



Wake Up Recovery

with Sherry Gaba, LCSW



Module Three:

Evolving Your Perceptions

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This is where the rubber meets the road; where we begin to see that the higher power you have been seeking is not out there, greater than or separate from you. It has never left you. Your higher power is not another thing you seek outside yourself like drugs, alcohol, love, food, or a material possession to fill that empty void that causes you so much emotional pain. It is actually much bigger than that and it is a part of you. As long as you continue to perceive yourself as separate from your higher power, you will continue to grasp and your ego will be in charge.



Activity #1:

A useful tool that empowers you to make conscious positive decisions is positive affirmations. You have the power over the choices you make and now is the moment to infuse those choices with positive energy. Our lives are a manifestation of what we think and what we believe. When you embrace the positive, your life will change. You will feel better about yourself and you will be able to embrace everything that you want to achieve. Positive affirmations empower you to envision what your life should be like. You have the power to choose your life's path; using positive affirmations will begin this journey.

To create positive affirmations, start with writing down three beliefs that you have about yourself. Are these thoughts positive or negative? If your words invoke negativity, rewrite the statement with a positive twist. If your words invoke positive energy, leave them as is, without changing them. If you need assistance writing three positive statements about yourself, use the following examples as prompts:

- My life is filled with fun and friendship.
- I accept compliments and praise.
- I choose to open my heart to the wonderful things the universe wants me to receive.
- I receive greatness and am worthy of an abundant life.

Take a few minutes of every morning to repeat your positive affirmations in the mirror out loud. You can even write down these affirmations and keep them with you. They can be a constant prompt, throughout the day, reminding you that you are worthy of amazing things.



My Notes:



Activity #2:

What is a current goal or dream you have?

Examples may include: selling a house, starting a business, buying a house, expanding your business, and going back to school for a degree.

Now, take out a piece of paper.

Fold it in half.

List all the reasons you think this dream will succeed on the right side of the paper.

List all the reasons you think this dream will fail on the left side.

Give yourself three minutes to complete this exercise. While time elapses, say things like: "Don't edit your comments," "Let your responses flow naturally," and give time cues. For example, "We have about a minute left..."

Activity Debrief Questions:

"What did you notice about your lists?"

"Did you have more on the negative or positive side?"

"Does anyone want to share or have questions?"



My Notes:



Activity #3:

Draw a Map

Putting pen to paper is an extremely powerful tool. Write down what you want and draw a map showing you the way. Having a concrete plan of action in your hands will keep you grounded, centered and focused. It is difficult to stray from a positive path when the ultimate goal is clearly defined. If you find that you are going in the wrong direction, simply take a moment to breathe, reflect and embrace what the universe is telling you. You will find yourself heading back in the right direction with ease.



My Notes:



Module Three Affirmations & Meditation:

Affirmations:

- My life is filled with fun and friendship.
- I accept compliments and praise.
- I choose to open my heart to the wonderful things the universe wants me to receive.
- I receive greatness and am worthy of an abundant life.

Meditation:

This first step involves finding a quiet place. Find a place that will be free from loud noise, interruption and anything you may find distracting.

Take 10-15 minutes to sit with your eyes closed, concentrating only on your breathing. Feel only the "present" ... concentrate only on the "now". Slowly begin to reflect on your inner-voice.

Consider the following questions:

- How do you truly see yourself?
- Are you comfortable with your outward appearance?
- Are you content with the thoughts that greet you every morning?
- Are you at peace when you call it a night, knowing that you have given the day your best?

You do not have to ponder all of these questions at the same time. Consider meditating on just one question. Allow the answer to sink in. Pay attention to any negative words or emotions that are found in your answer. Pay attention to all of the messages you are receiving.

When your meditation time has come to an end, reflect on what messages you received. If desired, take a moment to write down what you felt and experienced.