

The Recovery Place

Our goal in Life is simple. Be Happy and always give your best effort.

Happiness is a way of being.

It's important to learn about oneself. Explore what a happy life looks like. What steps are needed in establishing a happy life.

It is also important to understand your journey.

What is your Story? What is your PURPOSE?

We share our trials and triumphs and hopefully move towards our happy life.

We learn to evaluate our current behavior choices, thoughts, and actions and explore if our behaviors, actions and thoughts, are moving us in a direction to meet your goals.

Daily Reflection

What is your story?

What do you want?

Is the life you have and the life you want moving in the same direction?

Steps in Healing

Accept things as they are without shame, blame and guilt.

Allow your body, mind and spirit to restore.

Assess if your choices reflect the life you are currently choosing.

Daily Reading: Steps in Healing

I accept myself as I AM without shame, and guilt. Each choice allows my body, mind and spirit to restore and transform. As the caterpillar turns into the butterfly I too will become what I was meant to be. I choose to look for the "light" and live with "faith" each day. I reach out to myself and others for support. I move forward with high awareness.

"Today I challenge my spirit. I move forward respectfully and knowingly. I live one day at a time. I believe in something greater than myself. I value myself. Today I begin the process of taking off my armor.

I allow my thoughts and actions to create opportunities for healing not pain. See everyone and every experience as an opportunity to connect and BECOME ONE!

Find the Truth Utilizing Body Mind Spirit

Escape, flight, and fight no longer a subconscious choice.

Choose awareness be the objective observer.

Choose not to over feel, become numb and withdraw

BE Alive- Live with Awareness- Live for Today

Ways to Care for You

Nutrition

Exercise

Relaxation

Socialize

Help Others

Become involved

Become present in all you do

Draw

Journal

Daily Affirmation: This is the place recovery begins. This place serves all individuals with common needs, a desire to be there best, a desire to be happy, a desire to be honest and real. In this place you are worthy of a smile. I recognize your strength. I believe in “you” In this place I will help you “see you” You are courageous and successful;. You are learning to trust yourself. You understand your job is not to always have the answers but to trust the answers will come. You bring joy and hope to all you do. Thank you for being YOU!
Have a Great Day! Nancy

- ❖ Remember your core concepts

- ❖ Fill out your Safe Coping Sheet Every Day

- ❖ Practice Relaxation Exercises Twice Daily

- ❖ Create your home in your home

- ❖ Create your home within

- ❖ Use your Positive Coping Skills

Send me an email, let me know how you are doing, let me know if I can help!
nancy@nancysprivatepractice.com