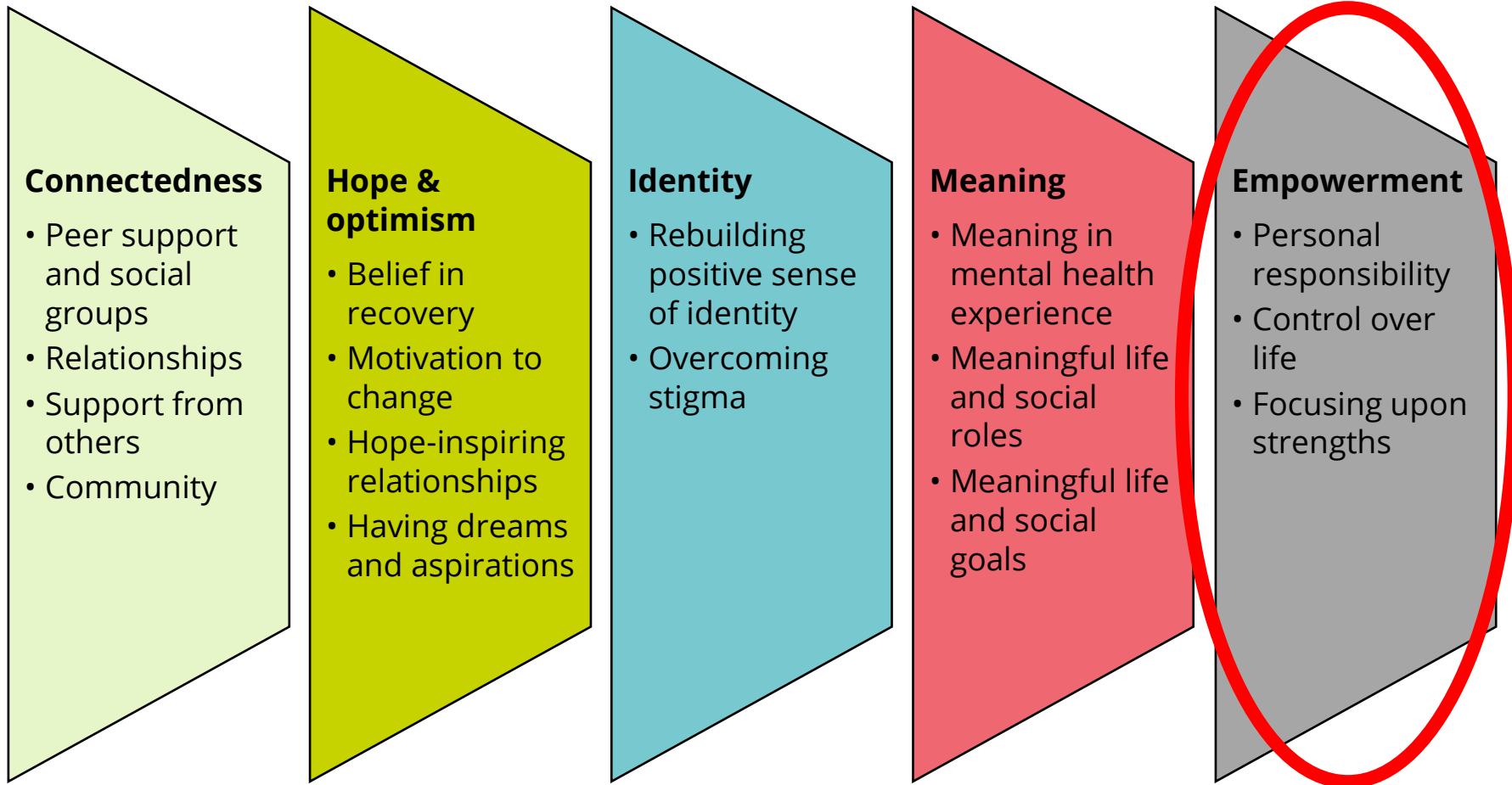


Empowerment

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."

Steve Maraboli

The CHIME framework for personal recovery



Leamy et al. 2011

in a recovery context

- It's about **choice** and **control**.
- It's about having a feeling of being in control and being to get on with day-to-day life, taking responsibility for personal health and wellbeing but knowing when to ask for support.

- It's a choice to start every morning with 25 push-ups.
- It's a choice to control what information you let in your life (and how often).
- It's a choice to turn off the TV and go to bed on time.
- It's a choice to stop using the excuse "I'm not in the right mood."
- It's a choice to embrace challenge and change.

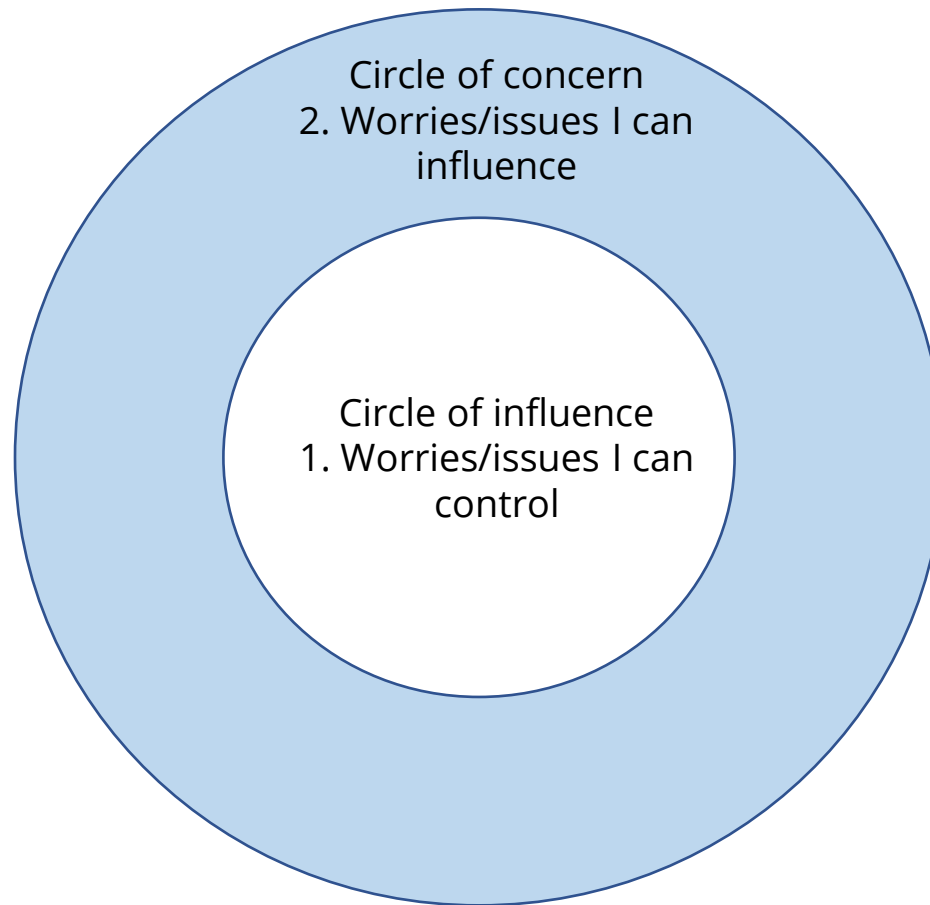
The difficulty in life is making the choice.

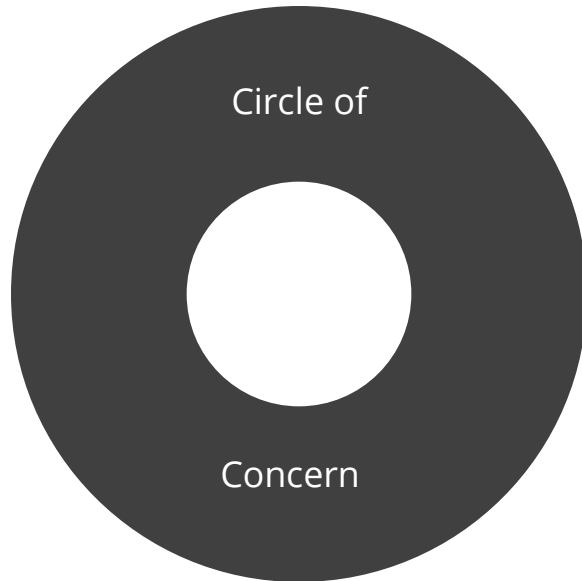
"As one goes through life, one learns that if you don't paddle your own canoe, you don't move."

Katharine Hepburn

- What can make you feel out of control? **(make a list)**
Examples of what we might feel out of control about include; debt, housing, drugs and alcohol, children, partners, friends.
- Look at the list – which ones can you do anything about. Focus on this list.
- What might we do when we feel out of control?
- What might help us to feel more in control?

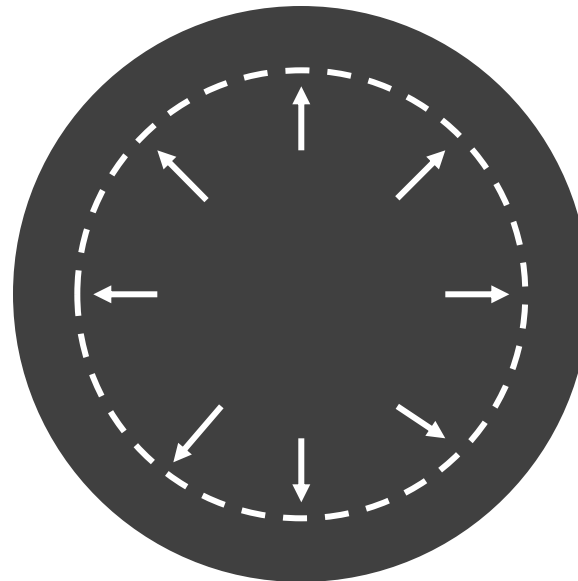
Area of concern
3. Worries/issues I cannot control or influence





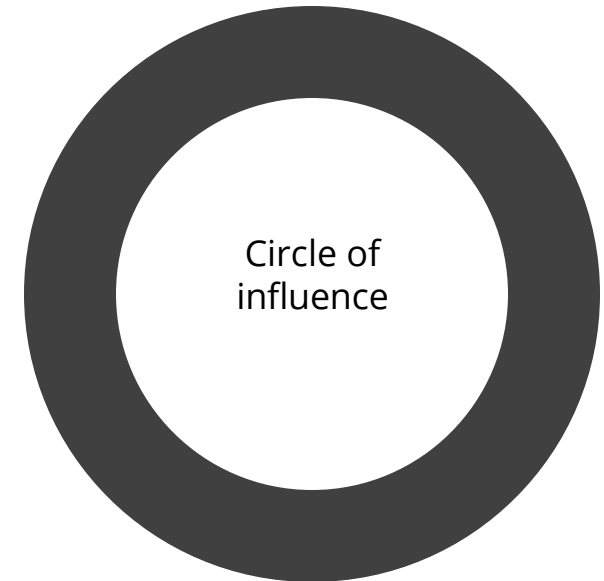
Reactive Focus

You focus the majority of your time and energy on your concerns and problems.



Changing Your Focus

You choose to redirect your time and energy. You begin focusing on those things within your control.



Proactive Focus

You take responsibility for changing what is in your control

self-management

management of or by oneself; the taking of responsibility for one's own behaviour and well-being.

Definition

What do we mean by self-management?:

It combines the two words **management** and **self**.

Management deals with motivation, planning, goal-setting, calculating resources, controlling, regulation etc. according to a task.

Self has a double meaning: the self as autonomous actor or manager (not somebody else outside) and as the target of the management.

At some point most people who recover realise that no-one else can do it for them, that they have to take charge of their recoveries.

Taking one's own risks, setting one's own goals and path, and learning one's own lessons are essential parts of recovery.

Nobody is going to be as interested in what happens to you as yourself. Ultimately it is down to you to make things happen.

If I...

Sentence completion exercise

If I treat my life as unimportant...

If I avoid responsibility for my life and wellbeing...

If I take 15% more responsibility for my choices and actions...

If I am more accepting of my emotions today...

If I boost my energy level by 15% more today...

WHICH IS YOUR → LOCUS OF CONTROL?

"I make things happen."

"look what I can do!"



"I can determine my future."

Internal locus of control

You make things happen.

"why bother?"

"why does everything happen to me?"



"There is nothing I can do about my future"

External locus of control

Things happen to you.

ACCEPT SELF-RESPONSIBILITY

Seeing yourself as the primary cause of your outcomes and experiences.

Taking responsibility does not mean excusing or taking the blame for somebody else's actions. It means moving beyond the 'blame' to find the most constructive outcome possible.

Healing is your responsibility.

DO NOT

See yourself as a victim, believing that what happens to you is determined primarily by external forces, fate and luck.

How do you increase your power? By doing things that empower you! List 5-10 things that you would like your powerful self to have.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Step into your own power and make change.

THE FIRST STEP IS
YOU HAVE TO SAY
THAT
YOU CAN.

WILL SMITH

IT TAKES
COURAGE
TO GROW UP
AND BECOME
WHO YOU
REALLY ARE
— e.e.cummings —



“

I will:

- love myself first.
- Appreciate myself more.
- Always speak kindly to myself.
- Be honest with myself.
- Not affraid from a challenge.
- Invest in myself.
- Get what I want.

@SELFLOVE_TEAM

You are the most
influential person
you will talk to all
day.

Zig Ziglar Inc.