

Summer is Here!

Becoming our best selves

Let's take a moment. Relax. Take a deep breath. Pull up a lounge chair. We've made it through half the year and summer is underway. We've dealt with setbacks, mastered new habits, and likely, after over two stressful years, found ourselves to be more resilient than we've ever imagined. Endorse! We deserve a moment this summer to rest, recover, and find new vitalizing experiences to bring positive outcomes in our lives. As you contemplate the summer ahead, take some time to think about your best self.

What does your best self look like to you? Does this fit?

- You aren't afraid of or angry at yourself.
- You have patience with yourself and others.
- When things go wrong you can deal with them realistically and recover your balance quickly.

Dr. Low developed the method of spotting to help us become aware of the self-defeating habits that keep us from becoming our best selves. Once we become self-aware we can apply these Recovery concepts to create new habits. No matter how we are feeling, we know that feeling great or not so great is not a permanent state of being. We can become our best self in any situation. We can expect setbacks, but now we have the confidence and the tools to recover quickly, and we can share these tools with others.

This summer is a perfect opportunity to continue practicing the RI Method. As we move through the seasons, we can build on our practice to keep being our best selves. Happy Summer!

— Wishing you a happy, healthy SUMMER Season —

Your editors, Helen and Dave

Recovery International's Website gets a makeover!

The RI website is getting a new look! We are redesigning the site to allow for easier navigation, to make pages more interactive, to give visitors a call to action, and to allow people to find and join meetings easier. The Spanish page is more robust and links to meetings in Spanish are now easy to find. We have added many new videos and testimonials pulled from social media. There's even a way to add your review right on the website. We know that "exceptionality is a hope, a dream and an illusion" but give the Recovery Method five stars anyway! Check it out, find a meeting, and write a review at recoveryinternational.org



What's Inside:

News From Headquarters.....	Page 2
Stories of Hope.....	Page 2
Recovery Examples.....	Page 3
Roaming the Globe.....	Page 4
In Memoriam.....	Page 4
Members Corner.....	Page 6
Announcements.....	Page 7
Wisdom of Dr. Low.....	Page 8

News from Headquarters

Welcome new RI Board member, Ron Mouw.

Ron grew up in the southwest suburbs of Chicago, and earned a civil engineering degree from United States Military Academy at West Point. He served many roles as an active army officer, as well as Company Commander in the Army Reserves for an engineer headquarters company. Ron currently is CEO and co-founder of Paperwork Pros, Inc., a technology company based in Oak Brook, IL.



Ron has contributed to the teen/young adult RI program, *Power Your Mind*, which has allowed us to pilot the program with youth groups around the country. "My mother was a Recovery group leader back in the 70's and early 80's. I believe in Recovery and Dr. Low's teachings. Just reading Dr. Abraham Low's biography made a profound impact on my life and for the first time, allowed me to understand the anxiety that I have quietly dealt with over the years. I believe that many more people could benefit from better mental health through being exposed to the principles of Recovery. I have become increasingly aware of the large number of people (both close to me and not so close to me) that suffer from poor mental health. I'd very much like to use my leadership skills and talents to help Recovery grow the number and groups of people it reaches.

Ron currently lives in the Chicago suburbs with his wife of 30 years and two teenage daughters.

2022 Summer Update

Summer is a busy time in the office...keeping up with meeting changes, proposals for outreach through conference presentations, member renewals, donation processing, grant applications, plus all the tasks needed to keep an organization of this size running. We are especially excited to have recently published our new "introduction to RI" workbook, *Better. Mental. Health. for Everyone*. This is a fresh way to help newcomers learn key concepts, basic spots and how to build an example.



We do it all in service of our mission, and because we so appreciate the leaders who contribute their time to help others. It is so gratifying to hear your stories: how RI has helped you, how a special leader took time to teach you, or how rewarding it is to mentor and coach others. Every day, you remind us of the importance of our work and the difference RI makes in people's lives. Thank you for supporting Recovery International. We appreciate it.

With best wishes,

Sandra K. Wilcoxon, CEO

Stories of Hope

"Power Your Mind" delivered to my high school students

I've always wished that I had had Recovery in high school instead of waiting years to get help. When *Power Your Mind: Tools to Build Resilience* was published for a teen audience, I knew I had to get it to my students. Over the past ten years of teaching high school, I've seen all manners of mental health issues in my students.

Even those who wouldn't have a clinical diagnosis struggle with stress, drama, and conflicts - all issues that *Power Your Mind* could help with.

The principal approved after-school sessions as a trial run of the program. We started with 12 kids and 3 interested teachers. Although only half came to all the sessions, their feedback was very positive. Many parents contacted me about having their child participate, but conflicts with after-school activities and sports made it impossible. There were others who wanted to do the program but were too embarrassed to come. I thought of a solution: present the program during class to eliminate stigma and attendance issues.

Over the 2021-2022 school year, I ran the program 4 times with nearly 200 freshmen and sophomores in health classes. When surveyed at the end, the results were largely positive: up to 85% of students said that they would apply a tool or concept in the future. The kids shared some of their successes:

Recovery Examples

Life is Frustration

“ I called customer service to correct a mistake on a purchase I made at a drug store. The representative I spoke to was not helpful and had no clue how to resolve the problem after I had put a lot of effort into explaining. I was worked up.

I felt frustrated. Angry thought: “They allow their customer service reps to be incapable of helping!” Fearful thought: “I’ll never get this fixed.” I was revved up in body and tense in my jaw. I had the impulse to complain and demand a supervisor.

I spotted angry temper at the rep and at the drugstore’s customer service department, and fearful temper that the issue would not be resolved for me. I decided, planned and acted by saying a pleasant thank you, and hung up the phone. I endorsed for giving an insincere gesture of goodwill and being group minded. Then I used objectivity by writing a limerick about it. I endorsed for making my frustration a triviality, for using objectivity, and for laughing at my writing.

Before Recovery, I would have been rude, demanded to talk to a supervisor, and stayed angry longer. I would not have let go of the sting of frustration with the representative on the phone.

Fran G., New Orleans

To read Fran’s limerick, see the online version of *The Reporter*.

”

- I used to call myself a failure every day, but now I don’t.
- I am now more calm when I take tests because I use the tool “fear is a belief.”
- When someone was rude to me I laughed it off, and didn’t try to cause a fight. I didn’t want to make a scene or start drama. When my family was fighting, I thought of a tool and used it. This helped me calm down.
- I procrastinated less after this program.
- I tried my best to look at the perspective of others before getting annoyed at them. I got better at endorsing myself throughout the course.
- I didn’t get yelled at a lot [by teachers] because I do not talk back.
- I was having major friend group problems and I used this to resolve them and now my friends and I are in a very good place. Our relationships are stronger than ever which is cool to see.



I also had an opportunity to practice Recovery while presenting the program. Before RI, I was a very passive person, unwilling to ask for anything and afraid of conflict and stress. Even with 16 years of RI training, I still had to overcome symptoms to get the program in place. I had to practice being assertive in asking to present the program and in overcoming roadblocks like funding for books, conflicts with scheduling, and negative student behavior.

Because of the success of the program this year, the school greenlighted the program for next year. I am excited to bring RI to a new group of students!

Emily B., Pittsburg, PA

Intellectualist to realist

“ From the minute I woke up I found myself criticizing one thing after another. I even found myself criticizing the jokes my wife was reading to me. So I gave an example in a meeting. But that didn’t help. I found myself criticizing the example leader. Then I was criticizing the group that was spotting on my example.

My symptom was angry thoughts. I had angry temper at the world in general and people in particular. At that moment I spotted that I was deceiving myself into thinking that I knew more and knew better than everyone else. I was being an intellectualist. So I applied the Recovery concept of realism. I decided to get down off of my high horse and be humble and average. When I did that, I got instant relief. I endorsed for dropping the exceptionality.

Before my RI training I would have had the complaining hobby and remained tense and unhappy.

Dave W.

”

Spotting self-deception

“ I got worked up because I didn’t get the recognition I thought I deserved at work. I spotted that I was deceiving myself by thinking that I needed outer approval. I applied the Recovery concept that I could endorse myself. I then acted on the knowledge by endorsing myself.

Editor desk, San Francisco, CA

”

Roaming the Globe



Honoring Joyce Oliver for 50 Years of Service to RI

On March 31, 2022, Joyce formally retired from her service to RI. Joyce joined the Telephone Groups as a Telephone Group Leader in 2005 and served her group for 17 years. But Joyce's outstanding service to the organization began long before that. She joined Recovery Canada in 1970 and was the Group Leader for the Burlington group within a few years.

From 1987 to 1995, Joyce travelled internationally as a Leader on the Training & Support Committee and served one year as the Committee Chair. She was also the Area Leader for both the South East & South West Areas, and served on the Executive Committee, six years as the Head of the Board of Directors, and on the Finance Committee - receiving many certificates of appreciation for her service on numerous committees. She was President of RI Canada from 2007-2017 and earned the Philip M. Crane Award for Distinguished Service in 2010.

Joyce has touched so many lives in her long career. Her accomplishments are truly awe inspiring. Knowledgeable, caring, and always with a smile in her voice, Joyce was always on the lookout for new ways to be of service. All those in both Canada and the U.S. that have had the pleasure of working with Joyce will miss her and wish her all the best.



Chicago, IL

RI Chicago staff, Everlean Pelt (right) and Angela Sullivan hosted a booth at the Naomi Ruth Cohen Institute for Mental Health Education annual conference, "It's Tough Enough: Adolescent Mental Health in Our Changing World."



Los Angeles, CA

I am re-opening an in-person meeting in Los Angeles. I wanted to share a picture with a photo of my family. That's my sis in the middle and her crew. I share this picture with you because I would not have been in the picture if it wasn't for RI.

Thank you for everything,

Lynn T., Los Angeles



In Memoriam



Joe Galati, Area 150 (OR)

Joe served RI for over 50 years. He was active in leading panel discussions for over 40 years at Portland area hospitals, was the contact person for the Area 150 Recovery Phone Line for 20+ years, and even took initiative in obtaining significant donations from several area businesses. Members looked up to Joe as a model of how Recovery can work if you really apply the tools to your life. Full of enthusiasm, he was encouraging and inspiring. Everyone who attended an RI meeting with Joe could see his dedication simply from the state of his books which were held together by tape, highlighted and underlined! He was humble about his service, but was a light for all to see, leading by example.





Puerto Rico

Un ejemplo de testimonio en la practica del metodo de Recovery presentado en una reunión del grupo telefónico de Moca por Hector Solivan:

Hace ya alrededor de 10 años que he tenido un serio problema de glaucoma en la visión de mis ojos. Ya hace unos cuantos años que perdí la vista total del ojo derecho y el ojo izquierdo se ha deteriorado su nivel de visión severamente en el último año. Ya no puedo guiar, leer, o escribir y estoy muy limitado en poder moverme fuera de mi casa.

Esta condición severa antes de Recovery me hubiese causado no solamente la molestia e incomodidad de los síntomas físicos, mentales y emocionales entre ellos dificultad para dormir, inapetencia, pérdida de peso, muchos pensamientos perturbadores, desamparo y estado de ánimo decaído.

Usando la herramienta de cambiar los pensamientos, bajar los estándares y de darle importancia a las muchas bendiciones que tengo durante estos últimos meses no se me ha afectado el dormir, el apetito ha seguido normal y he podido funcionar como persona promedio en mi vida de familia y espiritual.

En el cuarto paso vemos la ganancia de ya no padecer de insomnio, comer con apetito normal, y tratando de guiar mi vida usando esa herramienta que yo considero la esencia de la practica del metodo de Recovery que es la paz, el orden y balance.

A testimonial in the practice of the Recovery method presented at a meeting of the Moca telephone group by Hector Solivan:

It's been about 10 years since I had a serious glaucoma problem in the vision of my eyes. It's been a few years since I lost total sight in my right eye and my left eye has severely deteriorated in the last year. I can no longer drive, read, or write and am very limited in being able to move outside my home.

This severe condition, before Recovery, would have caused me the annoyance and discomfort of physical, mental and emotional symptoms including difficulty sleeping, loss of appetite, weight loss, many disturbing thoughts, helplessness and low mood. But using the tool of changing thoughts, lowering standards and giving importance to the many blessings I have during these last months, my sleep has not been affected, my appetite has remained normal and I have been able to function as an average person in my family and spiritual life.

In the fourth step we see the gain of no longer suffering from insomnia, eating with a normal appetite, and trying to guide my life using that tool that I consider the essence of the Recovery method practice, which is peace, order and balance.



Ted DeCerio, Area 155 (PA)

Ted was a longtime RI Member and had to take a few buses to get to the Swarthmore meeting, which showed his dedication to his mental health. He was a great spotter and example giver, as well as a gentle soul. He was also a fabulous singer and serenaded our group at picnics or parties. Ted was a friend to many and we will miss him.



Maurine Pyle, Area 50 (IL)

Maurine served as Asst. Executive Director of RI from 1999-2004. She brought an innovative, rich background of community development, fund raising and personal development training to the job. Some of her many accomplishments with RI include committee visioning and goal achievement, training, updating the website, and aiding in establishing groups in India, Pakistan, and Mexico. She also developed telephone groups and worked to break down outdated traditions. We will miss her great smile, gentle soul, and forgiving spirit.

My counselor made me go to Recovery Inc. meetings over twenty-five years ago. She commented that it would make her job more manageable. My life consisted of symptoms: anger, panic attacks, negative thinking, addiction, dissociation, and of all things, a mall phobia. I had no tools to deal with life.

Entering my first meeting in Moorestown, NJ, I was welcomed by John Durkin, who was trained in Chicago by many of the people mentioned in *Mental Health Through Will Training*. Thirty people were there, and they spoke a different language. I bought the book and started reading and attending meetings. It was not long before I gained insight into Dr. Low's philosophy of having a choice about changing thoughts. They told me that there are only two things we do in RI: change our thoughts and command our muscles. This was a novel idea because my brain just went on its own.

After about three months in the RI program, I gave an example, and my symptoms went poof. This was indeed a miracle. Forty-six years old, and it was the

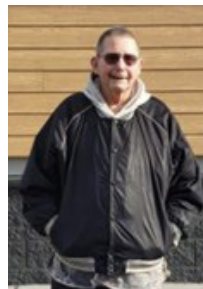
first time in my life I felt symptom-free. I now had hope.

Early on, I made up 3x5 cards with my favorite spots and carried them everywhere; some of them were: "my symptoms are distressing, not dangerous," "my thoughts are lying to me," and "my mental health is my supreme goal." Making "five-minute phone calls" was the most remarkable tool that I received from RI. Reaching out to another person that understood my mental illness, and did not condemn me, broke the vicious cycle.

Moving the clock forward, I am the (Zoom) leader for the Friday 10am Eastern Time meeting for the past 18 years, the Area 155 Treasurer for 20 years, and facilitated a monthly panel at Inspira Hospital Day Center, Woodbury, NJ, for 12 years.

Endorsing!

Barry Stockinger,
Deptford, NJ



Stella Benkel found Recovery International in the 1950's when she needed help with a fear of dirt and germs. She bought Dr. Low's book, *Mental Health Through Will Training*, and began to attend meetings regularly in Westchester County, NY. She soon felt that she had come to the right place to get help. She recognized Dr. Low's unique theory and method to be very special and admirable. She became an ardent student of Dr. Low's works, both in print and on tape.

After a few years, Stella became a group leader. Her upbeat personality along with her enthusiasm for the Recovery method made her a high average leader. She always has been very welcoming and respectful of every attendee at meetings. She also has a good sense of humor.

She has continued to lead meetings over these many years, and last August she celebrated her 90th birthday.

Stella has been very supportive as an area leader and we have formed a wonderful friendship. She is truly a special individual. She currently leads a phone meeting on Tuesday at 4pm Eastern time and welcomes all who would like participate.

Thank you for your service, Stella!
Beth Friedman, Area 133



I came to Recovery, Inc. in 1972. Finding myself in another depressive episode with rock bottom self-esteem, an acquaintance said to me, "Sharon, you are afraid of your own shadow." That's when I realized it wasn't depression; it was fear. I knew that I had to do something. In desperation I found my way to my first RI meeting in Philadelphia.

The first example was given by a nurse and it was exactly my story! From then on, I could start to confront my own mental health challenges. Six months later I was honored to be appointed to be assistant leader of that meeting.

I started and led an RI meeting in my hometown for ten years in order to make a total commitment to my own mental health and to establish a local meeting where I could reach out to those who still suffered. Today, I attend several phone meetings a week. All the leaders and assistant leaders of these meetings are outstanding.

RI is one of the things that helps me the most to maintain my wellness, mentally and emotionally. With RI, I can continue to make progress on my mental health challenges - evolving from a nervous patient experiencing unspeakable suffering to a nervous person with hope for my life and tolerance and love for others. I am indebted to RI and all of you in RI who continue to help me.

Ever gratefully,
Sharyn F., Pennsylvania



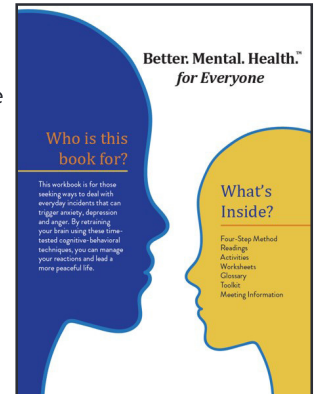
Announcements

New! *Better. Mental. Health.™ for Everyone* Introduction to RI Concepts and Method

We are pleased to announce a new workbook to introduce the Recovery concepts and Method is now available for newcomers or for those seeking a refresher course. The book's lessons, examples, readings, and activities are designed as a self-help resource and to prepare people to participate in Recovery International peer-led meetings.

Why is this “for Everyone?” While the RI program was originally intended to prevent recurrence and forestall chronicity in nervous patients, we hear frequently how much family members, friends, and care givers appreciate and use RI spots and tools. In today's climate, many people are seeking ways to manage stress and anxiety. We want our program to be available and accessible to everyone. There are lessons that anyone can learn from, and tools that anyone can use. We also hope that this will encourage people to attend RI meetings, coming prepared to learn more from our experienced peer leaders and participant examples.

Sample pages of the workbook can be downloaded from the homepage of the RI website. The workbook retails for \$10.95 and is available through the “Store” at recoveryinternational.org and on Amazon.



Call for Submissions!

Have you or someone you know dedicated 25 or more years to practicing the RI Method? Help us honor longtime members as we feature our long-serving heroes in each issue of the Reporter.

Please also submit your Stories of Hope, Examples and local news for Roaming the Globe for the next Reporter. Send us:

- Photos from Area events
- What challenge/problem did RI solve for you?
- What are your favorite spots?
- Why would you recommend RI?

Send to:
editor@recoveryinternational.org

Mailed items should be sent to:
Recovery International
1415 W. 22nd St., Tower Floor
Oak Brook IL 60523

The next Book Study is Sunday, October 23rd at 5pm Eastern. The topic is “Spot like a Boss.”



If not already on the book study list, email davesdecafe@gmail.com to register and receive the Zoom link.

Changing a Meeting Location?

Leaders, if you are changing your meeting format or location, please let headquarters know by submitting a Meeting Change Form or by emailing info@recoveryinternational.org. Please check the website to ensure your meeting is listed correctly or to find a meeting. Thank you!



1415 W. 22nd St., Tower Floor
Oak Brook, IL 60523
ph. 312-337-5661
info@recoveryinternational.org

Non-Profit
Organization
US POSTAGE
PAID
Rescigno's Marketing
Connections

See even more stories in
our online edition!

Wisdom of Dr. Low

Spotting Self Deception

Dr. Low stressed the importance of spotting how we are deceiving ourselves.

This excerpt from *Mental Health Through Will Training* is a great example of Dr. Low's original method of spotting. Self-awareness helps us to become our best selves.

Gertrude

The other day, I got up early, about a quarter to six, and started my ironing. About eleven thirty, I felt tired and thought I couldn't go on another minute. I became quite dizzy and had the idea, "I've got to lie down because if not, I'll faint." I thought I was exhausted from being up so early. But in a second, I realized that what was really the matter was that I did not want to finish the ironing. I had a few shirts to do, which I don't enjoy doing. So I said to myself, this is a nervous fatigue, and lying down will not help any and also will not get the ironing done, and I kept right on. It did not take more than five minutes and the fatigue was gone, so I realized it was a mental fatigue.

ANNETTE: Did you have experience with this sense of fatigue in previous years?

GERTRUDE: I had it practically all the time when I was first sick. Even on days after I had a good night's sleep, I used to be so fatigued, I would lie down and rest. But then I felt just as fatigued no matter how long I rested.

Food for Thought

This example was short and sweet. Gertrude did the first three steps in one brief paragraph! Then Annette prompted

<<IMB>>

<<OEL>>

<<Addressee>>

<<Company>>

<<Address 1>>

<<Address 2>>

<<City>>, <<State>> <<Zip>>

<<SK>> - <<PK>>

<<PRSRT>>

her to do step four which was also brief. It takes about a minute to read the entire example, yet it is clear that Gertrude did a fine job of spotting.

Gertrude had the false belief that her tiredness was a physical disability. Then she remembered the Recovery concept of nervous fatigue and she knew that her muscles carry out the job of ironing.

Here are some quotes from *Mental Health Through Will Training* about self-deception:

If the patient's feelings tell lies, they do so because an incorrect and deceptive thought is attached to them. The deception is accomplished by the thought, not by the feeling. — Feelings Are Not Facts

A liar deceives others. What Clara did was to deceive herself. She believed something which, judged by the standards of genuine experience, is impossible. — Genuine Feeling and Sincere Thinking

You heard me frequently state that temper is an effort to deceive oneself into the belief that somebody is right and somebody else wrong. — Tantrums Have Much Force but Little Feeling