



Recovery International

“Recovery International Testimonial - Jouie”

Accessibility Video Transcript

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

When I was trying to finish my master's program - before I was able to complete it, I had developed a severe bout of depression. So much that I could not even finish it and had to drop out of the program and move back with my family. I had a lot of domestic family issues that I was not able to sort out and combine that with my depression developing more, I became very anti-social, and I did not even go out the house for about four to five months or so. My family noticed and my mom recommended me to try out Recovery International to help improve my social skills, deal with my self-esteem issues, and with my depression, as well.

At the same time, I've been an avid practitioner of martial arts for 12 years but during that time I was also taking a break, so I reinitiated my martial arts training along with starting my Recovery International training, too. At that time, it was difficult for me to be able to understand, let alone apply the tools of RI for quite a while. So, I would just attend the meetings - letting the time fly - but when I was also doing my martial arts training, I had a breakthrough with Recovery International - applying the spots. So, when I was practicing Escrima - Escrima is a Filipino weapons - based martial art. So, when I was practicing that, I would have these wooden sticks being stroked and striking at me from all these different angles, and of course, it's quite a painful thing to endure. So, every time I would get hurt, I would tell myself that the Escrima class is only “distressing but not dangerous” - and it helped me to be able to bear with the pain, to be able to apply the self-defense techniques.

Another breakthrough I had was being able to also apply it in my Brazilian jiu jitsu class. Brazilian jiu jitsu is a ground-based grappling martial art and so I'm a very small guy so I will be paired up with a lot of heavier guys than me - about 200 plus pounds and so that was very distressing for me. But the other spot that I learned from RI that I was able to apply Brazilian jiu jitsu was replacing a “secure thought with an insecure thought.” And so instead of telling myself



that these 200 plus pound guys are trying to choke me to death, I would tell myself that “oh these big guys love me so much they just want to give me a hug and so I’ll return the favor!” And so having that thought really helped me to be able to push through the art form and to be able to not just tolerate, but really enjoy Brazilian jiu jitsu, as well.

And the final breakthrough I had was with Capoeira - Brazilian-based kicking art form that has a lot of dance elements to it. So, it's pretty easy just to be embarrassed with when I’m practicing it because of the dance element. But the tool of Recovery International of “having the courage to make a mistake” helped me to push through that discomfort and to be able to do the more acrobatic and flashy techniques without worrying about how others think about what I do.

And so, combining all these breakthroughs and applying the tools to martial arts, helped me to be able to branch the application of those tools to my everyday life. And so, when I would interact with my family members before, it'd be really distressing for me. I would be too anxious or too scared to interact with them, but I would remind myself that getting punched is dangerous. Getting choked - that's dangerous, as well. But just like having like a quarrel with my family, that's only distressing. And so, it was an epiphany for me to have that and be able to apply those tools to my family. And it helped me to be able to return to my master's program and to be able to put up with the effort to be able to finally finish it. Even now I still practice Recovery International. I hope that it sticks with me for as long as I can practice and stick. And I hope that my story will help whoever is listening to it. That they're inspired to try Recovery International, as well – maybe with a side of martial arts, too! Thank you.

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.