

RECOVERY INTERNATIONAL (RI) - BETTER. MENTAL. HEALTH

These tools are quoted or adapted from Dr. Low's books. Citations to Dr. Low's books are listed for each tool. Many other tools can be found in these books.

MH = Mental Health Through Will Training
 SEL = Selections from Dr. Low's Works
 MYF = Manage Your Fears, Manage Your Anger

Treat mental health as a business and not as a game	MH ch.25
Humor is our best friend, temper is our worst enemy	MH p.108
If you can't change a situation you can change your attitude towards it	MYF p.108; SEL p.31-32
Be self-led, not symptom-led	MYF p.114-118, 280-283
Nervous symptoms and sensations are distressing but not dangerous	SEL p.53; MH p.115, 119
Temper is, among other things, blindness to the other side of the story	MH p.159
Comfort is a want, not a need	MH ch.13, ch.22
There is no right or wrong in the trivialities of every day life	SEL p.39, MH p.157, 195-196
Calm begets calm, temper begets temper	MYF p.245; SEL p.31
Don't take our own dear selves too seriously	MH p.109
Feelings should be expressed and temper suppressed	MH p.178
Helplessness is not hopelessness	MH ch.7; MYF p.184
Some people have a passion for self-distrust	MH ch.29 & MYF Lecture 2
Temper maintains and intensifies symptoms	MH p.219
Do things in part acts	MH p.246-249
Endorse yourself for the effort, not only for the performance	MYF p.13; SEL p.46, 132
Have the courage to make a mistake	MH p.203, ch.30; MYF p.60; SEL p.108
Feelings are not facts	MH ch.9; MYF Lecture 14
Do the things you fear and hate to do	MH p.329-330; MYF p.197
Fear is a belief – beliefs can be changed	MYF p.266-269
Every act of self-control leads to a sense of self-respect	MH p.166
Decide, plan and act	MH p.42
Any decision will steady you	MYF p.5
Anticipation is often worse than realization	MH p.114-115, 146
Replace an insecure thought with a secure thought	MYF Lecture 1
Bear the discomfort in order to gain comfort	MH p.149
Hurt feelings are just beliefs not shared	SEL p.21
Self-appointed expectations lead to self-induced frustrations	SEL p.35
People do things <i>that</i> annoy us, not necessarily <i>to</i> annoy us	MH ch.48
Knowledge teaches you what to do, practice tells you how to do it	SEL p.118
Muscles can be commanded to do what one fears to do	SEL p.123
Tempers are frequently uncontrolled, but not uncontrollable	MH p.392