



Hidden Assets that Support Recovery

(Adapted from "Your Hidden Super Powers", Psychology Today)

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1. IMPERFECTION

- something I learned a long time ago
- always striving to look like we have it all together, is off putting
- most of us relate better to people who are flawed – it's more real and it puts us at ease
- "drop the armor; be your genuine self"
- - believing that 'you are enough', will allow you to be comfortable with who you are



2. GENERATIVITY

- It turns out that it is good for your health to put others before ourselves
- a defining feature of addiction is self-absorption
- unmet childhood developmental and relational needs can result in ongoing self-focused motives in recovery
- learning to find a balance between giving to others, while also taking care of self is the goal



3. ROUTINE

- having daily routines does not mean you are “rigid”
- research suggest it is the opposite:
 - we don't have to overthink
 - improves our mental health
 - fosters creativity
- regular actions taken that support your recovery and emotional growth can “mitigate against stress & anxiety” because they foster a sense of control over the direction of your day/life



4. PERSUASION

- research shows that we have more influence over others than we give ourselves credit for
- this is true for those we are close to and to strangers
- holding onto your commitment to sobriety, you can be sure that you are persuading others to be comfortable with who you are
- Caution: this could be true in reverse: do not fall into the trap of letting others to persuade you that you don't know what you want



5. SATISFACTION

- “The ability to be happy with who you are, and what you have is a power that those whoa are never satisfied may want to emulate”.
(Psychotherapy Network)
- has nothing to do with outer success, achievement or prestige - it's more about prioritizing inner success
- Avoid comparing yourself to others, especially those who do understand addiction – be content with your uniqueness; celebrate your victories, big or small and accept failures as life lessons



6. NOSTALGIA

- letting ourselves reflect on the positive, nostalgic memories is an important way to "boost our moods & make us feel whole"
- addicts are known for focusing on the negative, affecting mood in the wrong direction
- memory is not that accurate, so when reflecting on the past, paint it with a broad brush that glosses over some of the negative - it reduces cortisol levels



this has been shown to be especially valuable for those of us with early-life trauma
