

ISSUE
10
JUNE
2020

THE MONTHLY
JOURNAL OF
LIFE RECOVERY SERVICES

The Phoenix



In this issue...

Learning to Accept Yourself P.1

The Secret to Finding Yourself P.2

Administrative Office Hours

***Temporary Change
Due to Covid-19***

Mondays – Fridays
9:30am – 4:30pm

Weekends by appointment



5113 SE 15th Suite A
Del City, OK 73115
405-600-3252 (P)
405-601-8180 (F)

www.OKLifeRecovery.org

Learning to Accept Yourself

You may be surprised at how many people lack the ability to accept themselves for who they are. Many people are able to put on a front so they appear self-confident when they really aren't.

The good news is that, even if you're one of these people, you can learn how to accept yourself. If you're suffering from low self worth and confidence, ***you really do have the ability to turn things around!***

It's important to accept yourself because that one move can mean the difference between a life of happiness and a life of sadness. ***When you accept yourself, you're more likely to accomplish more in your life.***

The reason is the fact that self-acceptance can be seen as a foundation. After you accept yourself, you can continue to build from there and add on: confidence, tranquility, enthusiasm, drive and happiness.

There are many methods and tips that you'll encounter on your way to acceptance, and you'll soon find your own unique way of getting there.

Try these strategies to help you accept yourself:

Allow for mistakes. Sometimes you may try too hard to be perfect, and this in itself is another mistake. Allow yourself to make mistakes because you're a human being. You'll make small mistakes and big mistakes in life, but ***it's how you bounce back from them that'll make all the difference.***

Live in the present. The reason you haven't accepted yourself could be the fact that you're living your life in the past. Maybe you're unable to forgive yourself for something that has happened or a certain trait that you have. Getting over the past is an important step to build confidence, self-respect, and hope for the future.

Avoid comparing yourself to others. Others have different skill sets and life experiences, which may make you envious. In these situations, come to terms with the fact that you don't have what they have.

However, on the bright side, there are many things that you *do* have that they don't.

- Each and every person is unique. ***Be grateful for what makes you different from others, as this is part of your own inner beauty!***

Have realistic goals. If you don't maintain realistic goals, you're setting yourself up for failure. The truth is, you won't even have a chance from the start! So instead, give yourself a reasonable chance to achieve your goals. How can you do this? By setting realistic and manageable goals that you can confidently achieve.

Be comfortable in your own skin. Sometimes you don't want to accept yourself because of the way you look. Society puts some serious pressure on people that way. Remember that people in magazines are usually unhealthy and airbrushed and you shouldn't strive to look like them. Instead, ***focus on your positive attributes and overall health.***

Think positive thoughts. One of the most important accomplishments on the journey to accepting yourself is learning to think positively. ***It's easy to forget how much power there is in thought.***

- If you make an effort to think a certain way, you can actually change your manner of thinking and, therefore, change your actions. Positive thinking leads to positive actions, which lead to feeling good about yourself.

Get help from your loved ones. Remember that you can always ask for help from your loved ones. It may help to get some outside perspective on your problems. You tend to be your own worst critic, but you can count on your loved ones for their generous support and love. Your loved ones have almost certainly accepted you for who you are. You'll be happier once you've come to this same realization as well.

Take these strategies to heart because, once you learn to accept yourself, you'll find the world is a wonderful place and you'll enjoy your place in it!

The Secret to Finding Yourself

Trying to find yourself has gotten a mixed reputation. It can be a convenient excuse when you want to break up with someone without mentioning the real reasons. It can also be a diversion from accepting responsibilities, like doing your share of household chores or getting a job.

On the other hand, figuring out who you are and what you need to do to have a fulfilling life could be the most important and satisfying questions you'll ever answer.

If you are sincere about self-discovery, try these suggestions to guide you in your search.

What to look for...

1. **Clarify your values.** Knowing your values helps you to make sound decisions and prioritize your activities. Consider how your values relate to your daily life. Look for opportunities to live in agreement with them. Summarize your philosophy into a personal values statement you can refer to when needed.
2. **Understand your strengths.** Do you know where your talents lie and what you feel passionate about? You will accomplish greater things with less stress when you choose a path that lets you leverage your main assets.
3. **Build support.** Finding yourself is tough work. You will need a sturdy network of family, friends, and colleagues you can rely on for advice and support. Being generous about sharing your resources with others increases the likelihood that they will want to do the same for you.
4. **Create flow states.** What activities boost your energy levels and make you lose track of time? Whether you love playing the piano or solving physics equations, chances are these flow states will suggest the fields in which you can excel.
5. **Set goals.** Having a destination in mind guides your steps and keeps you on track. Where do you want to be in 5 or 10 years?

Where to look...

1. **Listen to yourself.** Finding yourself is about living authentically. Pay attention to what your mind and body are telling you. Notice when you feel engaged and when you feel lost. Is there a pattern behind these situations?
2. **Accept your feelings.** Acknowledge your emotions, even when they cause you discomfort. Trying to suppress the truth will backfire and produce more stress. When you accept your anger or sorrow, you can start thinking about positive options for dealing with it.
3. **Ask your friends.** While you are cultivating self-knowledge, you may benefit from listening to how others view you. Their feedback may point out qualities and habits that you overlook.
4. **Keep a journal.** Writing about your journey encourages you to learn and grow. Recording your activities and insights regularly can help you to find solutions to personal challenges and build your self-esteem.
5. **Read literature.** Observing how characters in movies and novels behave may teach you how to handle similar events in your own life. You may find yourself viewing a long-standing conflict in a new light or experimenting with a different way of responding.
6. **Welcome new experiences.** Breaking out of your comfort zone is bound to reveal surprising facets of your personality. Taking an exotic vacation or leading a pilot project at work may inspire you to plan a bigger transformation.
7. **Practice your faith.** For many adults, spiritual beliefs play an essential role in defining themselves and their goals. If your faith is central to your life, study the scriptures in your tradition, talk with other members of your community, and put your beliefs into action.

Finding yourself is an ongoing process that lasts a lifetime. Be willing to discover the truth about yourself. Align your activities with your values and goals to help you to lead a more rewarding and successful life.



Happy
Employment
Anniversary!

Cody Shoemaker
6/21/15



Kim Turner
6/14

Professional
Development

Trauma Informed Criminal
Justice Conference
June 4
ODMHSAS

