

**RE
COVER
YOUR
SELF**

COME SEE
HOW MUCH
THERE IS TO
RECOVER

with MartinJon

OVERVIEW OF RECOVER YOURSELF

Welcome to this Recover Yourself workshop.

“Recover Yourself” references the act of recovering the self we could be “if only...” something were different. Those things we wish were different hold answers to our growth and potential. There is an old saying that states, “life is a mirror reflecting you back to yourself.” That idea is at the core of what we will be exploring today. The Recover Yourself approach is a way of looking at our experiences, and using them, to gain insight into our subconscious. Specifically, how we have led our subconscious to interpreting the world around us. We all hold intuitive theories as to how the world works, but can, when we take the time, easily poke holes in those theories. The goal of this workshop is to reveal that our experiences are merely representations of intuitive theories, further solidifying them within our understanding. Gaining awareness of these theories, and where we engage them, we will be able to allow ourselves to naturally heal from the most difficult of traumas and addictions. I hope to lay this method out in a way that is relatable and that you can easily understand and implement into your practices.

This workshop may become intense for many people. The idea behind this approach is that everything we experience relates back to us, and how we see ourselves. Finding the themes to judgments we carry will open us up to the judgements we hold of ourselves. Please be considerate of those around us that may be feeling resistant to these ideas.

Today you will learn one of the exercises of the Recover Yourself approach and will leave having the tools to begin implementing it into your practices both personal and professional.

To begin I would invite you to consider the following: Addictions are only the worst-case scenario of wanting an “escape”. The truth is many of us have distractions and pacifiers helping us accomplish mini-escapes. I would like to invite you to see ask yourself how those might be keeping you from looking inward. Although not seen as harmful as addiction these still hinder our ability to think clearly.

Here is a list of a few that you may want to consider examining within yourself.

- Recreational Drugs/Alcohol
- Television
- Over Thinking
- Social Media
- Emotional Loops/Blame
- Shopping
- Gaming
- Work
- Eating
- Caffeine
- Clutter/Cleaning
- Sex/Relationships
- Multitasking
- Look to others for answers

WORKSHOP SYLLABUS

Part 1: Discussion

1. Introduction
2. Recover Yourself as an experience and through a clinical lens
3. Thinking critically is different from being critical
4. Preparing for the next step

Part 2: Finding the Gap

1. Worksheet
 - a. Find the triggers
 - b. Find the stories
 - c. Find the theme
2. Reflection

Part 3: Looking Inward

1. Journaling
2. Group share and reflect

Part 4: Bridging the Gap

1. Discussion
2. Worksheet

Part 5: Closing Q&A

Finding the Gap

<i>Trigger</i>	<i>Story we tell ourselves</i>	<i>Theme</i>
<i>Poor Drivers/Being cut off</i>	<i>They are not paying attention!!!</i>	<i>What is my relationship to "not paying attention?" Paying attention was tied to my value due to experiences I had with my father.</i>



THEME (LOOKING INWARD) JOURNALING SPACE

BRIDGING THE GAP

Recover Yourself Workshop
MartinJon

LOOKING FOR OURSELVES

Releasing Fear, Shame and Guilt to Find Unconditional Love for Yourself and Others

MartinJon



Our experiences have built the perceptions we have of the world. Every experience we have today is had through the filter of those perceptions.

Perceptions are shortcuts to understanding things. One of the key motives of the brain to create these shortcuts is to reduce calorie use. It's a survival technique. None of us want to more work than necessary, and neither do our brains. In order to reduce the workload, our brains create these shortcuts. When things happen that we're familiar with, or have perceptions attach to them, our brain fires a perception response. These look very different than when we are learning something new. They seem more chaotic and less focused. During a perception large parts of the brain are activated. We now understand that this happens to aid, and solidify, making connections between associated memories. In that way we react things similarly as we did in the past, and our brains needn't do any new learning.

Perceptions can trigger all sorts of responses. This process allows the responses we have, unless we attempt to alter them, to further embed themselves within our subconscious. Our brain knows, and has stored, all of our experiences both conscious and subconscious. When new experiences are had, if related to



old ones, perceptions can define our responses. This is one of the challenges we have in experiencing the present moment. If an old perception gets triggered by a new experience these will get associated together, robbing us of the new experience all together. This is a process that the brain uses to keep us safe.

Our perceptions are trying to predict the future. Our brains are only reminding us of the past. The problem here is that many of those perceptions took root when we were very young. Today we approach difficulties in our lives very differently than we did when these perceptions were being built.

Through the following exercise we will trace back the story we tell ourselves about a situation that frustrates us. That story we are telling ourselves, I can almost guarantee, is 100% made up. That story is coming from a perception that we built long ago. We can almost always logically disprove these stories but disproving them alone does not help us release them. Solely disproving them can often cause an even greater frustration, and lead to personal judgment.

Exercises like this take time to adopt. If you are new too some of these ideas, go through these steps, almost superficially at first. In effect you will introduce this sort of awareness to yourself slowly. Things like this are about stepping out of our comfort zone, and we have our whole lives ahead of us to face how we're perceiving the world around us. Little by little we will begin to see past these stories and open up to our own unconditional love for ourselves.

Read through this completely first. Then, the next time you get irritated, begin to ask some of these questions. The questions will need to be adjusted slightly for your scenario but remember, it is always going to lead back to you. If your questioning leads you to place any blame, you have allowed your mind (fears, guilt, shame) to trick you.

1. Think of one time you got irritated at someone. This could have been directed at your boss, a co-worker, significant other, etc. *It is important to not look at those times where you are upset at yourself. Here we are looking outside of us to see inside of us. Make this a very specific incident.*
2. Go back in your thoughts to the moments before you felt irritated. Can you spot where the irritation began? What was said or done to initiate that? Where in your body did the irritation flair up? It is often the case that we might feel a resistance, or tightness, in our gut, chest or anywhere physically. Did that exist? *This step is for you to become more aware of your physical reactions to irritations associated with this trigger or perception.*
3. Now that you have the launching pad of the incident in mind, let's find the story we are associating with it.
 - a. **Why did the person do what they did in the manner they did it?** *It is important to make the judgments you made initially here. This question is to find the blame.*
 - b. **What is your story as to why, what happened, happened?** *Here the answer will relate to the first question we asked but we are looking to find where we are making assumptions. What could we not possibly know about their motives, or action, but have within our story?*
 - c. **What does this story you created mean to you?** *This could be "They are talking down to me" or "They think they are better than me" or "They do not pay attention" It could be anything that about the story we tell ourselves that does not address the actual incident in question. Your words here are important. "Talking down to me" and "Thinking they are better" are not equal here. It may seem like they could be interchangeable but again, what does this story mean to YOU?*

- d. The meaning of this story will give you the topic, or theme, of your anger. Finding this will often cause that tightness, or resistance, from #2 to emerge. What is happening is energetic beliefs are meeting physical beliefs, and they are at odds. Energetically you are perfect and connected to all things, physically we feel flawed and separate.
4. Now allow yourself to feel this imbalance and resistance.
 - a. Do not to follow the stories that may come up to increase it. Following the stories will only serve to further embed these in your perceptions
 - b. Take a few deep breaths now, in through the nose, out through the mouth. This will keep you calm and allow the associate irritation to subside altering your initial perception.
 - c. Remember, everything is neutral. The story you tell yourself of the incident does not matter. The only reason you're experiencing it negatively is because there is something you attach to this story that is keeping you from loving yourself.
 5. Look at the incident again after taking a few deep breaths. This time take a step back and only look at the overarching topic of the incident from 3d. There is no more other person here, it is all about us now. Why does this topic or theme upset you? Then you can ask a few questions to find this imbalance between your energetic self and physical self. The questions you will want to ask are going to have to do with where the theme, or topic, exists within you and about you.
 - a. If your theme is, "*They spoke down to me*" we have to ask **"Where in my life am I speaking down to myself?"**
 - b. If your theme is "They are not paying attention" We have to ask ourselves "Where am I not paying attention to myself or my needs?"

- c. If your theme is “I felt disrespected” ask yourself “How am I disrespecting myself?”
6. Simply raising these questions will give you access to memories and old ideas you carried. You can now look into those a bit deeper and you will probably be able to see something in common. The questions here are fairly simple.
- a. Am I scared?
 - b. Am I guilty?
 - c. Am I ashamed?

This is going to raise some questions to the surface. It is very likely that many questions will come up. The nice thing is that they are only for us. Nobody else has our answers.

There are a number of other things you can do to help integrate these new thought patterns. You can start journaling, maybe do more nice things for others, focus on the positive qualities of learning through a challenge. What you do to integrate these new ideas matters less than just putting awareness onto perceptions you no longer need to carry. Simply looking at yourself will naturally align you more with your connections. Random acts of kindness will flow without you even thinking about it. Blame and complaints will fall away if they raise at all. Growth always happens slower than we want it to but the sooner you begin to see yourself in everything around you the sooner you will be loving yourself, and subsequently others, more and more every day.

You will no longer feel the need to avoid feeling upset. These tools will use those your feelings to bring you closer to yourself. You will redefine upset, or irritated, and they will no longer mean the same as they did before.

This is unconditional love, and it is all for you. It doesn't come from your partner, your parents or friends. The root of unconditional love is within you. This is where all unconditional love stems and emerges from.

I wish you all the best in your journey. Feel free to reach out to us if you have any questions or would like some personal guidance. MartinJon is always taking new clients and open to speaking engagements.



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