



Recovery International 24-Hour Dial-a-SPOT Helpline Transcript

Accessibility Transcript

The following is a transcript of the audio from the Recovery International 24-Hour Dial-a-SPOT Helpline. This transcript is provided to improve accessibility for visitors who are deaf, hard of hearing, or prefer reading the content.

Transcript

- Welcome to Recovery International's 24-hour Dial-a-SPOT Helpline. Please sit back, relax, and listen to the following tools that hopefully will help provide relief.
- Calm produces calm.
- Temper produces temper.
- Feelings are not facts.
- Comfort is a want, not a need.
- Replace an insecure thought with a secure thought.
- In Recovery International, we learn that there are two forms of temper.
- Angry temper is a judgment against another person or situation that shows itself as resentment, indignation, impatience, and similar reactions.
- Fearful temper is a judgment against ourselves that shows itself as worry, preoccupation, feelings of inadequacy, hopelessness, and similar reactions.
- In Recovery International, we learn to treat mental health as a business and not as a game.
- Humor is our best friend. Temper is our worst enemy.
- Temper creates tenseness, and tenseness creates symptoms.
- Sensations rise and fall if you let them.
- Control of the inner environment is more important than control of the external environment.
- Sometimes people do things that annoy us, not necessarily to annoy us.
- Don't work a complication into an emergency when a simple remedy will do.
- The will to peace makes for understanding. The will to power makes for misunderstanding.
- We drop the judgment against others for the sake of our mental health.
- There is no right or wrong in the trivialities of everyday life.
- Excuse rather than accuse for the sake of your mental health.
- People, places, and things don't work us up. We work ourselves up.
- If you can't change a situation, you can change your attitude toward it.
- Perfection is a hope, a dream, and an illusion.
- Have the courage to make mistakes. Average people do make mistakes.
- When we laugh at ourselves, we choose humility, common sense, and averagedness.
- Do tasks in part acts.
- Worry causes much harm and gives little aid.



- If you can't anticipate securely, don't anticipate.
- Be self-led, not symptom-led.
- We move our muscles to change our thoughts.
- We can function despite the way we feel.
- Every act of self-control leads to a sense of self-respect.
- We may feel helpless, but we are not hopeless. Helplessness is not hopelessness.
- Endorse yourself for every effort you make.
- If you are new to Recovery International, we encourage you to attend meetings to familiarize yourself with our self-help method.
- Endorse yourself for doing something good for your own mental health.
- If you feel you are in danger to yourself or another, please call the Suicide & Crisis Lifeline by dialing 988 or call 911.
- May you find a sense of security and calm in your everyday life.

Accessibility Note

This transcript is intended to accompany the audio recording so that all visitors have access to the same information in a text format.