

BASIC CONCEPTS

For more than 80 years, thousands of people all over the world have been using the self-help method developed by neuropsychiatrist Abraham Low, M.D. to live more peaceful lives. The Recovery Method is based on these important concepts:

Temper Has Two Faces

<p>Angry Temper: The judgment that the <i>other</i> person is wrong or has wronged me.</p> <p>For example: irritation, resentment, impatience, hatred, disgust, rebellion</p>	<p>Fearful Temper: The judgment that <i>I</i> am wrong.</p> <p>For example: worry, feeling of inadequacy, hopelessness, fear of damage to your reputation, sense of shame</p>
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Living a more peaceful life starts with learning to recognize signs and symptoms of temper, both angry and fearful.

Environment Has Two Sides

<p>Outer (External) Environment: Everything <i>outside</i> yourself.</p> <p>You can't control any of these: people, events, the past, the future.</p>	<p>Inner (Internal) Environment: Everything <i>inside</i> yourself.</p> <p>You can't control these: feelings, sensations</p> <p>You can control these: thoughts, impulses</p>
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Realize what you **cannot control**. Concentrate on what you **can control**.

Use Your Will

You have the **power to choose**:

- How you are going to **act**.
- What you are going to **think**.

Focus on Everyday Events

Most things that upset us are the routine events in everyday life. Using the Recovery Method helps us deal more positively and peacefully with the frustrations, challenges and upsets of daily living.

Practice Self-Endorsement

Give yourself a mental pat on the back for any effort:

- To spot **and control** your temper.
- To control your thoughts and impulses.