



Hidden Assets that Support Recovery- Part 2
(Adapted from "Your Hidden Super Powers", Psychology Today)

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7. Desire

- our culture discusses desire on a sexual level
- while that is one part, there is so much more to this concept
- we don't have a language for desire in our culture – as a healthy longing for more – it's about what we "want" from life
- learning to speak the language of desire means knowing and asking for what we want to create a healthy life, without shame or ultimatums

How easy is it for you to ask for what you want clearly and directly?



8. Hope

"The power to access the belief that things can get better, no matter the challenges, can quite literally change the world."

- To give up hope is to give up your power
- Research showed that those who survived trauma and went on to do great things had "grounded hope"
- It's fueled by a belief that despite the resistance we face, we can build a better life for ourselves and others.
- It is a way of thinking that propels us to action

How much hope do you have when it comes to your ability to overcome the obstacles and resistances in your life?



9. Daydreaming

- It turns out that it has real value in terms of delivering real-world benefits
- brain scan studies have shown that our brains are more active when we let our minds wander, then on routine tasks
- Our 'executive network' concerned with complex, high-level problem-solving is also activated when we daydream
- while we may forfeit attention to tasks, the brain tells us that there are sometimes more important things to attend to – that get sorted out when we let our minds wander



How much of your time is spent daydreaming? What benefits has it provided for you?

10. Restlessness

"When boredom sets in, staying in one place can be bad for our mental health. Those with an urge to 'do something' about it, have a distinct advantage."

- experiential diversity - going to new meetings/places; talking to people you do not know well; experimenting with new activities has been shown to improve mental health
- daily novelty exposure is associated with positive emotions and tended to lead to more of the same the next day – an upward spiral!



How willing are you to get out of your comfort zone to do new things that support your recovery?
