

Additional tools for recovery

Posted by Eye.nonymous - 07 Dec 2011 21:33

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I attended an SA workshop with lots and lots of tools for recovery (about 100 or so). I hope, little by little, to share them here on this thread.

Some of them are very simple and might even seem silly (but may surprise you--and work if you try them), and some of them are very deep. Some of them you may have heard of before, and some of them not.

Take whatever you find helpful, and leave the rest--maybe someone else will find it helpful. I can't say that I have tested them all personally, either.

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I posted this on Jan 1, '12, but thought it would be appropriate to add it here at the beginning of this thread, too:

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I could have easily cut and paste the whole list of recovery tools into a post all at once and left it at that. However, I thought that by posting only one each day, it would give people a better chance to digest them and implement them (and remember them) to some extent in their lives. Also, in posting one at a time, I see it is giving me a chance to reflect on each of these tools and appreciate them much more.

So, if you are joining this thread now that so many of these tools have already been posted (and more yet to come, BE"H), I suggest you will have the greatest benefit by reading this thread slowly, just one or two tools each day. There's no hurry.

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--Elyah

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Re: Additional tools for recovery  
Posted by ImGonnaWin - 21 Jun 2012 03:55

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Thank you so much Elyah.

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Re: Additional tools for recovery  
Posted by Eye.nonymous - 05 Jul 2012 11:31

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--Elyah

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Re: Additional tools for recovery  
Posted by geshertzarmeod - 05 Jul 2012 21:38

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[Eye.nonymous wrote on 05 Jul 2012 11:31:](#)

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--Elyah

Mazal Tov!

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Re: Additional tools for recovery  
Posted by tehillimzugger - 03 Aug 2012 08:55

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Wow. Awesome!

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