

Example 1

Step 1: I have the problem of hallucinations. Last Saturday morning before returning from my job I saw in my mind girls having my face and who troubled me a lot. They said I should not look after my 14-month child. They said I would not be able to do any work after I go home. I had the job of feeding rice to my child, giving her a bath and also giving her milk. The faces said they won't let me do all this work for my child.

Step 2: I got tensed up immediately. I felt depressed and tired. I knew I could not tell my mother to look after my child, as she was tired after doing morning chores.

Step 3: I knew the faces I was seeing were unreal and so I ignored them, using the tool "Feelings are not facts." I commanded my muscles to move and carried out all the responsibilities of my daughter like feeding her and giving her bath, saying "Maintaining my inner peace is my supreme goal". Peace of mind was my goal. As thoughts can be suppressed, rejected or dropped, I put away the negative thoughts in my mind. The tool "Try-fail, try-fail, try-succeed" made me succeed in putting negative thoughts out of my mind and thus could do all the chores for my child.

Step 4: In case I had not known the Recovery self-help method I would have worked myself up and would have become more depressed. I would have cried before my mother saying, I will do nothing for my child and that she should do everything for her. I would also go to sleep which would make my mother angry and she would scold me for not doing my work. I would fight with my mother saying she is not trying to understand me. The tools gave me strength and I went home and fed her rice, gave her a hot water bath. After an hour I gave her milk. I did not tell my mother to do all this work and carried out my responsibilities. I also put my daughter to sleep. I endorsed myself for doing a good job.

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Example 2

Step 1: I was going regularly for my painting classes in the morning. From there I would come to the SPA office to help the clerk in office work in the afternoon. I would return home in the evening I was fruitfully occupied for at least 5 to 6 hours for 2 to 3 months. Suddenly one fine day onwards I stopped the routine.

Step 2: I started feeling guilty and hating myself for my sudden inactivity and having insight, I knew that it was sheer lethargy. I was being an escapist, and negative thoughts started entering my mind.

Step 3: I moved my muscles by going for a long walk, that too, uphill! By doing so, I transformed the vicious cycle of helplessness into the vitalizing cycle of self-confidence. I also used the tool, 'Bear Discomfort And Comfort Will Come.' Try-fail, try-fail, try-succeed' and 'Will to effort' were other tools that came to my mind.