



Harmony Women's Recovery Program, San Diego

(December, 2016)

Harmony serves single and parenting women who have substance use disorders.

I'm grateful to Recovery International for:

- It has helped me with my anger by not wanting to explode. Spotting helps me calm down.
- I like how RI's main focus is on mental health!
- I love the 4 Step Format.
- Learning to recognize my emotions.
- Process my emotions.
- Endorsing for my efforts.
- I like the spotting.
- Learned a good way of looking at issues.
- Easier to process my temper.
- Decreased anger.
- Decreased anxiety.
- Improved communication between family members and myself.
- Gives me a meeting to look forward to.
- Helps with anger issues.
- Helps with anxiety.
- Brought calm and peace to my life.
- Reduced my anger.
- Helped with my self-control.
- Helps me to manage my daily life and the feelings I experience in each day.
- Has given me more self-respect and the ability to express myself in a cultured manner.
- Improved communication skills in all situations.
- RI helped me interview for my job.
- RI has reduced my anxiety in social situations.
- RI has helped me feel more calm.
- Decreased anger.
- Taught me to endorse myself.
- Improved my self-worth.
- Allow myself to be happy.
- RI really cares about me; hard to find.
- Helps me feel that my daughter is going to be okay because RI will NEVER LEAVE ME!
- Grateful for being introduced to RI.
- These are good tools to deal with my anxiety.
- I am willing to change my negative thinking.
- Decreased anger.
- Decreased anxiety.
- Improved family relationships.
- Decreased temper.
- Easier to talk myself down when in symptoms.
- More humor when it comes to my trivialities which leads to more humor in the rest of my life.