

Aspects of Recovery Behaviors Copyrights 11/17

Recovery from Dishonesty:		I tell the truth openly and honestly
Recovery from Resentment:		
Feel tolerance for others	Forgive those who hurt us	Release the need to retaliate
Accept my responsibility	Feel Compassion for self and others	Focus on my inventory
Recovery from Fear:		
Feel less threatened	Embrace change	Feel more joy
Pray regularly	Rely on God	Face my fear honestly
Recovery from Repressed or Inappropriate Anger:		
Express anger appropriately	Set limits for myself	Identify hurt feelings
Enjoy inner peace	Make reasonable requests	Reduce stress and anxiety
Recovery from Approval Seeking:		Tell the truth about how I feel
Recognize my needs	Be loyal to myself	Build my confidence
Recovery from Caretaking:		Stop rescuing others
Take care of myself	Develop my identity	Recognize dependant relationships
Recovery from Control:		
Accept Change	Reduce my stress level	Trust myself
Find ways to have fun	Empower others	Accept others as they are
Recovery from Abandonment:		Be honest about my feelings
Consider my needs in relationships	Feel comfortable being alone	Reduce caretaking traits
Recovery from Fear of Authority Figures:		Act with increased self esteem
Accept constructive criticism	Stand up for myself	Interact easily with authority figures
Recovery from Frozen Feelings:		Feel free to laugh and cry
Feel healthier experience my true self		Express my needs to others
Recovery from Irresponsibility:		Keep commitments
Set goals for myself		Feel better about myself
Recovery from Isolation:		Accept myself as I am
Freely express my emotions		Actively participate with others
Recovery from Low Self Esteem:		
Be more self confident	Love myself	Act assertively
Openly express feelings	Easily interact with others	Take risks
Recovery from Over-responsibility:		Take care of myself
Accept my limitations	Enjoy leisure time	delegate responsibility
Recovery from Inappropriately Expressed Sexuality:		Discuss sex openly with partner
Accept my sexual self		Share intimate feelings
Recovery from Perfectionism:		I accept myself and what I do as good enough as is