

# Turning Points of Recovery

By Claudia Black

- There is another reality than the one I live. I want it.
- I am willing to take some risks to have it.
- If you have pain, you deserve to heal.
- If you have anger or guilt from the past, you deserve to heal.
- If you are protecting yourself from pain in ways that are causing you even more pain in the present, you deserve to heal.
- The pain we feel is not only from the past, but also from the past-driven present.
- We were powerless in the past, but we are not powerless in the present.
- We are not our pain.
- Our pain is our responsibility.
- What we do about our pain is a choice we make.
- To say, "I did not learn this very basic skill and I need to know how" is a turning point.
- Recovery isn't changing who you are. It is letting go of who you are not.
- All or nothing thinking - Recovery is learning the numbers 2 through 9.
- By recognizing that you are in the process of recovery, you are beginning to shine your own light.
- You deserve to begin rebuilding your life in a new direction.
- Learning to love yourself does not mean you love others less. Instead it frees you to love them more.
- The awareness that now you can choose to be free from the secrets you grew up with.
- The awareness of your own family role.
- The awareness that we have adopted a protective role.
- The awareness that we no longer need that role to survive.
- The awareness that your own growth is not about getting other people to change.
- Intimacy is about being close. Intimacy is trusting another with who you are without the fear of rejection.
- I am responsible for the choices I make in my life.
- It is in the acceptance of all that was and is, that our spirits become whole.
- We are not in control.
- I do not depend on others to accept myself.
- When people leave (abandon) me, it is not a judgment of my worth.

Typed by Barb F