for managing angry temper. As you read through them, see which apply to Max's situation.

Some Tools for Angry Temper

- We can learn to express our feelings without temper.
- We excuse rather than accuse ourselves and others.
- Humor is our best friend, temper is our worst enemy.
- We choose peace over power.
- It takes two to fight, one to lay down the sword.
- If we can't change a situation, we can change our attitude toward it.
- Calm begets calm, temper begets temper.
- We drop the judgment.
- Feelings should be expressed and temper suppressed.
- Every act of self-control leads to a sense of self-respect.
- People do things *that* annoy us, usually not *to* annoy us.
- We can control our mouth and speech.
- We can remove ourselves from a tense situation.
- Temper keeps us from seeing the other side of the story.

Okay, let's look at the situation you wrote out earlier. Look at the event you listed and try to create a positive outcome (even if it didn't end that way) by using some of the tools listed above.

Choose **three** tools from this list and apply it to your own situation.

1. How could the outcome be different using these tools?
2. How can you use these tools the next time you are in a similar situation for a positive outcome?
3. What tools on the list are you committed to trying next time? Circle them. You could also take a picture of the tools on your phone for quick access.

In our next activity, let's do the same for the other kind of temper.

Remember, fearful temper occurs when you judge yourself to be wrong, or worry others are judging you to be wrong. This can lead to feelings of worry, fear, and shame. Think of a situation where this was true for you and write it below.

ACTIVITY #2

Fearful Temper: Describe a time when you thought you might be wrong, and others might be right—this is Fearful Temper:

Now, let's look at ways you could have changed this situation or taken control of it for yourself. Here is a list of tools for fearful temper. As you read through the list, imagine how you could use these tools in your situation.

Some Tools for Fearful Temper

- Humor is our friend, temper is our enemy.
- We learn not to take ourselves too seriously.
- We excuse rather than accuse ourselves and others.
- This is distressing, but not dangerous.
- Calm begets calm, temper begets temper.
- Helplessness is not hopelessness.
- Temper maintains and intensifies symptoms.
- Have the courage to make mistakes.
- Fear is a belief and beliefs can be changed.
- We can accept or reject thoughts that come to us.
- Decide, plan and act.
- When feeling overwhelmed, do things in "part acts"—one step at a time.

Can you identify some of the tools you could have used? Look at the event you wrote out and try to create a positive outcome using the tools listed above.

Choose **three** tools from this list and apply it to your own situation.

1. How could the outcome be different using these tools?
2. How can you use these tools the next time you are in a similar situation for a positive outcome?
3. What tools on the list are you committed to trying next time?

In our next chapter, we'll visit Terri and see what she can teach us about our internal and external environment, but first, let's review what you learned in this section.

REVIEW

Now that you have finished this section, you should be able to:

1. Tell the difference between the two types of temper. Angry Temper is when we feel wronged by someone else. Fearful Temper is when we feel we are in the wrong.
2. Recognize Angry and Fearful Temper in your own experiences.
3. Identify some tools for each type of temper and have a plan to use them.

RESOURCES

In addition to this workbook and other publications, **Recovery International** offers many ways to participate in support groups to practice giving examples and using your tools.

Community Meetings: Weekly meetings are held in communities throughout the country run by trained peer leaders who will assist you in learning how to spot and give examples. Affiliates in Canada, Ireland and Puerto Rico also offer meetings.

Telephone Meetings: Weekly telephone meetings are available for members who cannot attend community meetings, or who wish to supplement other meetings. Newcomer training is required to practice the method and learn telephone meeting protocol, and then you will be able to participate in an assigned meeting.

Online Meetings: Online meetings offer the benefit of attending from your own home, and allow for interaction with the leader and other participants through screen sharing readings and spots.

Chat Meetings: Chat meetings enable you to post examples and spot on others' examples through moderated yet informal chat format postings.

Facebook Meetings Page: This closed group page allows you to post examples and spot on others' examples 24/7 in a moderated setting.

You can find more information about membership and meeting schedules on our website at **www.recoveryinternational.org**. We invite you to seek out a group meeting near you, or consider Leader Training to open a meeting in your community!

This workbook is designed to be used as a self-help program or part of a group training session. While the Recovery International Method often serves as an adjunct to professional care, it is not a substitute for therapy, counseling or medical advice. If you believe you need such counseling or advice, please contact a mental health or health care professional.

