

RI Discovery Quick Facts

What is RI Discovery?

RI Discovery is a simple set of living skills which enable people to live more peaceful, productive lives. RI Discovery participants develop these self-help skills in friendly, interactive, fast-paced peer-to-peer meetings and through self direction.

Who Should Use RI Discovery?

RI Discovery is for anyone living with emotional difficulty in life and looking for a safe place to quickly learn simple to change negative personal patterns of behavior to positive ones. The skills you learn in RI Discovery can be applied to any irritation or frustration in everyday life.

What are the Program's Self-Help Tools?

The self-help tools are simple cognitive-behavioral techniques developed by neuropsychiatrist Abraham Low, MD. These techniques have been successfully used in Recovery International self-help meetings for more than seven decades and are now provided in a very easy-to-learn format in RI Discovery.

What Happens at RI Discovery Meetings?

At RI Discovery meetings participants describe an event from everyday life that caused distress. They explain how they used the program's self-help techniques to address their discomfort and control their negative responses.

Attendees then offer positive, constructive encouragement which highlight the example-giver's successful use of the self-help techniques and suggest other techniques that could have been used.

RI Discovery meetings are confidential and the information shared is kept within the group.

What are the RI Discovery Materials?

RI Discovery is complemented by user-friendly materials which enable participants to quickly learn the self-help techniques. These materials are suited for use both in meetings and personal self direction.

RI Discovery Workbook – User-friendly workbook provides the training and support for learning the self-help techniques and how to take part in a RI Discovery meeting.

The Wisdom of Dr. Low—Words to Live By – Compilation of quotations of works by neuropsychiatrist Abraham Low, MD. The book is used during RI Discovery meetings and is also a quick-reference for a specific issue or concern.