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In this issue...

From Fear to Freedom P.1

Potato Salad Recipe P.2

5 Strategies for Dealing with Your Weaknesses P.3

Administrative Office Hours

*Mondays - Fridays
6:00am – 6:00pm*

*Saturdays
10:00am – Noon*



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From Fear to Freedom

Every successful person has had to deal with fear. The road to Hell might be paved with good intentions, but the road to success is littered with fear and uncertainty. The biggest difference between someone that is wildly successful and someone that is not is the courage to take significant action over and over again.

These steps will enable you take that significant action, repeatedly:

1. **Simply decide to succeed.** Most people never really decide to do or accomplish anything significant; at best they “kinda sorta try it out.” However, once you’ve truly decided to go for your dreams, there is no other option – and no room for fear or doubt – in your mind. In fact, the word “decide” means to cut yourself off from any other possibility.
2. **Embrace risk.** Chase after your fears and show them who is boss. Make the tough presentation or phone call. Ask for whatever it is that you want. A big part of being successful is doing things that other people are too afraid to do.
3. **Prepare yourself.** Many of our stresses, challenges, and concerns are things that we anticipated. Take the time to find solutions and put them into place before you need them. When you can see a challenge that is likely to come up, simply prepare for it instead of worrying about it.
4. **Go with the flow.** If you don’t live in the past or future, life is much less stressful. Let go of your resistance to the present moment and see what happens.
5. **Focus on the good outcomes.** Most people look for the worst and expect it to happen. Expect the best and it’s much easier to take action. Sure, some undesirable things will likely happen along the way, but they’ll be like mosquitoes that need to be shooed away. That’s much better than the brick wall that you might otherwise perceive.
6. **Learn to relax.** When you feel stress and anxiety coming on, a few slow, deep breaths can make a huge difference. To a large extent, our psychology follows our physiology; breathing is the only part of our physiology that we can really control. Use that control to your advantage.
7. **Fully engage in your life and get away from the news.** The news is so negative. Instead, find something interesting to do with your time. If you’re conquering less stressful things all day long, the more stressful things don’t seem so bad anymore. Take a piano lesson, go hiking, or go skydiving. It will make your life more interesting, too.
8. **Realize that you are enough.** Even if you have things to learn and skills that need to be honed, that doesn’t mean that you’re incapable of the task at hand. Plan to acquire the resources you need, but do everything you can with the resources you have now.
9. **Start small.** Make a list of everything that you need to do but can’t seem to follow through on. Put them in order from least scary to most. Now decide to do the item at the top of the list. When that’s done, do the next. Only focus on the current item at the top of the list.

The only way to truly be free is to conquer your fears. The only way to conquer your fears is to do the things that frighten you. Show yourself that you can do those things successfully. Follow the suggestions above and start your journey from fear to freedom today!

Potato Salad

Ingredients

- 2 pounds small red potatoes, scrubbed and sliced into ¼-inch thick rounds
- 1 tablespoon fine sea salt
- ¼ cup olive oil
- ½ cup lightly packed fresh flat-leaf parsley, roughly chopped, plus about 2 tablespoons more for garnish
- ½ cup roughly chopped green onions, plus about 2 tablespoons thinly sliced for garnish
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, roughly chopped
- Freshly ground black pepper, to taste
- 3 stalks celery, chopped



Instructions

1. In a large saucepan or Dutch oven combine sliced potatoes and salt. Cover with water by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low and cook until potatoes are easily pierced by a paring knife and pulled out with little resistance, about 5 to 6 minutes.
2. Reserve ¼ cup cooking water, then drain. Transfer the potatoes to a large mixing bowl.
3. In a small food processor or blender, combine the olive oil, ½ cup parsley, ½ cup green onions, lemon juice, Dijon mustard, garlic and freshly ground black pepper. Process until the herbs and garlic have been chopped into little pieces. Then, while running the food processor, pour in the reserved cooking water and process just until blended. (If you don't have a food processor or blender, just finely chop the parsley and onions and whisk the dressing together until the oil is fully incorporated.)
4. Drizzle the potatoes with the herbed olive oil mixture and gently mix to combine. (It will look like you've poured in too much dressing, but don't worry, the potatoes will soak it up!) Let the potatoes rest for ten minutes, gently tossing every few minutes.
5. Add the celery to the bowl, along with a couple tablespoons each of additional chopped parsley and green onions. Toss again. Season generously to taste with salt and pepper.
6. Serve immediately, or cover and refrigerate until you're ready to serve. This salad is best served within a few hours, but will keep in the refrigerator for about three days.

Staff Spotlight

Daniel Marquez, CM I Case Manager

- Loves to read & play video games
- Parent of a fur baby named Penny
- Professionally trained chef
- Favorite color is blue
- Speaks 3 languages
- Raised in Mexico



Services Available

We currently offer individual, couples, family, and group sessions.

Our staff members provide trauma-informed services in the office, in various confidential settings within the community, and via tele-health.

We have staff who speak English, Spanish, Portuguese, and Vietnamese.

We offer urine testing, pre-marital counseling, wedding officiating services, and the co-parenting course for those getting a divorce.

Please call the office to schedule an appointment or visit us on Tuesdays or Fridays for walk-ins.



*Damilola Akintola
7/9*

*Maritza Rivera
7/14*

5 Strategies for Dealing with Your Weaknesses

Do you have any weaknesses? We all do, but some of us do a poor job of dealing with them. Others appear to have no weaknesses, because their weaknesses are never exposed. Your weaknesses can be a big drag on your life, or they can have minimal impact. It depends on the weakness and how you address it.

A weakness doesn't have to be a hindrance! Use these techniques to deal with weaknesses strategically:

1. **Decide if your weakness is relevant.** Not all weaknesses are worthy of addressing. If you're a terrible athlete, but have no interest in playing sports, why work on your athleticism? Everyone has weaknesses, but not everyone has weaknesses that matter to them.
 - Consider your life and your goals. Do your weaknesses get in the way of either? If not, don't worry about them! You are very fortunate!
2. **Work around your weakness.** In many cases, it's possible to work around your weaknesses. If you're terrible on the phone, utilize email. Are you someone that can't think on your feet while giving a speech? Be over-prepared and use extensive visual aids. If you're too short to reach the top shelf, buy a ladder or put everything you need on the lower shelves.
 - Adjust the situation or environment to avoid your weaknesses.
3. **Focus on your strength.** The most successful people are great at working around their weaknesses and maximizing their strengths. If you can build a life that relies heavily on your strengths, you're going to be a very successful person.
 - Build your strengths. If you're going to get the most out of this strategy, you can't just rely on your strengths. You have to take the next step to develop your strengths even further. Develop a plan for becoming even better at the things you already do well.
4. **Delegate.** There might be things that you're not good at, but you probably know people that are good at those things. Is there some task at work you're terrible at performing? Find someone else to do it for you.
 - Are you terrible at cleaning your house? Hire a cleaning service.
 - Can't do your taxes well? Hire an accountant.
 - Can't stand to wash the dishes? Get your kids to do it.
 - Terrible at dealing with strangers? Have your coworker give tours to the visitors.
 - Think about the people that are great in the areas in which you struggle. Utilize them.
5. **Strengthen your area of weakness.** This is the last resort. If your weakness is standing in your way and there's no other way to address the issue, then you'll have to get busy. This isn't an optimal situation. It's very challenging to become great at something you lack talent for and/or despise doing.
 - Focus on being good enough. Avoid trying to be in the top 1% at this skill. Decide how good you need to be and make a plan for reaching that level of expertise.
 - Get expert advice. Read books. Hire a coach. Take a class. Whatever the issue is, you're going to be better off with some expert help!

Not all weaknesses need to be addressed. If you suffer from sea sickness, but have no desire to be on a boat, why spend time dealing with it? Many weaknesses can be avoided with some planning. Others can be managed through delegation.

Ideally, you'd be able to leverage your strengths and simply avoid your weaknesses altogether. However, this isn't always possible. There are times that it's necessary to work on your weaknesses, but you can avoid doing more work than necessary. Weaknesses are extremely difficult to transform into strengths.

Focus on building your strengths, design your life around those, and enjoy the success you deserve!

Service Spotlight

Cognitive Group

- o Learn more about how addiction affects the brain & your decisions
- o In-person & Tele-health
- o See Cody for more info
- o Tuesdays @ 6:30 pm

Happy Employment Anniversary!

Maritza Rivera
7/16/19

Joie Laws
7/9/20



Drug Diversion
Training

To enroll contact:
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Resilience Factors for
People Who Use Drugs

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newsletter?

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them.

www.OKLifeRecovery.org