

and our first leader for the example period right now is Levi and Levi is gonna lead Jenna's example and um our reader is Joey so with that I'm going to ask my panel here my folks to unmute and Levi when you're ready go ahead please okay um Jenna are you ready I'm ready okay great um Joey whenever you're ready please start with the first step okay step one report a single situation or event that occurred in everyday event when you began to work yourself up focus on a brief description of what happened specifically what triggered Temperance symptoms okay uh my son and I are going on a trip next week and it's a third party that's making the arrangements for us and I asked him if we know what we're doing and he said no and that started to uh I started to work myself up from not knowing what is going on

okay thank you um Joey uh please go to step two all right step two report to sentence you experienced both physical and mental for instance angry and fearful thoughts confusion palpitations disturbing impulses tightness in your chest lower feelings sweaty palms and so on okay so I fell to anger um I was tense

um I had nervous feelings like butterflies um I also I got jittery you know like boy you know I started thinking oh these people are wrong they haven't told us anything yet um I also had thoughts that oh I need to stop asking him and that I'm wrong for for asking my son multiple times if they've gotten in touch with him

um anything else uh so yeah some pounding of my heart pressure in my head um things like that

okay um did you have any disturbing impulses

are they only disturbing impulse would be kept it up [Applause] to uh to have bugged him more and more to get in touch with the other people okay and by him you mean your son my son sorry yes okay thank you um Joey when you're ready please read step three all right so step three report your spotting of fearful and angry temper the alright tools you use to help yourself and your self-endorsement for your effort

so I was angry with my son because it had turned out he was having an appointment with them today and instead of just saying that he okay let me get mad uh so I was angry with him angry with the third party that's putting this all together

um I had fearful temper that I was doing something wrong by constantly asking him uh I have worry um uh about the situation nervousness um and that's about that that's it when it comes to my anger my Angry temper and fearful temper

um and then my tools that I used my RI tools that I use were HobbyKids calm temper begets temper that to know is to know I don't know what's going on but also that this is outer environment and I guess try fail try fail meaning like we'll find out when we find out what we're supposed to do and where we're supposed to go um I endorsed for not raising my voice I endorsed for not getting in an argument with my son uh endorse for asking the question and accepting his answer uh that's it yeah okay good thank you um so we would can I um ask you to read step four whenever you're ready okay so step four begin with before I have my recovery training describe temperamental reaction and sentence you would have experienced um before you began practicing the ri method what would have happened then for instance what happened now this will help you to note the progress you have made oh in the past before my recovery training uh probably would have ended up in a yelling screaming match me being right wanting you know um getting into an argument with with my son over something I can't control right now uh that didn't happen and so that I endorsed myself for for not acting um the way I used to respond to things like this

okay great um thank you Jenna for sharing the example it was very well reported thank you Joey for reading the four steps now we'll open it up to the panel uh for some further secure spotting on Jenna's inner environment and as always we refrain from giving advice who would like to begin

when yes decide plan and act okay very good

um Angela Comfort is a want not a need okay good Joey there is no right or wrong in the trivialities of everyday life very good yeah I'll spot that every Act of self-control produces an increased feeling of self-respect and I also spot that Jenna has the opportunity to endorse

herself for all her recovery practice and a really good um before and after picture so it's definitely a significant difference between the um the fourth step which how it was before recovery and the way it was now anyone else Joey

her son is other environment we cannot change that Adam environment but we can change our in an environment environment mainly our reaction to the outer environment good thank you Lynn be self-led not symptom-led good thank you Angela I have another this is one of my favorites um people do things that Annoy Us not necessarily to Annoy Us hey great Lynn when we control our speech muscles we have nothing to regret okay great spot um a spot that um we don't have to be heroes angels Saints or Martyrs um I'll also spot that uh one victory over the inner environment is worth a thousand victories over the outer environment and it seems like um Jenna was able to remember that the trip and the travel plans are a triviality when compared with her Mental Health um Lynn yes it's average to feel uncomfortable in an uncomfortable situation good excellent um also spot that feelings call for expression and temper for suppression thank you

and a similar spot to that is feelings when expressed give relief to the sufferer while temper has no such effect thank you Joey

um arguments and disputes especially with family dare disaster they're distressing but it's nothing dangerous okay great

um are there any other spots on Jenna's example okay um so um now we will do something called the big five which is a kind of summary of um the example that we just heard and the big five consists of five elements one is angry temper one is fearful temper one is muscle movement one is muscle control and the last one is called sabotage would like to begin on the subject of angry temper Lin the example Giver spotted an anger at her son and the company that was organizing the trip and her symptoms themselves excellent and there may be just some angry temper at fate that the um the whole situation that um that she found herself in okay um the next element is called fearful temper fearful temper is the belief that someone has that uh I failed or sinned or blundered or defaulted on some standard of average efficiency who would like to comment on the fearful temper in this example

Angela there could be some fearful temper in terms of her own worry about the schedule and how she's going to prepare for this trip uh and what that means to her own planning okay great um good and there might be some kind of um General fearful temper about just not knowing how to handle this situation or what's the best course of action to take the next element is called muscle control and this is where a person refrains from doing something which is harmful or detrimental to their mental health Joey

um muscle control Jenna she was able to control her speech muscles it could have been easy for her to prolong the complaining or the argument with her son maybe the agency but she was able to cut it down uh to a minimum okay great um what about the next element is muscle movement which is where we do something that is beneficial to our mental health we would like to comment on muscle movement

Lynn uh the example Giver moved her muscles by exchanging an insecure thought for a secure thought and using the ri method in the moment okay great thank you and there may be some muscle movement not sure if it was mentioned but there may be some muscle movement if Jenna was going about other activities related to planning her um her part in um arranging the trip okay the last element is called sabotage and this is where um sabotages where a person does something either uh consciously or unconsciously that is harmful to their mental health and we don't indict ourselves or criticize ourselves for sabotage but it's something that we all do and it just kind of explains or helps us understand how we work ourselves up does anybody have any comments on the subject of sabotage we'll start with Lynn yes perhaps some sabotage and not expecting a frustration every five minutes and Dr Lowe tells us when we do that we won't be so disappointed okay good excellent um there may be some sabotage in the form of emotionalism which is associating danger with the situation um where there's no no actual danger and there may also be sabotaging the form of Judgment of of other people but these you know as we say these are all very average and it was a very well reported example okay if there are no further comments we'll bring this example to a close thank you all