




KCB Recovery

Re-Imagining your Path



The mind is a phenomenon that potentially is immeasurable. When we were younger, it was our mind who had the power of imagination. We could envision anything we wanted. We were our own heroes, saving the world in our minds.

Then we got older and now we are so bogged down with the day-to-day realities of life, we forget those capabilities of our mind. The fact is your mind has the potential of imagination which can be pivotal in your attempt to change your behavior.

One of the most amazing things your mind is capable of is, creating consistent behavior over time. From learning how to climb a tree to riding a bike, the opportunities are endless.

Repetition over a period invokes consistent behavior. If I ask you to teach me to drive or ride a bike, based on your experiences of past repetition, you can walk me through the process.

In this instance, we're going to imagine you projecting the way you would like to behave.

Currently, in your life, there are specific situation you are uncomfortable with due to the potential problems that may arise, and this impedes your path of success.

For example, your friend invites you to drink. But once you take one sip it leads to more drinking, eventually it leads to getting drunk. Or maybe you used substances until you are unable to function.

Imagining things as you want them will allow your mind to foster alternative outcomes.

If you do adequate job conceptualizing other ways of coordinating a situation, then you will be sufficiently able to produce the desired outcome.



Here is an example of a Challenging Situation:

When I leave work and arrive home, I feel like a failure because my boss thinks I am incapable of executing my job duties well. The stress of my work is coupled with my wife wanting a divorce because she feels I am not spending adequate time with her. These issues push me to drink excessively, resulting in me being verbally abusive.

In the box below, describe a challenging situation that results in you drinking or using substances.


Here is an example of an Alternative thought and Actions

Despite of the pressure from my job and my boss, I will remain strong and confident in my ability. I will simply do my best. When I arrive home, I will take a shower; take some moments of downtime to meditate to connect with myself. Instead of consuming alcohol, I will pour myself a glass of iced tea in my favorite glass and watch my favorite show. During the interaction between my wife and I, I will show her appreciation.

Imagine the best case scenario to mitigate the challenge you previously mentioned. In the Box below, write your alternative thoughts and action to the how you could mitigate the challenge.

Suggestions:

- 1) *Be details and realistic when you imagine these scenarios. What you will be doing, what you will wear, the location, the time.*
- 2) *Conceptualize how the conversation between you and the person may pan out.*
- 3) *Repeat the content of your thoughts in your head until it becomes natural and effortless. Find areas where you think needs to be improving and work on it.*



If you practice this exercise, you'll see that it becomes effortless over time. You'll be prepared for challenging the next encounter and attain greater success as your behavior is align to your goals and success.

Please remember you are a human and making mistakes is natural for being human.

The central focus is what have you learned from the mistake. Improving continuously is the mission, not perfection.


Practice this with yourself and in open scenarios, but always be empathetic to yourself even when the situation doesn't play out how you anticipated. The most important thing you are developing your ability to be a better person.



Reflection Questions

How has this exercise Changed your perspective?

Did you learn anything from this exercise? If so, please specify.



Make 1 new commitment to yourself:

Do you need additional support and hand holding? Schedule a Call Session with a KCB Certified Recovery Coach to walk through your worksheet with you and the steps for your recovery.

[Click here to Schedule your Recovery Call today](#)