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# The Phoenix



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## Making Breakthroughs in Life

If you've been stuck for a while, it's time to make some changes and enjoy a breakthrough in your life. It's easy to be stuck in a rut. **The same thinking, routines, habits, and actions lead to the same mediocre results.**

Since change is so challenging, it's important to put all your resources toward changing just one part of your life. You can change if you really want to.

Follow these strategies and you can change anything about your life you desire:

1. **Focus your attention on one aspect of your life.** Accomplishing something big will require a lot of your time, energy, and focus. Now isn't the time to search for the partner of your dreams, lose 40 pounds, find a new job, and train for your first marathon. Pick just one thing and give it all you've got.
2. **Set a goal.** Be crystal clear on what you're committed to accomplishing. It takes courage to set a goal, because once you set a standard for success, you've also defined failure. Are you willing to risk failure to have a major breakthrough in your life?
  - Setting a goal is also a form of making a decision. Once you've made a decision, you don't have an excuse to avoid getting started.
3. **Become an expert.** Whatever the topic of your breakthrough happens to be, become an expert. Acquire a few books, watch a couple of videos, and talk to an expert if possible. Avoid spending too much time on this step. At some point, you're just procrastinating.
4. **Raise your standards.** If any part of your life is less than you want it to be, your standards are often to blame. Whether you're overweight, have an unfulfilling relationship, or your bank account is limiting your life, your standards set the bar.
  - You must be less tolerant of what you're willing to accept in your life if you're going to make a breakthrough. Notice how hard you'll work when your life slips below a certain level. Notice again how you relax once you re-attain that level. If that level were higher, you'd work like crazy to get there.
5. **Make a plan and get started.** You know what you want, and you know how to get it, or at least how to get started. Make a plan that will lead you to success. Keep in mind that making a plan is easy. You don't have to do much, and you feel like you're doing something, but you're not. You're just preparing to do something.
  - There are many people that make great plans, but few of them actually follow through on those plans. It's okay to be excited by your marvelous plan but understand that your enthusiasm can quickly fade.
6. **Track your time.** This is where the rubber meets the road. Track your time each date and tally up how much time you're actually spending on working toward your breakthrough. It's probably a lot less than you think. Decide to do better each day until you've achieved your goal.
7. **Drop habits that are getting in your way.** You have habits that undermine your efforts to change your life. Depending on your objective, your bad habit might be eating late at night, spending money on expensive clothes, wasting time, or treating your friends poorly.
  - Look at all your behaviors and think about how they impact your attainment of your goal.
8. **Don't quit.** You've heard this advice 1,000 times because it's true. It's hard not to be successful if you're working hard and don't quit. Keep going until you've had the breakthrough you desire.

Are you ready for a breakthrough? Are you willing to make the necessary changes to attain a breakthrough? Take control of your life and improve your results. Now is the time. Our days on this earth are numbered so we must **cherish the time that we do have** and enjoy the benefits of living each day as if it were our last.



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## Citrus - Herb Roasted Chicken

### Ingredients

- ❖ 6 garlic cloves
- ❖ 1 roasting chicken (6 to 7 pounds)
- ❖ 3 pounds baby red potatoes, halved
- ❖ 6 medium carrots, halved lengthwise and cut into 1-inch pieces
- ❖ 4 fresh thyme sprigs
- ❖ 4 fresh dill sprigs
- ❖ 2 fresh rosemary sprigs
- ❖ 1 medium lemon
- ❖ 1 small navel orange
- ❖ 1 teaspoon salt
- ❖ 1/2 teaspoon pepper
- ❖ 3 cups chicken broth, warmed
- ❖ 6 green onions, cut into 2-inch pieces

### Instructions

- ❖ Preheat oven to 350°. Peel and cut garlic into quarters. Place chicken on a cutting board. Tuck wings under chicken. With a sharp paring knife, cut 24 small slits in breasts, drumsticks and thighs. Insert garlic in slits. Tie drumsticks together.
- ❖ Place potatoes and carrots in a shallow roasting pan; top with herbs. Place chicken, breast side up, over vegetables and herbs. Cut lemon and orange in half; gently squeeze juices over chicken and vegetables. Place squeezed fruits inside chicken cavity. Sprinkle chicken with salt and pepper. Pour broth around chicken.
- ❖ Roast until a thermometer inserted in thickest part of thigh reads 170°-175°, 2 to 2-1/2 hours, sprinkling green onions over vegetables during the last 20 minutes. (Cover loosely with foil if chicken browns too quickly.)
- ❖ Remove chicken from oven; tent with foil. Let stand 15 minutes before carving. Discard herbs. If desired, skim fat and thicken pan drippings for gravy. Serve gravy with chicken and vegetables.



## Service Spotlight

### Criminal Thinking Course

This course focuses on critical thinking skills that can be developed with frequent practice. Clients gain the ability to recall useful knowledge quickly, use pattern recognition, discern pertinent information, think ahead, and anticipate outcomes and problems while remaining composed so that emotions do not hinder decision-making skills.

### 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, 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.



Penny Mitchell  
4/25

Have you missed a previous newsletter?

Visit our website to read them.

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

## Face Your Fears

We're all human and therefore we *all* have fears. Some of us fear death, others fear being alone, and others fear social situations. If you can think of it, there's someone somewhere that's afraid of it. But fear is a normal part of life! It's what protects us and keeps us safe. There are times, though, when fear can hinder us and stop us from enjoying life and experiencing new joys.

When your fear starts to limit what you do in life, you need to conquer that fear. Does your fear of flying stop you from traveling to visit family members or prevent you from taking the vacation of your dreams? What about socializing with coworkers after work? Have you turned down social invitations simply because you were anxious about not knowing anyone in the group?

If your fears are stopping you from taking advantage of the new opportunities in your life, then **it's time to regain control of your life and disallow your fears from paralyzing you.** After all, you can't live in a bubble! It's time to start living your life instead of watching life passing you by.

To help you gain control of your life, here are a few tips on how to get over your fears:

- First, **identify your fears.** Get a piece of paper and write down exactly what you're afraid of. It doesn't matter how long the list is, whether it has one thing or 15 things on it. And it doesn't matter if these fears sound irrational. No one needs to see the list other than you. This is about *you* taking control and getting over your fears.
- Next, **figure out why you have the fear.** Try to remember a specific incident that might have caused the fear. Maybe your fear of flying intensified because you've been on a turbulent flight. Or maybe your fear of dogs stemmed from being bitten as a child.
- If you've blocked out these memories because they're too painful to remember, **a professional can help you reach those memories and decipher their meaning.**

Now the hard part begins: overcoming or conquering these fears. Be patient and be prepared to do some work because, just as the fear took time to manifest, it will take time to conquer.

In the movie "What About Bob?" there was a therapist who had a patient who was afraid of everything. The therapist used the "baby step" approach with this patient, which simply means taking small steps, one at a time, to gain more confidence and eventually overcome the fear.

What would your baby steps be? It depends on your fear.

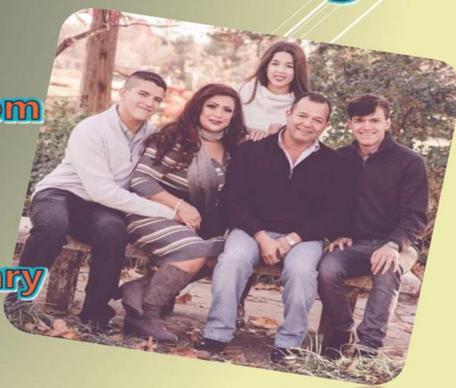
1. If you're afraid of social situations, slowly start going to different events. Start with small groups, perhaps in very open environments, then transition slowly into larger gatherings. The purpose here is to prove to yourself that there's nothing for you to fear.
2. Socialize with a small group of friends you already know. Polish your social skills among people who already know you. You have less to lose and won't feel as if you must say the right thing at all times.
3. If you're afraid of dogs, take this same approach by visiting a friend who has a dog. Small dogs are much less intimidating (although they might bark more frequently). If your friends don't have dogs, ask your local vet's office or animal shelter if you can visit.
4. Fear of flying is much more difficult to conquer because of the expense, but you can look into hypnosis. Also, some airports or flight schools might have classes in airplane simulators that help you feel like you're in an airplane. That type of plan will take more research but will open the world to you.

By facing your fears and finding a way to overcome them, you will open up your life to many more opportunities. Take control of your life and take action!

## Staff Spotlight

### Shariff El-Assi, CM II Case Manager

- Born in Panama
- BS Degrees in Business Administration & Pre-Med from Oklahoma State University
- Enjoys running half & full marathons, road cycling
- Loves listening to contemporary jazz & traveling to the mountains and the ocean



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