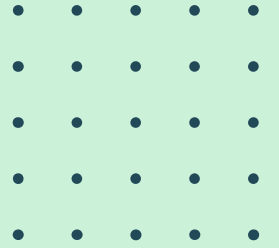






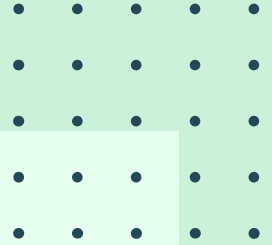
§



Đ

.

Y



Review: Creating Meaning

How are you (*weather analogy*)? What safe vibing skill did you use this week?

Ask for Help

Cry

Choose self respect

Take good care of your body

Compassion

Create a new story

Structure your day

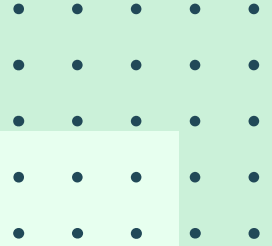
Trust the process

Reframe setbacks

Focus on now



. å t å  
.. å µ  
t å



**We will read through the meanings that harm and practice alternative meanings that heal on the next few slides.**

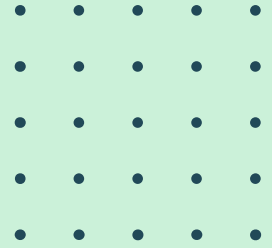
**Instructions:** Note in your mind or on a sheet of paper/your phone which meanings you have used in the past and notice any reactions and feelings to both the harmful and healing meanings

- *Put a star next to those you particularly struggle with*

: å

μ

t å



## Examples that harm

- **The escape** - "I'm upset, I need to binge on food."
- **If this, then that** - "If I get the job, then I'll stop smoking pot."
- **Feelings are reality** - because something *feels* true, you believe it must be *fact*.
- **Deprivation reasoning**-because I've suffered a lot I need substances (or other destructive behaviors)

## ΕΓΙΣΤΟΝ Μ Ε Alternatives that heal

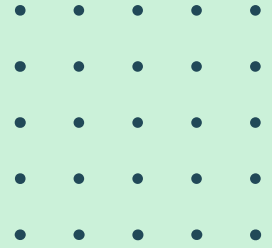
- **Keep growing** - Build your tolerance & problem solving
- **Stay in the present** - Remember: you can start now, every step forward counts.
- **Listen to what you know**



: å

μ

t å

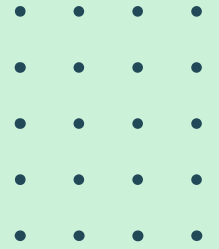


### Examples that harm

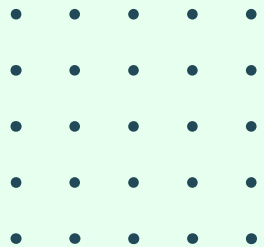
- **Time Warp:** Sense of time is distorted. You believe a negative feeling will go on forever
- **Confusing needs with wants:** You want something very badly, means you have to have it
- **Instant Satisfaction:** Life should be easy/ always feel good

### Alternatives that heal

- **Observe real time:** use timer to see how long it really lasts
- **Recovery/ healing is the need:** needs are essential- food, shelter, clothes, safety, recovery, wants are not
- **Work hard:** the most enduring satisfactions come from working hard and having patience: work, relationships, recovery



..



4





