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# The Phoenix



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## Administrative Office Hours

Mondays - Fridays  
6:00am – 6:00pm

Saturdays  
10:00am – Noon



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## Conquer Your Addiction

Do you struggle with an addiction every day? Is an addiction consuming your life and destroying your relationships? Are you tired of the pain and suffering? Are you ready to experience the peace and success you deserve?

Thankfully, there are steps you can take to conquer your addiction. You can experience freedom and replace self-doubt with confidence. The changes that can lead you to the freedom you deserve may be challenging, but they are simple. Your success and freedom may be closer than you think.

Try these strategies to help you conquer your addiction:

- 1. Make the decision.** The most important step in conquering your addiction is making the decision that you want to be free. Envision all the reasons you want to let go of your addiction. How will your loved ones benefit from these changes? How will your health be affected?
  - A big enough "why" will make the process successful. The journey you face is a challenging one, but it's not impossible if your reasons for change motivate you to change. When the going gets tough, what'll get you through is allowing your mind to dwell on the reasons why it'll all be worth it.
- 2. Change your surroundings.** Find positive people who support your success and surround yourself with those people. As much as possible, avoid people who feed your addiction or speak negatively.
  - Remove your temptations from your home. If you're trying to quit smoking, don't keep cigarettes around. If you're addicted to alcohol, get rid of all the alcohol. If you're committed and have a big enough "why," you *can* overcome your addiction. Your challenge is much harder if you keep the temptation around.
- 3. Stay busy.** If your hands and mind are idle, your battle over your addiction will be an uphill climb that seems impossible. Find things that keep you busy and keep your mind off of temptation. Volunteer. Begin projects you've been putting off. Pour your time into your loved ones. Find ways to keep your mind occupied and your hands busy.
  - One giant step in the right direction is to start an exercise routine. You'll feel more confident, improve your health, and distract your mind away from your addiction at the same time. Choose an activity that excites you. An activity you enjoy is more likely to be something you'll stick with long term!
- 4. Stay strong and believe in yourself.** Everything you need to overcome your addiction is inside of you.
  - Prepare yourself with affirmations that support your success. Replace the negative self-talk that sabotages your success with positive, life-affirming statements. Talk to yourself about your strengths and the type of person you're becoming instead of dwelling on the past.

Above all, remember that you can do this. Decide that you and your loved ones are worth it. **Replace the addiction that drains your life of joy with people and activities that affirm your worth and rekindle your excitement for life.** Keep your eyes on your loved ones and the reasons for your commitment. If you take it one day at a time and follow these steps, nothing can stop you from achieving the happiness and success you desire and deserve!

## Spicy Grilled Shrimp

### Ingredients

- 1/4 c. extra-virgin olive oil
- 1/4 c. lime juice
- 4 garlic cloves, minced
- 3 tbsp. honey
- 2 tbsp. low-sodium soy sauce
- 1 tbsp. chili garlic sauce or Sriracha
- 2 lb. shrimp, peeled and deveined
- 1/4 c. freshly chopped cilantro, for garnish
- Lime wedges, for serving

### Instructions

1. If using wooden skewers, soak in water for 30 minutes.
2. In a medium bowl, whisk together olive oil, lime juice, garlic, honey, soy sauce, and chili sauce. Reserve 1/4 cup marinade for brushing onto shrimp while grilling.
3. In a large bowl, toss shrimp with remaining marinade. Preheat grill or grill pan and thread shrimp onto skewers. Grill shrimp until pink and opaque, about 3 minutes per side, brushing with reserved 1/4 cup marinade before and after each flip.
4. Garnish with cilantro and serve hot with lime wedges.



## 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.

## Service Spotlight



The term "*Life Skills*" refers to the skills you need to make the most out of life. They are usually used for any of the skills needed to deal well and effectively with the challenges of life.

**Communication and interpersonal skills.** This broadly describes the skills needed to get on and work with other people, and particularly to transfer and receive messages either in writing or verbally.

**Decision-making and problem-solving.** This describes the skills required to understand problems, find solutions to them, alone or with others, and then take action to address them.

**Creative thinking and critical thinking.** This describes the ability to think in different and unusual ways about problems, and find new solutions, or generate new ideas, coupled with the ability to assess information carefully and understand its relevance.

**Self-awareness and empathy,** which are two key parts of emotional intelligence. They describe understanding yourself and being able to feel for other people as if their experiences were happening to you.

**Assertiveness and equanimity,** or self-control. These describe the skills needed to stand up for yourself and other people, and remain calm even in the face of considerable provocation.

**Resilience and ability to cope with problems,** which describes the ability to recover from setbacks, and treat them as opportunities to learn, or simply experiences.



Ernest Jackson, Jr.  
8/28

Shariff El-Assi  
8/29

# The Optimal Mindset for Personal Growth

Maximizing your personal growth is a worthy pursuit. In fact, many people make personal development their primary purpose in life. But even if you just want to smooth up your rough edges, having an effective mindset for personal growth will make the process more enjoyable and your efforts more fruitful. Your mindset can make all the difference!

Consider developing these qualities to optimize your growth:

1. **An open mind.** Personal growth requires considering new perspectives, ideas, habits, and beliefs. If you're dead set on approaching the world in a particular way, you're greatly limiting your growth. Only when you are open to all the various possibilities can your growth be maximized.
  - Consider that if you already had an optimal perspective and approach to everything, you'd already have everything you want. You may be mistaken about multiple things. Are you willing to figure out what those things are?
  - Are you open to the idea that you might change your objectives based on new things that you discover about the world and yourself?
2. **An interest in learning.** Are you willing to learn about goal setting? Overcoming fear? Discipline? Communication skills? Reading about new ideas? There's a lot that you don't know that you need to know if you're going to become everything that you're capable of being.
3. **The willingness to fail.** Trying new things requires failure. It's rare and lucky to succeed at something the first time. Whether you're learning to be a better public speaker, taking a class, or learning how to play the violin, there will be failure.
  - Failure provides the opportunity to learn and then to apply that knowledge during future attempts.
4. **The desire to experiment.** Should you eat a vegan, vegetarian, or paleo diet? Try them all and see what works for you. You can't be certain what you want to have, do, or be until you've experimented and found the best answer for yourself.
5. **The ability to set your ego aside.** Your ego is a major obstacle when it comes to maximizing your personal growth. Your ego makes you more likely to be certain you're right when you're wrong. It leads you to blame others when the fault is your own. It also makes you afraid to fail.
6. **Value improvement over perfection.** Daily improvement is incredibly powerful. It's not possible to be great at something instantly. When you can get excited about improving by 1% at something, you have a great mindset for personal growth.
7. **Patience.** Personal growth is an ongoing process. It may take decades to become the best possible version of yourself. Even figuring out the ideal sleeping schedule can take several weeks of trial and error. It takes time to get over your social anxiety or lose weight. Patience is an important factor!
8. **Determination.** Changing and growing isn't for the weak. It's important to be determined and committed to changing yourself and your life.
  - Determination is a valuable asset to have in many facets of life. Even people with minimal talent have become incredibly successful through great determination.



Personal growth is challenging, but it can be a lot easier with a mindset that supports your desire to grow. Too many people try to grind their way to progress, but real growth requires more finesse much of the time. Grinding also isn't sustainable for most people.

Your mindset can be your shortcut to fantastic personal growth. The optimal mindset for personal growth is open, curious, determined, and patient. Take a hard look at your mindset before continuing on your personal development journey.

Happy Employment Anniversary!

StarDavana Howell  
8/1/19

Penny Mitchell  
8/21/19



22<sup>nd</sup> Annual ICRG  
Conference on  
Gambling & Addiction

To enroll contact:  
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newsletter?

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[www.OKLifeRecovery.org](http://www.OKLifeRecovery.org)