Cultivating Resilience & Recovering Authenticity on the Journey to Long-Term Recovery

By the end...

1) Connection, Authenticity, Resilience
2) How Affects Us / Our Lives
3) Tools to Regain Authentic Self & Increase Resilience
Authenticity?

Defn - You are true to your own personality, values, and spirit, regardless of the pressure that you're under to act otherwise.

Being in touch with and willing to express your gut feelings, intuitions, desires. Being able to show up as you are, express what you think, and seek the things you want – without fear for safety or survival.
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Presented by: Garret Biss, CPRC, MRED, USMC (Ret.)
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“Connection”

We Get
“Connection, BUT…”

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Trauma?

1. World Not Safe As I Am.
2. Still Need Love, Acceptance, Connect
3. Exchange Authenticity for Security

"Addiction is manifested in any behavior that a person craves, finds temporary relief or pleasure"

Why The Pain?

- Dr. Gabor Maté, In the Realm of Hungry Ghosts
To what end?

- Fear
- Want?
- Meaning?
- Disconnection
- Unfulfilled
- Stress
- Missing?
- Illness/Disease
- Lost
- Alone

Spiritual
Emotional
Physical
How do we hide?
Health
Wealth
Knowledge
Relationships
Wants/Desires
Where else?

What do we fear?
Connection
Friendships
Acceptance
Opportunities
Financial Loss
What else?
What does it cost us?

Inner-Peace
Self-Esteem
Self-Love/Accept.
Deeper Connections
Resilience
What Else?

How do you hide?
What do you fear?
What does it cost you?
From Awareness to Action...
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Right Side
Right Stance
Right Length (20s)
*Bonus – Breath/Light

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My Gift To You...

∞ 15-Min/Day RECOVERY RESET

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Did We Cover It?

1) Signs and Symptoms

2) How it’s lost; How it’s found

3) Tools for Improving Resilience, Connection & Self-Efficacy

Questions & Sharing
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“'We goin' I’ll be a little late for our meeting. I’m trying to download some enthusiasm from the cloud.”

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Develop a foundation for authenticity and resilience

∞ 15-Min/Day
RECOVERY RESET

bit.ly/reset4recovery

Let’s Stay Connected!

Your gift!!

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