



How to use a Recovery Board

MY PERSONAL TIPS FOR HOPE AS A
RECOVERING HUMAN

What do I know to be true?
Your desire to change
must be greater than
your desire to stay the same.



When I was 13 years old, I was in a dance class with Bertram Ross at the Martha Graham Dance School in New York City.

He asked the class how to turn.
We answered with the obvious answers.

We were wrong.

He answered "You have to want to turn."

How much do you want
to turn?

My Four Decade Dance

Today I live a Recovery Dance.
The daily steps I take now look very different than the destructive choices I made in my chapters of addiction.
I think of myself as a "recovering human".

From the underlying causes of co-dependency, trauma, people-pleasing to the outer displays of drug & alcohol choices I made, there was a constant chatter inside me.

That voice inside told me I was unworthy, not good enough and hopelessly flawed.

My behavior reflected my low self-esteem and fueled my poor choices, from relationships to sexual abuse, I danced with the darkness like so many do.

Now I have awareness that my inner unresolved trauma created my misperceptions about my self-worth.

I have awareness that everything from my parents and my family history weaves threads into the quilt of my life story, yet it became clear it was up to me how I related to what happened.

Now I don't act out as I did in my past.
I'm less a people-pleaser than before.
I've worked through anger & grief.
I have forgiven past partners.

I have forgiven myself.

Recovery Boards are one tool that worked for me.
Maybe they can help you too.

What is a Recovery Board?

Recovery Boards are Dry Erase Boards.

I take photos of Nature's beauty, mostly flowers.
My fine art photography is the backdrop for the boards.

Then I curate slogans & quotes that uplift me.
Your board has space for your favorite quote, too.
Each comes with a pen for you to work the board.

They I created them as a tool for myself
to stay focused and anchored
in my own Recovery Dance.

They can be used as
a place to write intentions,
a place to write affirmations,
a place to express gratitude,
a place to write a prayer,
or simply a visual to
inspire you to stick with your program
and know that you
are fabulous
and you deserve to be happy.

I have paired my passion for macro
flower photography and my love of
all things wise that lead us to
kindness, love, and a happy life.

Nature images combined with quotes
from "the rooms" and
the sages through the ages
are as functional as they are beautiful.

How to use your recovery boards.

Place your boards where you will see them throughout your day. This may be your desk, your kitchen, a windowsill, your living room or on your bathroom mirror.

This is a personal choice.

For many of us on the path of recovery and self-reflection, we have created routines. This may include prayer, meditation, journaling, setting intentions, and creating gratitude lists.

I suggest using a recovery board to anchor in whatever is working for you.

Write a quote or prayer that speaks to you.

Write an intention to ensure a successful day at work.

Write statements that affirm your self-worth.

Write that you are grateful for your sobriety.

Remind yourself that you are strong and resilient.

Remind yourself to breathe.

Affirm that you make healthy food choices because your health matters.

You get the idea.

Be creative.

See what works for you.

Use as a family practice of expressing love and gratitude.

What a wonderful tool and practice for children.

Like anything you do. It works if you work it.

So work it.

Recovery Boards were created as a tool to feel better about ourselves and encourage self-love, hope and joy.

Expressing one's vulnerability is a sign of strength, and one of our greatest superpowers.

We may not be able to summon up the willpower to be grateful or take action.

We may need to ask for help. And that's a great thing!

I am where I am today because I did seek help. I'm grateful to having landed in recovery. I may not have lost everything, but I hit an emotional bottom.

Therapy, books, coaches, spiritual and self-discovery programs are my lifelines. The work I've done, although not easy, has made me a better person to myself, my community, and to those I hold dear, my friends and family.

There 's help online and it's free.

SAMSHA - Substance Abuse and Mental Health Administration.

Allies in Recovery

LifeRing Secular Recovery

SMART Recovery

Women For Sobriety

12 Step programs

Alcoholics Anonymous, Narcotics Anonymous, Alanon, and Naraon are well-known programs. But miracles happen in Overeaters Anonymous, Codependents Anonymous, Relationship Anonymous, Adult Children of Alcoholics, Underearners Anonymous, Gamblers Anonymous, Sex & Love Addicts Anonymous, Cocaine Anonymous, Emotions Anonymous, Debtors Anonymous and Recovery Anonymous for Abusive Relationships. The National Alliance for Mental Health has a free HelpLine.

My wish...
May you know your value.
In the words of Brené Brown;

"Worthy now. Not if. Not when. We are worthy of love
and belonging now. Right this minute. As is."



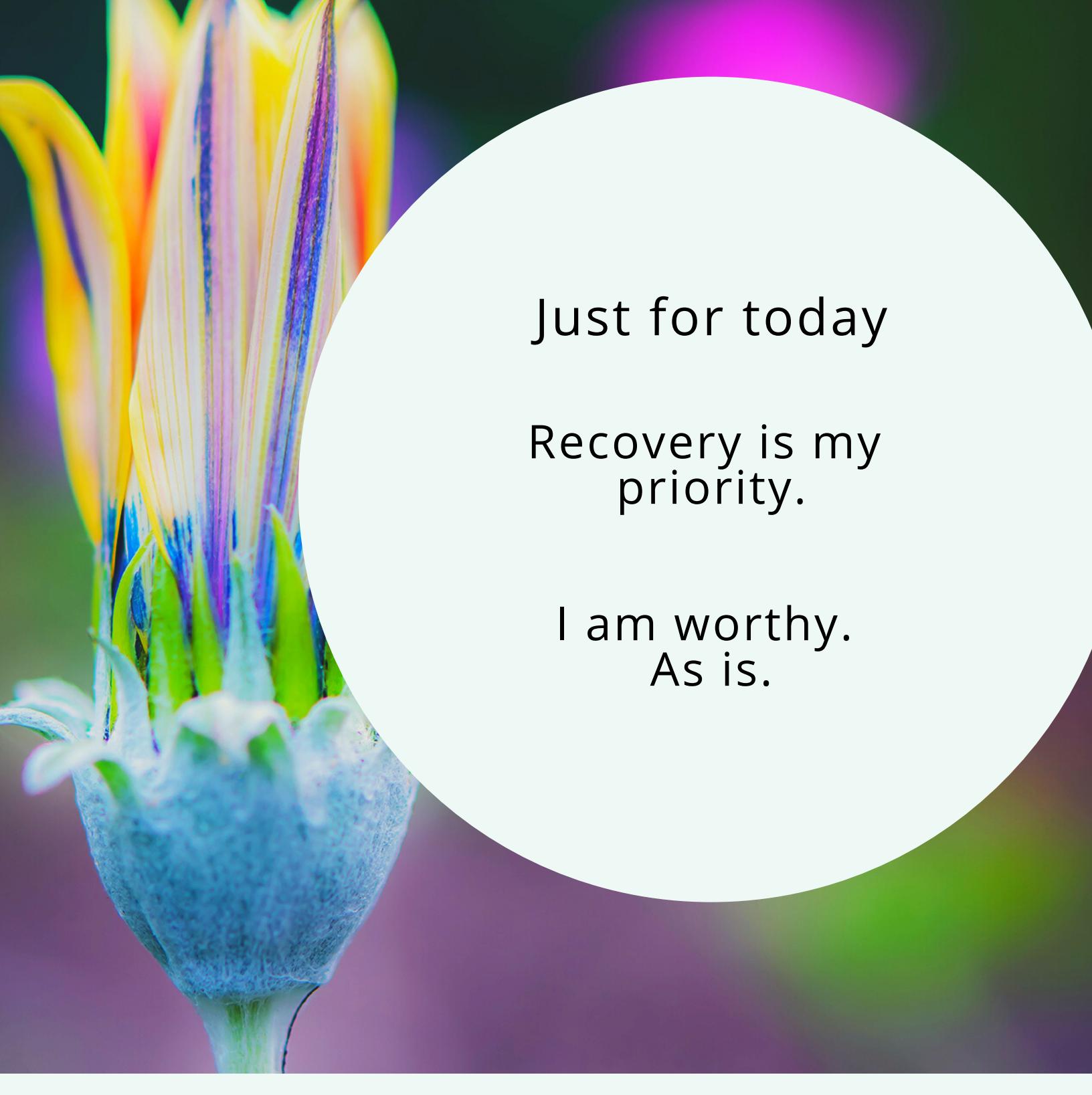
Just for today

Recovery is my
priority.

I am worthy.
As is.

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te an attitude of gratitude

I'M
A
RECOVERING
HUMAN

works - Honesty, Open mindedness, and Willingness



BUY NOW



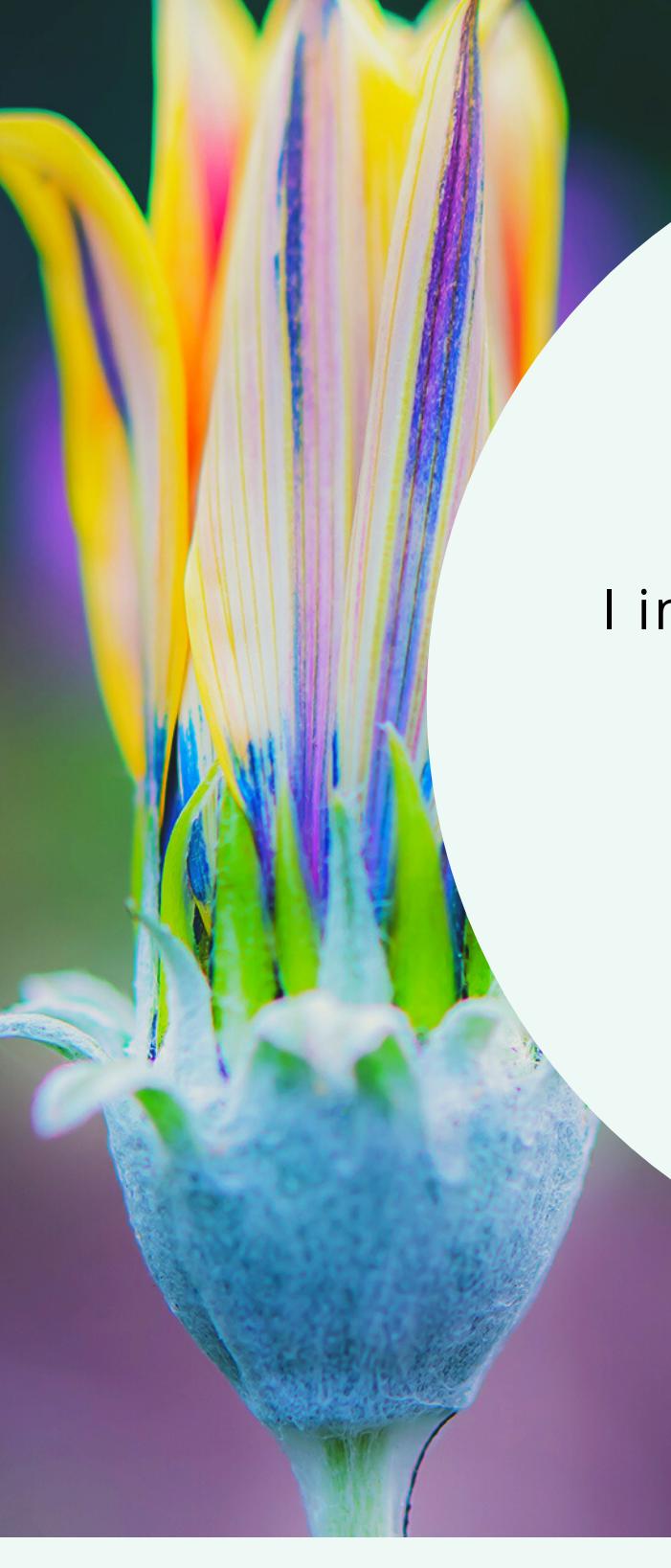


Things I've learned to be, most of the time. I'm still a work in progress.

- *I can only change myself, not others*
 - *To be Self-reflective*
 - *I'm not afraid to apologize*
 - *That I must forgive others*
 - *That I must forgive myself*
- *I must speak my truth with kindness*
- *I do my best to discern without judgment*
- *It's imperative to show up for the ones I love*
 - *I am happier when I do service*
 - *Practice the Golden Rule*
 - *Charity does begin at home*
- *Seek to understand with empathy and compassion*
 - *Set Boundaries*
 - *Learn to say no*
 - *Learn to say yes*
- *Practice being a human being and not a human doing*
 - *Recognize when advice is control.*
 - *Pray, meditate, dance, and play*

Use Recovery Boards as a place to set intentions.

Intention: Intention is a mental state that represents a commitment to carrying out an action or actions in the future.



Just for today

I intend to make my recovery
a priority

I intend to breathe more
worry less

I intend to forgive
and be forgiven

Dr. James Gordon, founder of the Center for Mind Body Medicine, created a guided imagery meditation to illustrate the power of the mind.

Lemon Imagery

The exercise invites you to imagine the entire experience of eating a lemon, imagining the texture, the scent, as you cut into the fruit and experience the pucker-inducing juice and pulp.

The centers in the brain that allow us to imagine are intimately connected to our bodies. Try this exercise for yourself and experience your superpower.

Feel your innate ability to affect change in your body.

Recovery boards may be used to write intentions or daily affirmations.

Our brains supercomputers that contains 100 billion microscopic cells that transmit chemical and electrical signals along neurons whenever you think, move, dream or laugh. Your motor and sensory neurons can transmit a message to your spinal cord between 150 and 200 miles per hour.

This science suggests ???? Help, can't get the words.

Now try those affirmations again knowing that you are more powerful than you think.

“

What you think, you become. What you feel, you attract.

What you imagine, you create. - Buddha

”

“By holding a positive and optimistic [word] in your mind, you stimulate frontal lobe activity.

This area includes specific language centers that connect directly to the motor cortex responsible for moving you into action.

And as our research has shown, he longer you concentrate on positive words, the more you begin to affect other areas of the brain.”

Words Can Change Your Brain,

Dr. Andrew Newberg



“Gratitude turns what we have into enough.”
Aesop

It's questionable if Aesop truly existed but it's assumed that he died in 564 BC. Nonetheless, this quote is golden.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, and a stranger into a friend.”

Melody Beattie.

Cultivate an attitude of gratitude



Lisa Nalven
PHOTOGRAPHY

#DW it works = Honesty, Open mindedness, and Willingness

"Try Something different, Surrender." Rumi

Admitting that we are addicted to our self-destructive behaviors is hard. Realizing we are powerless to fix or change a loved one can be brutal. Either way, we must admit that we are powerless. That would seem an oxymoron that surrendering would lead us to our superpowers and the ability to put down a substance or behavior. Being vulnerable is a virtue. It's a sign of strength.

So as Rumi suggests, surrendering might be the start of something good.

Albert Einstein's definition of insanity reminds us that if what we are doing isn't working for us, we might try something new.

Why not surrender.

"Insanity is doing the same thing over and over again and expecting different results."

Resetting your Buttons



Sometimes we unintentionally work against our own best interests. The buttons installed by our parents, our culture, or our life's experience may need resetting in order to create a more authentic and joyful life. Remember a lifetime of programing won't change overnight.

Written by hand and spoken aloud we are addressing the unconscious mind, helping to reset those "buttons" and our habitual behaviors. Kind of like an emotional re-boot. On the previous page I made some suggestions, but please trust yourself and figure out what works for you. In a quiet moment ask yourself what you need to make this work. Why not take a leap of faith and fake it until you make it. Feel it in your bones and your brain will believe you. That's just how it works.

Setting intentions and using affirmations can be valuable tools. Give it a whirl. Life is challenging, especially considering what we are all experiencing now.

How to use your Dry Erase Artboard

“

What if you woke up everyday and made YOU a priority?

*It may be hard to **find** the time, but you could **make** the time. In even 5 to 10 minutes a day, whether using a piece of paper or Our Collective Humanity's new Dry Erase Artboards, you can jumpstart a more successful, joyful, and grateful day.*

”

Dry Erase Artboards work for:

- **Setting and Writing Affirmations and Intentions:** Hang in the kitchen, bedroom, living room, office, or bathroom. Affirm your Superpowers.

- **At your desk:** Use to continue to reinforce your goals, or as a place for reminders throughout the day.

- **Share with children:** Teach gratitude, acceptance, and healthy self-esteem while instilling kindness and compassion. Use for homeschooling.

- **Reminder Board:** Use as an anything board.

- **Gratitude Board:** Write 3 things you're grateful for before bed.

- **Collective Gratefulness:** Hang in the living room. Invite family to share their thoughts of thankfulness.

- **Gift:** Share as a gift with meaning, spread the love.

- **A Way to Give:** With each purchase, 5% of the gross sales price will be donated to one of six charities of your choosing.



[BUY NOW](#)

Art to inspire and assist you on your Journey

"Try something different.
Surrender."
Rumi



Our Collective Humanity

No Learning Curve
Could Ever Bend
Us Too Far Out
Of Shape



Our Collective Humanity

"When you arise in
the morning,
think of what a precious
privilege it is to
be alive, to breathe,
to think, to enjoy,
to love."
Marcus Aurelius



Our Collective Humanity

[EXPLORE SHOP](#)

Affirmations:

I am worthy of love. I give and receive love fully.

Every cell in my body radiates with health and vitality. I trust in my body's ability to heal.

I am grateful for my health. I nourish my body and mind with exercise, water, and healthy food.

I am enough exactly as I am. I love and accept myself.

I am willing to take risks to achieve my goals. I trust in the uniqueness of me and believe in my talents.

I am willing to let go of what I cannot change. I am willing to take the action steps to change the things I can.

I am self-reflective and own my choices. I let go of blame. I forgive others and myself. I am living in the present.

I am grateful for the good in my life. I attract positive people and express my gratitude to those I love.

Everyday I remind myself to stay in the present. Each day is a gift that I embrace. I let go of self-doubt and choose self-love.

I inhale calm and exhale stress. I practice slow conscious breathing. With every breath I am nourishing every cell in my body. I inhale for a count of 5 and exhale 5 counts through my nose throughout the day.

I am open to success and the universe supports me. The right people and the right opportunities always show up in my life. I am on the lookout and I seize opportunity when it presents itself.

*I am open to kindness. I release fears and past hurts so I am free to love today.
I see the beauty in people and feel the love of connection.*

I love and accept myself. As I continue to embrace myself, I am a magnet for love.

I love and accept myself as I am. I love and accept others as they are. I no longer feel the need to change other people. Other people's opinions of me do not change how I feel about myself.

I am successful. I am a money magnet. I am focused and take action to create my dreams.

I am connected to a power greater than myself and I take the time everyday to nourish my soul.

I embrace my superpowers. I am unstoppable.

