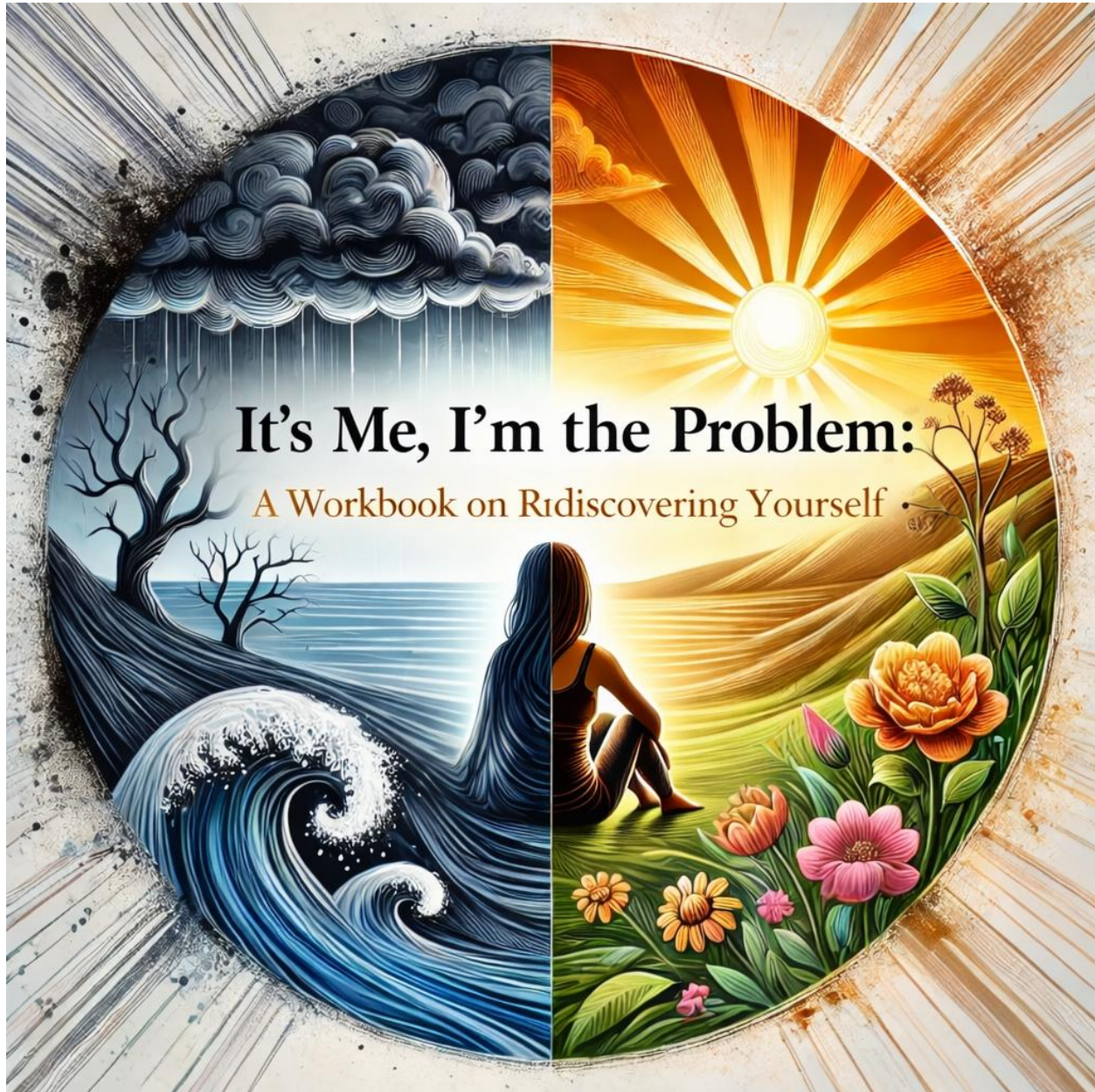




It's Me, I'm the Problem

A Workbook on Rediscovering Yourself

By Kathy Simmons

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Scripture references are included for reflection and encouragement. Faith-based content is invitational and meant to support healing, not replace professional care.

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About the Author

Kathy Simmons is a Certified Recovery Coach, author, speaker, and the founder of **The Other Side of Rock Bottom**, a recovery community dedicated to honesty, connection, and hope.

With over a decade in recovery, Kathy brings lived experience, humor, faith, and straight talk into everything she creates. Her work focuses on trauma-informed healing, breaking unhealthy patterns, rebuilding self-trust, and learning how to live — not just survive.

Kathy is known for meeting people exactly where they are, telling the truth with compassion, and reminding others that awareness does not require shame. She believes healing happens when honesty and grace coexist — and that God's love is not something you earn after you fix yourself.

When she's not hosting recovery meetings or writing workbooks, Kathy is helping others rediscover who they are beneath pain, patterns, and old survival skills.

"You are not broken — you're becoming."

Table of Contents

Title Page

Copyright Page

About the Author

Introduction

Why This Book Exists (And Why It's Not Here to Beat You Up)

Chapter 1

It's Me. I'm the Common Denominator.

Awareness Without Shame

Chapter 2

Survival Mode Looked Like Personality

How Trauma Taught You to Cope

Chapter 3

Patterns Don't Change Themselves

When Insight Has to Turn Into Action

Chapter 4

Let's Talk About Avoidance

Because Ignoring It Didn't Fix It

Chapter 5

Understanding Isn't the Same as Excusing

Accountability Without Self-Destruction

Chapter 6

God Isn't Mad — He's Inviting You In

Faith, Grace, and Starting Where You Are

Chapter 7

You Can Be Right or You Can Be Free

Letting Go of Control and Ego

Chapter 8

Your Inner Voice Learned This Somewhere

Self-Talk, Shame, and Rewriting the Script

Chapter 9

Healing Means You'll Disappoint Some People

Boundaries, Growth, and Choosing Yourself

Chapter 10

Who Are You Without the Chaos?

Rediscovering Identity Beyond Survival

Chapter 11

Progress Still Counts When It's Messy

Grace, Consistency, and Staying in the Work

Chapter 12

Becoming Someone You Can Live With

Integrity, Alignment, and Daily Choice

Closing Reflection

It's Still Me — And I'm Still Worth It

Resources & Support

You Don't Have to Do This Alone

Acknowledgments

Notes & Reflections

About The Other Side of Rock Bottom

How to Use This Workbook

Before we go any further, let's get one thing straight:

You are not behind.
You are not failing.
And you do not need to do this perfectly for it to work.

This workbook is not meant to be rushed, conquered, or completed like a checklist. It's meant to be **used** — slowly, honestly, and with compassion for yourself.

Each chapter follows the same structure on purpose. Healing works better when you know what to expect.

Here's How Each Chapter Is Set Up

Real Talk

This is where I speak plainly and honestly — the way I would if we were sitting across from each other. Sometimes it's gentle. Sometimes it's funny. Sometimes it might hit a nerve. That's okay.

If something makes you laugh, good.
If something makes you uncomfortable, pause there.
Discomfort often means you're close to something important.

Mirror Moments

This is where you turn the focus inward — without judgment.

These questions are not designed to shame you or dig up pain for the sake of pain. They are here to help you notice patterns, reactions, and habits with curiosity instead of criticism.

You don't have to answer every question.
Answer the ones that feel honest — even if the answer is “I don't know yet.”

Faith & Grounding

This section is here to remind you that you are not doing this work alone.

You'll see Scripture and spiritual reflection woven in as encouragement, not instruction. God is not standing over you with a clipboard. He is walking with you as you become more honest, more whole, and more yourself.

If faith feels complicated for you right now, that's okay too. Show up as you are.

Straight Talk Check

This is the loving accountability part.

Understanding your past explains your patterns — it doesn't excuse staying stuck in them. This section exists to gently challenge the places where awareness needs to turn into action.

Think of this as a course correction, not a scolding.

Rediscovery Exercises

This is where insight turns into practice.

These exercises are simple on purpose. You don't need hours of free time or a perfect mindset. Small steps, repeated over time, are how real change happens.

Try the exercises. Notice what comes up. Be kind to yourself when it's messy.

A Few Important Things to Remember

- You can go in order or jump around.
- You can take breaks.
- You can come back to chapters more than once.
- You are allowed to feel resistance.
- You are allowed to laugh at yourself.
- You are allowed to grow without punishing yourself.

If emotions come up that feel overwhelming, pause and reach out for support. Healing does not mean doing everything alone.

One Last Thing

This workbook is called *It's Me, I'm the Problem* — but let me be very clear:

You are not the problem.

Your **patterns** are.

And patterns can be unlearned.

Take this one chapter at a time. Stay honest. Stay curious. Stay open. God does His best work with willing hearts — not perfect ones.

You're exactly where you need to be. 🧡

Chapter 1: It's Me. I'm the Common Denominator.

Awareness Without Shame

1) Real Talk

Alright. Welcome to the chapter where we stop pointing at everybody else like, “THAT ONE is why my life is chaotic,” and we gently slide the mirror across the table and go...

“Well... dang.”

Because here's the truth:

Sometimes the problem isn't *what happened to us*.

Sometimes the problem is **what we keep doing because of what happened to us**.

And listen — I'm not saying you caused your trauma. I'm not saying you deserved what you went through. I'm not saying you “should've known better.” Nope. We are not doing that.

But I *am* saying this:

If the same type of situation keeps repeating — different face, same mess — it might be time to ask:

What is MY part?

What is MY pattern?

What am I allowing, avoiding, chasing, tolerating, or repeating?

Because if you keep changing the people, the job, the relationship, the friend group, the city, the program, the church, the routine... and your life still feels like the same emotional movie with a different cast...

Baby, it might not be them.

It might be **the script**.

And the good news is:

Scripts can be rewritten.

Now before your brain tries to jump into shame and go, “Ugh, I'm the worst,” let me stop you right there.

This chapter is not called “*It's Me, I'm Trash*.”

It's called **“It's Me, I'm the Common Denominator.”**

That means you're not powerless.
That means you're not doomed.
That means you actually have influence here.

Because if I'm the common denominator, then guess what?

I can change me.
And that changes everything.

2) Mirror Moments

Let's slow down and get honest — not harsh. Honest.

Read each question, take a breath, and answer what you can. If your first answer is “I don't know,” that's fine. “I don't know” is still awareness.

Mirror Moment #1: The Pattern Check

- What is one situation in my life that keeps repeating (in any form)?
(Examples: relationships, conflict, money stress, relapse cycles, people-pleasing, quitting, isolation, chaos, choosing emotionally unavailable people, staying too long, leaving too fast.)

Write it out like this:

- The repeating situation is: _____
- It usually starts when: _____
- It usually ends with: _____
- The feeling I always end up with is: _____

Mirror Moment #2: The “Same Feeling, Different Day” Question

- Even when the people are different, what emotion do I keep feeling?
(Abandoned? Not enough? Controlled? Unsafe? Unseen? Unlovable? Like I have to prove myself?)

Emotion I keep returning to: _____

Mirror Moment #3: My Part Without Self-Blame

This is not “my fault.” This is “my responsibility.”

- What do I do when that feeling shows up?
(Shut down, lash out, over-explain, disappear, people-please, numb out, overspend, control, fix, rescue, use, binge, isolate, pick fights, ghost, lie, pretend.)

When I feel _____, I tend to _____.

Mirror Moment #4: The Payoff (Be Honest)

Every pattern has a payoff, even unhealthy ones. If it didn't give you something, you wouldn't keep doing it.

- What does this pattern protect me from?
(Rejection, vulnerability, being alone, being judged, failing, being truly seen, feeling pain.)

This pattern protects me from: _____

- What does this pattern cost me?
(Peace, stability, intimacy, money, trust, health, time, dignity.)

This pattern costs me: _____

Mirror Moment #5: The Brave One

- If I didn't do this pattern anymore... what would I have to face?

If I stopped doing this, I'd have to face: _____

Take a minute. That right there is the doorway.

3) Faith & Grounding

Let's anchor this in truth, because awareness without God can turn into self-condemnation real quick.

Romans 8:1 reminds us there is **no condemnation** for those who are in Christ Jesus.

Notice it says condemnation — not conviction.

Here's the difference:

- **Condemnation** says: "You're bad. You'll never change. Why try?"
- **Conviction** says: "This isn't who you are. Let's heal this."

Conviction leads to freedom. Condemnation leads to hiding.

And hiding is where patterns grow.

Also, let's remember this:

God already knows you.

You're not shocking Him with your mess.
You're not surprising Him with your coping skills.
You're not disappointing Him with your humanity.

God doesn't wait for you to become polished before He helps you.
He meets you in the middle of the truth.

A lot of us learned that love is earned — by being good, useful, quiet, perfect, pleasing, impressive, strong, or needed.

But God's love is different.

God says:

"Come as you are. And let Me rebuild you."

So as we do this chapter, your prayer doesn't have to be fancy. It can be as simple as:

"God, help me see myself clearly... and kindly."

"God, show me what's mine to heal."

"God, give me the courage to change what I can."

Because this isn't about you carrying shame.
This is about you carrying responsibility with grace.

4) Straight Talk Check

Okay. Deep breath. Here comes the loving truth.

You cannot keep saying you want peace while you keep choosing chaos.

You cannot keep saying you want healthy while you keep entertaining toxic.

You cannot keep saying you want change while you keep feeding the very patterns that keep you stuck.

And listen — I know there are reasons. I know there's trauma. I know there are wounds. I know your nervous system learned what it learned.

But here's the part people don't like to hear:

Your trauma explains your patterns.

It does not get to keep running your life.

At some point, healing becomes a decision.

Not a feeling.

Not a perfect moment.

A decision.

And here's another one:

If you keep waiting to feel ready, you're going to be waiting forever.

Most people don't change because they're ready.

They change because they're tired.

So let me ask you something straight:

- Are you tired of apologizing for the same thing?
- Are you tired of starting over?
- Are you tired of your peace being dependent on other people's behavior?
- Are you tired of abandoning yourself?

Because if you're tired... good.

That doesn't mean you're weak.

That means something inside you is waking up.

Now here's a key teaching point:

Self-awareness without action becomes self-entertainment.

You can talk about patterns all day.

You can label them.

You can read about them.

You can post quotes about them.

But if you don't interrupt them?

You're still living in them.

So in this chapter, you're not just identifying the common denominator.

You're claiming your power to choose differently.

5) Rediscovery Exercises

Now we turn insight into practice. This is where real change starts.

Exercise 1: The “Common Denominator” Map

Draw three columns on paper:

Situation | My Usual Response | A Healthier Option

Fill in at least 3 examples.

Example:

- Situation: Someone is distant
- My usual response: Overthink, text too much, panic, people-please
- Healthier option: Pause, breathe, ask directly, focus on my day, pray

Now do yours:

1. Situation: _____
My usual response: _____
Healthier option: _____
2. Situation: _____
My usual response: _____
Healthier option: _____
3. Situation: _____
My usual response: _____
Healthier option: _____

Exercise 2: Trigger → Thought → Behavior

Pick ONE repeating pattern. Write it out:

- Trigger (what happened): _____
- Thought (what I told myself): _____
- Feeling (what I felt): _____
- Behavior (what I did): _____
- Result (what happened next): _____

Now rewrite ONE part — just one.

- New thought I can practice: _____
(Examples: “I am safe.” “I don’t have to fix this right now.” “I can pause.” “I can ask for clarity.” “God is with me.”)
- New behavior I can practice: _____
(Examples: “Wait 20 minutes before responding.” “Call a safe person.” “Go for a walk.” “Write instead of react.” “Pray first.”)

Exercise 3: The 24-Hour Pause Practice

For the next 7 days, practice this:

When you feel emotionally activated — before you react — do a **24-hour pause** on big decisions, big texts, big confrontations, and big exits.

That doesn't mean you ignore problems.

It means you stop making emotional decisions that create emotional consequences.

Your pause can be 20 minutes if 24 hours feels too big — but the point is:

Respond from healing, not from panic.

Write your pause plan:

When I feel activated, I will:

1. _____
2. _____
3. _____

(Examples: breathe, pray, drink water, journal, call sponsor, step outside, read scripture, take a shower)

Exercise 4: The “Who Am I Becoming?” List

This is rediscovery.

Write 10 statements that start with:

“I am becoming...”

Not “I am.” Not “I should be.”

Becoming.

Examples:

- I am becoming someone who tells the truth.
- I am becoming someone who doesn't abandon herself.
- I am becoming someone who chooses peace.
- I am becoming someone who doesn't confuse love with chaos.

Now you do yours:

1. I am becoming _____

2. I am becoming _____
 3. I am becoming _____
 4. I am becoming _____
 5. I am becoming _____
 6. I am becoming _____
 7. I am becoming _____
 8. I am becoming _____
 9. I am becoming _____
 10. I am becoming _____
-

Chapter 1 Closing (Grace + Direction)

Let's end this chapter with truth:

Awareness is not shame.
Awareness is the beginning of freedom.

If you saw yourself in this chapter and felt that little “ugh”... good.
That means you're awake.

And if you felt hope while reading it?

Even better.

Because God doesn't expose things to embarrass you.
He reveals things to heal you.

So here's your takeaway:

If you're the common denominator, you're not stuck.
You're powerful.
Because you can choose differently — starting today.

And you don't have to do it perfectly.

Just... do it honestly.

Next chapter, we're going to talk about why so many of your “problems” were actually **survival skills** — and how to thank them for getting you through... while still letting them go.

You ready?

Chapter 2: Survival Mode Looked Like Personality

How Trauma Taught You to Cope

1) Real Talk

Let's clear something up right away, because this chapter alone has the power to change how you see yourself:

A lot of the things you've been judging yourself for weren't character flaws.

They were **survival skills**.

Read that again.

You didn't wake up one day and decide to be hypervigilant, emotionally guarded, reactive, controlling, avoidant, numbing, people-pleasing, independent-to-a-fault, or constantly "on."

You **learned** those things.

And most of the time, you learned them young.

When safety was inconsistent.

When love felt conditional.

When chaos was normal.

When being honest wasn't safe.

When being quiet kept you out of trouble.

When being useful got you affection.

When being tough meant you survived.

So if you've ever said things like:

- "This is just how I am."
- "I've always been like this."
- "I don't know how to relax."
- "I don't trust people."
- "I shut down."
- "I don't need anyone."
- "I'm too much."
- "I'm not enough."

I want you to know something:

That wasn't *you*.

That was **your nervous system doing its job**.

The problem is...

What kept you alive back then may be keeping you stuck now.

And when survival mode sticks around long enough, it starts to look like personality.

But it's not.

It's conditioning.

And conditioning can be unlearned.

2) Mirror Moments

Let's gently start separating **who you are** from **what you learned to do**.

Take your time with this section.

Mirror Moment #1: Survival Skills Inventory

Check off anything that feels familiar (mentally or on paper):

- ☐ I stay busy so I don't have to feel
- ☐ I read people's moods before they speak
- ☐ I shut down during conflict
- ☐ I over-explain myself
- ☐ I apologize even when I didn't do anything wrong
- ☐ I avoid asking for help
- ☐ I try to control outcomes
- ☐ I numb out (food, alcohol, drugs, scrolling, sleep, sex, spending, work)
- ☐ I people-please to keep peace
- ☐ I isolate when I'm overwhelmed
- ☐ I assume abandonment is coming
- ☐ I stay hyper-independent
- ☐ I struggle to trust consistency

Now pause.

Pick **three** that show up the most for you:

1. _____
2. _____
3. _____

Mirror Moment #2: Where Did I Learn This?

For each of the three you listed, answer this:

- When did I first learn that this behavior kept me safe?
- What did it protect me from back then?

Example:

I learned to people-please when conflict in my house meant yelling or withdrawal. It protected me from anger and rejection.

Now write yours:

Behavior #1 learned when: _____
It protected me from: _____

Behavior #2 learned when: _____
It protected me from: _____

Behavior #3 learned when: _____
It protected me from: _____

Mirror Moment #3: Is This Still Serving Me?

This is the big question.

- How does this behavior help me today?
- How does it hurt me today?

Behavior: _____
Helps me by: _____
Hurts me by: _____

You're not trying to eliminate compassion here — you're gaining clarity.

3) Faith & Grounding

Here's where faith becomes incredibly grounding instead of guilt-inducing.

Psalm 139 reminds us that God knows us fully — not just the version we present to the world.

That includes:

- Your coping
- Your defenses
- Your habits
- Your fear responses
- Your nervous system

God understands **why** you adapted the way you did.

And here's the beautiful part:

God does not shame survival.

He honors it — and then gently invites healing.

Jesus didn't rush people.

He didn't shame coping.

He didn't demand instant change.

He created safety first.

And safety is where healing begins.

Many of us learned that love came with conditions:

- Behave
- Perform
- Don't be too much
- Don't need too much
- Don't feel too much

But God's love doesn't operate on survival mode.

God says:

“You don't have to protect yourself anymore. I've got you.”

That doesn't mean the patterns disappear overnight.

It means you don't have to fight them alone.

So if your prayer today sounds like:
“**God, help my body feel what my mind already knows,**”
that’s a powerful place to start.

4) Straight Talk Check

Okay — here comes the loving honesty.

You don’t get to keep calling survival “who you are” forever.

Not if it’s hurting you.
Not if it’s costing you peace.
Not if it’s destroying connection.
Not if it’s keeping you small.

At some point, survival skills turn into self-sabotage.

And here’s the part people resist:

Just because something makes sense
doesn’t mean it gets to keep running the show.

Your nervous system learned one way to stay safe —
but healing means teaching it **new options**.

That requires:

- Slowing down
- Practicing discomfort
- Choosing responses instead of reactions
- Letting yourself feel things you used to avoid

And yes — it will feel unfamiliar.

But unfamiliar does not mean unsafe.
It just means new.

You don’t have to rip survival mode out of you.
You don’t shame it.
You don’t attack it.

You **thank it** — and then you retrain it.

You say:

“Thank you for getting me through.
I don’t need you to work this hard anymore.”

That’s growth.
That’s maturity.
That’s healing.

5) Rediscovery Exercises

Let’s turn understanding into practice.

Exercise 1: Survival Skill → Healing Skill

Take the behaviors you identified earlier and reframe them.

Behavior: _____
What it helped me survive: _____
What it costs me now: _____

Now write a **healing replacement**:

Instead of _____
I can practice _____

Examples:

- Instead of people-pleasing → honest communication
- Instead of shutting down → taking a pause and naming feelings
- Instead of control → asking for support
- Instead of numbing → grounding

Do this for at least **two** behaviors.

Exercise 2: Nervous System Check-In

Once a day for the next week, pause and ask:

- What am I feeling in my body right now?
- Am I tense, shallow breathing, restless, frozen, overwhelmed?

Write:

Today my body feels: _____

Then do **one grounding action**:

- Deep breathing
- Cold water on wrists
- Feet on the floor
- Hand on chest
- Prayer
- Slow walk

Write:

What helped me regulate today: _____

Exercise 3: Safe vs. Familiar

This one matters.

Answer honestly:

- What feels familiar but isn't actually healthy for me?

- What feels uncomfortable but might actually be safe?

Growth often feels unsafe at first — not because it is, but because it's unfamiliar.

Exercise 4: Identity Reclaim

Complete these sentences:

- I am not “too much.” I learned to _____
- I am not “cold.” I learned to _____
- I am not “controlling.” I learned to _____
- I am not “weak.” I learned to _____

Now write one truth to replace each label.

Chapter 2 Closing (Integration + Grace)

Let's land this gently.

You are not defective.
You adapted.

And adaptation saved you.

But now?
Now you're allowed to live — not just survive.

Healing doesn't mean erasing your past.
It means updating your system.

So if survival mode shows up this week, don't attack it.
Notice it.
Name it.
Breathe.
Choose one small shift.

Because every time you respond instead of react,
you're teaching your body a new truth:

“I am safe now.”

Next chapter, we're going to talk about why **insight alone doesn't change patterns** — and how awareness has to turn into action for real transformation to happen.

And yes... we're going to keep it honest.

Chapter 3: Patterns Don't Change Themselves

When Insight Has to Turn Into Action

1) Real Talk

Let me say something that might sting a little — lovingly:

Awareness alone doesn't change your life.

I know.

You've read the books.

You've watched the videos.

You've labeled the patterns.

You can explain your trauma in three different therapeutic languages.

And yet...

You're still doing the thing.

This is where a lot of people get stuck. They become **self-aware but not self-directed**. They know *why* they do what they do — but they haven't practiced doing anything differently.

And then frustration creeps in.

"I know better."

"I understand myself."

"Why do I keep doing this?"

Because knowing isn't the same as **doing**.

Insight is important. It opens the door.

But action is what actually walks you through it.

Think about it this way:

You don't heal a broken ankle by understanding how it broke.

You heal it by doing the uncomfortable, repetitive, sometimes annoying work of rehab.

Healing patterns works the same way.

And here's the part nobody wants to hear:

Patterns don't stop because you're tired of them.
They stop because you interrupt them — **consistently**.

Not perfectly.
Consistently.

2) Mirror Moments

Let's slow this down and get honest about where insight is stalling.

Mirror Moment #1: What I Know vs. What I Do

Answer these side by side:

I know that I:

- Tend to _____ when I'm triggered
- Struggle with _____
- Avoid _____

But when it happens, I still:

- _____
- _____
- _____

This isn't to shame you.
This is to locate the gap.

Mirror Moment #2: The Moment Before

Patterns don't start when you act.
They start **right before** you act.

Ask yourself:

- What do I feel right before the pattern kicks in?
- What story do I tell myself in that moment?

Write it out:

Right before I react, I usually feel: _____
The thought that follows is usually: _____

That moment — right there — is where change lives.

Mirror Moment #3: What I Avoid by Not Changing

Be brave here.

- If I actually changed this pattern, what would I have to tolerate?
(Discomfort, uncertainty, disappointment, confrontation, vulnerability, grief, boredom, fear of failing.)

If I changed, I'd have to tolerate: _____

Avoidance keeps patterns alive.

3) Faith & Grounding

Scripture talks about renewal — not instant transformation, but **daily practice**.

Romans 12:2 tells us we are transformed by the renewing of our minds.
Notice it doesn't say "by realizing things once."

Renewing is ongoing.

God is not asking you to wake up healed tomorrow.
He's asking you to be **willing to practice something new today**.

Change in Scripture often looks like:

- Repetition
- Obedience in small things
- Choosing differently even when it's uncomfortable
- Trusting God in the in-between

God works through process.

And if you're someone who gets frustrated with slow growth, let me remind you:

God is not rushed.

He's patient.
He's steady.
He's consistent.

And He works with effort, not perfection.

So if your prayer sounds like:

“God, help me follow through when it’s uncomfortable,”
that’s a holy prayer.

4) Straight Talk Check

Here comes the truth that separates growth from stagnation:

If you keep choosing comfort over change,
you’re choosing the pattern.

Every time.

Understanding your pattern does not give you a pass to keep repeating it.

And here’s the tricky part:

Patterns are comfortable — even when they hurt.

They’re familiar.
They’re predictable.
They feel “like you.”

But growth rarely feels natural at first.

It feels:

- Awkward
- Slow
- Uncertain
- Exposing

And that’s where most people quit.

They say:

- “This doesn’t feel like me.”
- “I don’t feel authentic.”
- “This feels forced.”

No.

It feels **new**.

You don't wait to feel ready.
You act — and the feeling catches up later.

And let me be clear:

You don't need a dramatic overhaul.
You need **small, repeatable interruptions**.

Big promises don't change patterns.
Small practices do.

5) Rediscovery Exercises

This is where you practice interrupting patterns on purpose.

Exercise 1: Pattern Interruption Plan

Choose **one** pattern you're ready to work on — not all of them.

Pattern I'm working on: _____

Now fill this out:

- Trigger (what sets it off): _____
- Old response: _____
- New response (even if it feels awkward): _____

Example:

Trigger: Someone doesn't text back

Old response: Spiral, overthink, send follow-up messages

New response: Pause, breathe, wait 24 hours, remind myself I am okay

Exercise 2: The 90-Second Pause

When your body gets activated, chemicals flood your system.
They don't last forever.

Practice this:

- When triggered, set a timer for **90 seconds**
- Breathe
- Don't respond

- Don't explain
- Don't decide

After 90 seconds, ask:

- Do I still want to react the same way?

Write:

What changed after the pause: _____

Exercise 3: Practice Over Promise

Write one small action you can practice this week.

Not "I'll never do this again."

Not "I'll fix everything."

One thing.

This week, when _____ happens,
I will practice _____ instead.

Exercise 4: Consistency Tracker

For the next 7 days, track effort — not outcomes.

Each day, write:

- Where did I interrupt a pattern?
- Where did I try?
- Where did I notice myself sooner?

Daily notes:

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Progress is awareness + effort.

Chapter 3 Closing (Truth + Encouragement)

Here's the takeaway:

Insight opens the door.
Action walks you through it.

You don't have to feel confident to change.
You don't have to feel healed to practice.
You just have to be willing to interrupt the pattern **one time**.

And then one more.

And then again.

Every interruption weakens the old pathway
and strengthens a new one.

That's not failure-prone behavior.

That's healing in motion.

Next chapter, we're going to talk about **avoidance** — how sneaky it is, how “reasonable” it sounds, and how it quietly keeps us stuck.

And yes... we're going to call it out.

Chapter 4: Let's Talk About Avoidance

Because Ignoring It Didn't Fix It

1) Real Talk

Avoidance gets a really bad reputation — and honestly, it shouldn't.

Avoidance isn't laziness.

Avoidance isn't weakness.

Avoidance isn't you "not wanting it bad enough."

Avoidance is **your nervous system trying to protect you from discomfort.**

The problem is...

Avoidance is also one of the most effective ways to keep yourself stuck.

Because avoidance doesn't usually look dramatic.

It looks *reasonable*.

It sounds like:

- "I'll deal with it later."
- "Now's just not a good time."
- "I don't want to make things worse."
- "I need to think about it more."
- "I'm waiting until I feel calmer."
- "I don't want to hurt anyone."
- "I'm tired. I'll start tomorrow."

And listen — sometimes pausing *is* wise.

But there's a difference between **pausing to regulate**
and **avoiding to escape**.

Avoidance keeps you comfortable in the moment
and uncomfortable in the long run.

It gives you temporary relief
at the cost of long-term peace.

And the sneakiest part?

Avoidance convinces you you're being patient, thoughtful, kind, or spiritual — when really, you're just not dealing with the thing.

2) Mirror Moments

Let's bring avoidance out of hiding — gently.

Mirror Moment #1: My Avoidance Style

We all avoid differently. Check what fits you best:

- ☐ Distraction (staying busy, scrolling, overworking)
- ☐ Procrastination (putting it off, waiting for “later”)
- ☐ Intellectualizing (thinking, analyzing, but not acting)
- ☐ Numbing (food, substances, sleep, shopping, TV)
- ☐ People-pleasing (keeping peace instead of telling truth)
- ☐ Spiritual bypassing (“I’ll just pray about it” without action)
- ☐ Conflict avoidance (silence, withdrawal, ghosting)
- ☐ Perfectionism (not starting because it won’t be perfect)

Pick the **top two** that show up for you:

1. _____
2. _____

Mirror Moment #2: What Am I Avoiding?

Avoidance always has an object.

- What conversation, decision, boundary, feeling, or truth am I avoiding right now?

I am avoiding: _____

- How long have I been avoiding it?

I've been avoiding it for: _____

Mirror Moment #3: The Cost of Avoidance

Avoidance feels safe — until it doesn't.

- How does avoiding this protect me in the short term?
- How does it hurt me in the long term?

Short-term relief: _____
Long-term cost: _____

Be honest. Clarity is kindness.

3) Faith & Grounding

Avoidance didn't start with you.

From the very beginning, humans have been hiding when things felt uncomfortable.

In the garden, Adam and Eve didn't run *toward* God — they hid.

And what did God do?

He didn't yell.
He didn't shame.
He didn't punish first.

He asked a question:

“Where are you?”

Not because God didn't know —
but because *they* needed to locate themselves.

God still asks that question.

Not to condemn you —
but to invite you out of hiding.

Avoidance thrives in isolation.
Healing begins with presence.

God doesn't demand that you handle everything at once.
He asks for honesty — not hiding.

So when you feel the urge to avoid, your prayer can be simple:

“God, help me stay present with this.”
“God, help me take one step instead of running.”

You don't need courage for the whole thing.
You just need enough for the next step.

4) Straight Talk Check

Okay — let's be loving and real.

Avoidance does not make problems go away.
It makes them grow roots.

And here's the hard truth:

Every time you avoid something,
you teach your nervous system that it *was* dangerous.

Which means next time?
It'll feel even harder to face.

Avoidance reinforces fear.

Facing things — slowly, safely — retrains your system.

And yes, facing things feels uncomfortable.

But discomfort is not danger.

If you wait until you feel ready, confident, or calm enough, you might never move.

Read this carefully:

Clarity comes from action — not waiting.

You don't get peace by thinking your way out of discomfort.
You get peace by walking through it.

So ask yourself:

- What is one thing I keep avoiding that I already know I need to face?

That thing?
That's the work.

5) Rediscovery Exercises

Now let's practice staying instead of escaping.

Exercise 1: Name It Clearly

Avoidance thrives in vagueness.

Write it plainly:

I am avoiding: _____
Because I'm afraid of: _____

Sometimes naming the fear reduces its power.

Exercise 2: Break It Into One Step

You don't have to do the whole thing.

Just the **next right step**.

The next small step I can take is:

Examples:

- Draft the text but don't send it yet
 - Write down what I want to say
 - Ask for clarity instead of assuming
 - Schedule the appointment
 - Have a short, honest conversation
-

Exercise 3: Discomfort Plan

Avoidance is often about not wanting to feel something.

So let's plan for the feeling instead of running from it.

If discomfort shows up, I will:

1. _____
2. _____
3. _____

(Examples: breathe, pray, walk, journal, call a safe person, remind myself I am safe)

Exercise 4: 48-Hour Courage Challenge

Choose **one** avoided thing and commit to taking **one step** within 48 hours.

Write it down:

The thing I will face is: _____

The step I will take is: _____

I will do this by (date): _____

Progress doesn't require bravery — it requires **follow-through**.

Chapter 4 Closing (Truth + Reassurance)

Let's land this gently.

Avoidance doesn't mean you're weak.
It means you're human.

But you don't heal by staying hidden.

Every time you stay present with discomfort —
even for a few minutes —
you build trust with yourself.

And trust is what makes change sustainable.

God isn't asking you to stop avoiding everything today.
He's asking you to stop hiding from **one thing**.

One conversation.
One boundary.
One truth.
One step.

And when you take that step, even shakily, you'll learn something powerful:

You can handle more than you think.

Next chapter, we're going to talk about **accountability without self-destruction** — how to take responsibility without turning it into shame.

And yes... we'll keep it honest.

Chapter 5: Understanding Isn't the Same as Excusing

Accountability Without Self-Destruction

1) Real Talk

This chapter is where a lot of people get tripped up — because they confuse **compassion** with **permission**.

Understanding *why* you do something is powerful.
It's necessary.
It's healing.

But understanding is not the finish line.

Because if “I understand myself now” turns into:

- “That’s just how I am”
- “It’s because of my trauma”
- “I can’t help it”
- “People should just accept this about me”

Then healing quietly stalls.

Let me say this clearly — with love:

Your past explains your behavior.
It does not excuse repeating it.

And before your nervous system jumps to shame, let me be just as clear:

Accountability is not punishment.
Accountability is **self-respect in action**.

This chapter is about learning how to say:

“I understand why I do this... and I am still responsible for changing it.”

Without spiraling.
Without self-hatred.
Without beating yourself up.

Because healing doesn't require self-destruction.

2) Mirror Moments

Let's separate three things that often get tangled together:
explanation, excuse, and responsibility.

Mirror Moment #1: The Explanation

- What happened to me that shaped this behavior?

My experience:

This is the *why*.
It matters.
It deserves compassion.

Mirror Moment #2: The Impact

- How does this behavior affect me or others today?

The impact is:

This is the *reality*.
It matters too.

Mirror Moment #3: The Responsibility

- Regardless of why it started, what is now mine to address?

My responsibility is:

This is the *growth*.

Notice how none of this requires shame — just honesty.

3) Faith & Grounding

One of the most freeing truths in faith is this:

God already knows your wounds **and** your responsibility — and He holds both without condemnation.

Jesus consistently showed compassion *and* called people higher.

He didn't say:

“It's okay, stay the same.”

He said:

“Go — and sin no more.”

Not as punishment.

As invitation.

Scripture reminds us that God's kindness leads us to change — not fear, not guilt, not self-loathing.

Conviction from God feels like:

- Clear
- Loving
- Grounded
- Forward-moving

Shame feels like:

- Heavy
- Vague
- Hopeless
- Paralyzing

If your inner voice says, “I'm terrible,” that's not God.

If it says, “This isn't who you want to be — let's grow,” that's different.

So if you need a grounding prayer here, try this:

“God, help me take responsibility without turning it into shame.”

That prayer alone can shift everything.

4) Straight Talk Check

Here's the part that might sting — gently.

You don't get to keep hurting yourself or others just because you understand yourself now.

Insight doesn't cancel impact.

And at some point, saying "I'm working on it" has to include actual work.

That doesn't mean instant change.

It means **visible effort**.

It means:

- Apologizing without explaining
- Making different choices even when it's uncomfortable
- Owning your side without justifying it
- Repairing instead of defending

And here's an important truth:

If accountability feels like annihilation,
you're doing it wrong.

Real accountability says:

"I messed up. I see it. I'll do better."

It does **not** say:

"I am a mess. I ruin everything. I should be ashamed."

One leads to growth.

The other leads to collapse.

You don't need to punish yourself to prove you're serious about change.

You need to **practice differently**.

5) Rediscovery Exercises

Let's put this into action.

Exercise 1: Explanation vs. Excuse

Fill this out honestly:

- My explanation for this behavior is:

- My excuse (where I stop taking responsibility) sounds like:

- A more accountable statement would be:

Example:

Explanation: I learned to shut down because conflict felt unsafe.

Excuse: I just can't talk about hard things.

Accountable statement: I'm learning how to stay present even when I'm uncomfortable.

Exercise 2: The Clean Accountability Statement

Practice saying this — on paper first.

“When I _____,
the impact was _____.
I take responsibility for _____.
Moving forward, I will _____.”

No defending.

No explaining.

No self-attack.

Just ownership.

Exercise 3: Repair Over Shame

Think of one place where repair is needed.

- What repair is needed?

- What small action can I take?

Repair might look like:

- An apology
- Changed behavior
- A boundary
- Following through
- Letting someone go

Not everything requires reconciliation — but everything requires honesty.

Exercise 4: Self-Respect Inventory

Answer these honestly:

- What does taking responsibility say about who I am becoming?

- How does accountability protect my future self?

Accountability isn't about the past.
It's about who you're choosing to be next.

Chapter 5 Closing (Integration + Grace)

Let's land this with truth and gentleness.

Understanding yourself is powerful.

But **owning yourself** is what changes your life.

You are allowed to say:

“This makes sense — and I still choose better.”

You are allowed to grow without self-punishment.

God doesn't ask you to beat yourself up.

He asks you to stand up.

And every time you take responsibility with grace,
you reinforce a new identity:

Someone who tells the truth.

Someone who repairs.

Someone who grows.

Next chapter, we're going to talk about faith more directly — not as pressure, not as performance, but as a place to rest while you do this work.

And yes... we'll keep it real.

Chapter 6: God Isn't Mad — He's Inviting You In

Faith, Grace, and Starting Where You Are

1) Real Talk

Let's talk about God — honestly.

Because a lot of people didn't walk away from faith...
They walked away from **how faith was used on them**.

Some of us learned a version of God who was:

- Disappointed
- Keeping score
- Waiting for us to mess up
- More concerned with rules than healing
- Silent when we were hurting
- Loud when we were failing

So when someone says, "Just give it to God," your nervous system might quietly respond with:

"Yeah... but He's probably tired of me."

Let me say this clearly, gently, and without spiritual fluff:

God is not mad at you.

He's not shocked by your patterns.
He's not rolling His eyes at your progress.
He's not withholding love until you get it together.

If anything, God is doing what He has always done:

Inviting you closer — not farther away — in the middle of your mess.

And if faith has felt heavy, confusing, or shame-based, this chapter is not about fixing that overnight. It's about **relearning who God actually is** — not who pain, people, or religion told you He was.

2) Mirror Moments

Let's gently explore what you learned about God — because that shapes how safe faith feels.

Mirror Moment #1: The God I Learned vs. The God I'm Meeting

Complete these honestly:

- Growing up, God felt like:

- Because of that, I learned to approach God with:

- ☐ Fear
- ☐ Performance
- ☐ Distance
- ☐ Guilt
- ☐ Obligation
- ☐ Confusion
- ☐ Trust
- ☐ Curiosity

Circle what fits.

Now answer this:

- The God I want to believe in is:

That desire matters. God is not offended by your honesty.

Mirror Moment #2: What I Avoid With God

Just like people, we avoid God where we feel unsafe.

- When I'm struggling, I tend to:
 - ☐ Pull away from God
 - ☐ Apologize excessively
 - ☐ Promise to "do better"
 - ☐ Hide

- ☐ Try to fix myself first
- ☐ Pretend I'm okay

Why do you think that is?

Mirror Moment #3: What I Actually Need From God

Not what you think you *should* need — what you actually need.

Right now, I need God to be:

- ☐ Gentle
- ☐ Steady
- ☐ Present
- ☐ Patient
- ☐ Reassuring
- ☐ Clear
- ☐ Quiet
- ☐ Protective

Write anything else that comes up:

3) Faith & Grounding

Here's the grounding truth this chapter rests on:

Grace comes first. Always.

Not after you heal.

Not after you change.

Not after you prove something.

Grace is the starting point.

Throughout Scripture, God moves *toward* people — not away from them — especially when they're struggling.

God doesn't say:

“Fix yourself and then come to Me.”

He says:

“Come to Me, all who are weary.”

Weary doesn't mean sinful.
It means tired.
Overwhelmed.
Done.

And that invitation still stands.

If faith has felt like pressure, here's a reframe:

Faith is not something you perform.
It's a place you **rest** while you heal.

God's role is not to shame you into change.
It's to **walk with you while change unfolds**.

So if your prayers have been awkward, silent, angry, inconsistent, or nonexistent — you're not doing it wrong.

You're still invited.

4) Straight Talk Check

Now let's lovingly address something important.

Sometimes we say we trust God — but we won't let Him see our real struggles.

We pray polite prayers.
We hide the messy parts.
We keep trying to manage outcomes ourselves.

And then we wonder why faith feels distant.

Here's the truth:

You can't experience God as safe
if you never show up honestly.

God doesn't need a filtered version of you.
He needs the real one.

And here's another truth people don't always say out loud:

Faith doesn't replace responsibility.

Trusting God does not mean:

- Avoiding hard conversations
- Ignoring boundaries
- Waiting for God to do what you're meant to do
- Staying stuck and calling it "God's timing"

Faith and action are partners.

God strengthens what you're willing to practice.

5) Rediscovery Exercises

Let's make faith practical, not overwhelming.

Exercise 1: Redefining God for Yourself

Complete these sentences honestly:

- God is not _____
- God is _____

Do this without editing. This is between you and God.

Exercise 2: Honest Prayer Practice

For the next 7 days, practice one honest sentence a day.

Examples:

- "God, I'm tired."
- "God, I don't know what to do."
- "God, I'm scared."
- "God, help me pause."
- "God, help me trust You here."

Write your own starter sentence:

“God, _____.”

No fixing. No promising. Just honesty.

Exercise 3: Faith Without Performance

Write down one way you've been trying to “earn” God's approval:

Now write one way you can practice receiving grace instead:

Receiving grace might look like:

- Sitting quietly
 - Breathing
 - Reading one verse
 - Saying “thank You”
 - Letting go of perfection
-

Exercise 4: Where Faith Meets Action

Answer this:

- Where might God be inviting me to take one small step instead of waiting?
-

Faith often shows up as courage — not certainty.

Chapter 6 Closing (Rest + Reorientation)

Let's land this gently.

God is not disappointed in your pace.
He's not measuring your progress against anyone else's.
He's not withholding love until you change.

He's inviting you to stop doing this alone.

If faith has been complicated, you're not broken.
You're healing.

And healing doesn't start with having all the answers —
it starts with showing up honestly.

Next chapter, we're going to talk about control, ego, and the hard truth that sometimes being
“right” is the very thing keeping us stuck.

And yes... we'll keep grace right there with us.

Chapter 7: You Can Be Right or You Can Be Free

Letting Go of Control, Ego, and the Need to Win

1) Real Talk

Let's start with something uncomfortable — and very human:

A lot of us don't actually want peace.
We want **validation**.

We want to be understood.
We want our pain to be acknowledged.
We want someone to say, "*You're right.*"

And sometimes...
we'd rather be right than be healed.

Because being right feels powerful.
It feels clarifying.
It feels like justice.

But being right doesn't always bring relief.

In fact, sometimes being right keeps us stuck in:

- Resentment
- Rumination
- Replaying conversations
- Holding onto hurt
- Needing the other person to change first

And here's the hard truth:

Control often disguises itself as righteousness.

We say we just want clarity —
but really, we want control over how things turn out.

We say we just want honesty —
but really, we want agreement.

We say we just want closure —
but really, we want someone else to validate our experience.

And when that doesn't happen?

We stay tied to the situation far longer than necessary.

Freedom begins when you stop needing the outcome to match your version of the story.

2) Mirror Moments

Let's bring this into the light without judgment.

Mirror Moment #1: Where Do I Need to Be Right?

Answer honestly:

- Where in my life do I feel the need to prove my point?
- Who do I want to understand me or agree with me?

I feel the need to be right about:

Because if they agreed, I would feel:

Mirror Moment #2: What Am I Holding Onto?

Control often shows up as mental rehearsal.

- What conversation do I replay in my head?
- What explanation do I keep refining?
- What outcome do I wish would happen?

I keep replaying:

And it costs me:

Mirror Moment #3: The Trade-Off

This is the real question.

- What would I gain if I let go of being right?
- What am I afraid I'd lose?

If I let go, I might gain:

If I let go, I'm afraid I'd lose:

Be honest. Both answers matter.

3) Faith & Grounding

Jesus didn't spend His life proving He was right.

He spent it setting people free.

Think about that.

He could have argued.

He could have defended Himself.

He could have corrected every misunderstanding.

But often, He chose peace over proving.

That doesn't mean He avoided truth —
it means He trusted God with outcomes.

Faith invites us to release the illusion of control.

Because control says:

"I need this to go a certain way to be okay."

Faith says:

"I can be okay even if it doesn't."

Letting go of control doesn't mean you agree with what happened.
It means you stop letting it own you.

If you need a grounding prayer here, try this:

“God, help me release what I can't control and take responsibility for what I can.”

That prayer alone creates space for freedom.

4) Straight Talk Check

Here's the loving truth:

You don't need to be understood by everyone to heal.

You don't need an apology to move forward.

You don't need someone else to admit fault for you to have peace.

Waiting for those things keeps your healing hostage to other people's behavior.

And that's not freedom.

Sometimes the bravest thing you can say is:

“I know my truth — and I don't need anyone else to validate it.”

Letting go of being right doesn't mean you were wrong.

It means you value your peace more than your pride.

And pride doesn't always look arrogant —
sometimes it looks wounded, defensive, and tired.

Freedom comes when you stop arguing with reality and start choosing peace.

5) Rediscovery Exercises

Let's practice releasing control in real ways.

Exercise 1: Control Inventory

Write down three things you are currently trying to control:

1. _____
2. _____
3. _____

Now circle the ones you actually have power over.

Let the rest go — intentionally.

Exercise 2: Outcome Release

Complete this sentence:

“I want _____ to happen,
but I am choosing to be okay even if it doesn’t.”

Write it out fully. Let it land.

Exercise 3: Right vs. Free

Pick one situation and answer both sides:

If I choose to be right, this is what I keep:

If I choose to be free, this is what I gain:

Which one do you want more?

Exercise 4: Peace Practice

For the next week, practice this daily statement:

“I release the need to control this.”

Write where you practiced it and what changed:

Day 1: _____
Day 2: _____
Day 3: _____
Day 4: _____
Day 5: _____
Day 6: _____
Day 7: _____

Freedom grows with repetition.

Chapter 7 Closing (Release + Choice)

Let's land this gently.

Being right doesn't heal wounds.
Being free does.

You don't have to carry every injustice forever.
You don't have to win every argument.
You don't have to prove your pain to anyone.

You are allowed to choose peace.

And when you let go of control, you don't lose power —
you reclaim it.

Next chapter, we're going to talk about your **inner voice** — where it came from, how it learned to talk to you the way it does, and how to change it.

Because how you speak to yourself matters more than you think.

And yes... we'll keep it honest and compassionate.

Chapter 8: Your Inner Voice Learned This Somewhere

Self-Talk, Shame, and Rewriting the Script

1) Real Talk

Let's talk about that voice in your head.

You know the one.

The one that shows up the second you mess up.
The one that says:

- “Here we go again.”
- “Why are you like this?”
- “You should know better by now.”
- “You always ruin things.”
- “You're too much.”
- “You're never enough.”

Here's the thing most people don't realize:

That voice is not your intuition.

It's not truth.

And it's not God.

It's learned.

Nobody is born talking to themselves like that.

That voice developed somewhere — in criticism, in chaos, in neglect, in comparison, in fear, in trauma, in addiction, in survival.

At some point, your brain learned:

“If I stay hard on myself, maybe I can prevent more pain.”

So that voice thought it was helping.

But instead of protecting you, it's been **keeping you small**.

Because shame does not produce growth.
It produces hiding.

And you cannot heal what you are constantly attacking.

2) Mirror Moments

Let's slow down and identify that voice without becoming it.

Mirror Moment #1: Naming the Voice

When I mess up, my inner voice usually says:

Write it exactly how it sounds. Don't clean it up.

Now answer this:

- Whose voice does this sound like?

Parents. Teachers. Partners. Authority. Addiction. Society. Religion.

This matters.

Mirror Moment #2: The Impact of Self-Talk

That voice affects more than your mood.

- When I talk to myself this way, I tend to:
 - ☐ Shut down
 - ☐ Over-explain
 - ☐ Give up
 - ☐ Numb out
 - ☐ Isolate
 - ☐ Get defensive
 - ☐ People-please
 - ☐ Spiral

Circle what fits.

Now answer:

- How does this voice keep me stuck?

Mirror Moment #3: Shame vs. Responsibility

Answer both:

- Shame says: _____
- Responsibility says: _____

Example:

- Shame says: "I'm a failure."
- Responsibility says: "I made a mistake and can learn from it."

That difference matters more than you think.

3) Faith & Grounding

Here's a grounding truth that needs to sink in:

God does not speak to you in shame.

Conviction is clear and specific.
Shame is vague and attacking.

God's voice leads you toward life — not self-destruction.

Scripture tells us to take our thoughts captive — not because thoughts are bad, but because not all thoughts are true.

Just because a thought is loud
doesn't mean it's right.

Just because it feels familiar
doesn't mean it's from God.

A helpful question to ask is:

"Would I say this to someone I love?"

If not — it doesn't belong in your head.

God's voice sounds like:

- Truth without cruelty
- Correction without rejection

- Love without conditions

And learning to recognize that voice takes practice.

4) Straight Talk Check

Here's the loving truth:

You cannot hate yourself into healing.

You can't bully yourself into becoming better.

Harsh self-talk might feel motivating, but it actually reinforces the same cycles you're trying to break.

And here's the part people resist:

If you don't change how you talk to yourself,
no amount of external change will feel like enough.

Because the inner critic will just move the goalposts.

Healing requires you to become a **safe place** for yourself.

That doesn't mean you never correct yourself.
It means correction comes with **care**, not cruelty.

5) Rediscovery Exercises

Now let's practice rewriting the script.

Exercise 1: Catch It, Check It, Change It

Pick one recurring negative thought:

Thought: _____

Now:

- Catch it — Notice when it shows up
- Check it — Is it factual? Helpful? Kind?
- Change it — Rewrite it

New thought: _____

Example:

- Old: "I always screw things up."
 - New: "I made a mistake, and I'm learning."
-

Exercise 2: Reparenting the Inner Voice

Write what the younger version of you needed to hear:

Now write how you can say that to yourself today:

Exercise 3: Daily Self-Talk Reset

For the next 7 days, practice one supportive statement daily:

- "I'm allowed to learn."
- "I'm not behind."
- "I can handle this."
- "I don't have to punish myself."
- "God is with me in this."

Write your own:

Track which ones felt hardest to believe.

Exercise 4: Inner Voice Contract

Complete this statement and sign it:

"I commit to speaking to myself with honesty and compassion — even when I mess up."

Signed: _____

Date: _____

This is not about perfection.
It's about intention.

Chapter 8 Closing (Compassion + Practice)

Let's land this gently.

Your inner voice learned to speak the way it does
because it was trying to keep you safe.

You don't have to silence it.
You have to **teach it something new**.

Every time you interrupt shame and choose compassion,
you create a new pathway.

And that matters.

Next chapter, we're going to talk about **boundaries** — and why healing sometimes disappoints
people who benefited from your silence.

And yes... we'll talk about guilt.

Because you're allowed to choose yourself.

Chapter 9: Healing Means You'll Disappoint Some People

Boundaries, Guilt, and Choosing Yourself

1) Real Talk

Let's get this out of the way early:

If you start healing, **someone will be uncomfortable.**

Not because you're doing something wrong —
but because you're doing something *different*.

When you stop over-explaining...
When you stop fixing...
When you stop rescuing...
When you stop saying yes out of fear...
When you stop shrinking to keep the peace...

Some people won't like it.

And that can feel brutal, especially if:

- You were taught to be “nice”
- You learned love by being useful
- You kept connection by staying quiet
- You avoided conflict to feel safe
- You got approval by putting yourself last

So when you start setting boundaries, guilt often shows up fast and loud.

And many people mistake guilt for doing something wrong.

It's not.

Most of the time, guilt is just **a sign you're breaking an old rule:**

“My needs come last.”

Healing disrupts systems that benefited from your silence.

And that doesn't make you selfish.
It makes you honest.

2) Mirror Moments

Let's get clear about where this is hitting.

Mirror Moment #1: Who Gets Uncomfortable When I Change?

Answer honestly:

- Who reacts when I set limits?
- Who benefits from me staying the same?
- Who expects access to me no matter the cost?

The people most affected by my boundaries are:

Now ask:

- What do they lose when I choose myself?
-

That answer isn't an accusation — it's information.

Mirror Moment #2: What Am I Afraid Will Happen?

Boundaries stir up fear.

- If I say no, I'm afraid they'll _____
- If I set limits, I'm afraid I'll be _____
- If I choose myself, I'm afraid I'll lose _____

Sit with that. Fear tells you what's at stake emotionally.

Mirror Moment #3: Guilt vs. Values

Answer both:

- Guilt says: _____
- My values say: _____

Example:

- Guilt says: "I'm being selfish."
- My values say: "I'm protecting my mental health."

One is conditioning.

The other is alignment.

3) Faith & Grounding

Here's a grounding truth that can feel radical:

Jesus disappointed people.

He didn't meet every expectation.

He didn't heal everyone who demanded it.

He didn't explain Himself to everyone.

He walked away from crowds.

He said no.

And He did not apologize for it.

Because His purpose wasn't to please people —
it was to remain aligned with God.

Faith does not call you to self-abandonment.

It calls you to love — and love requires limits.

Even God has boundaries.

If you grew up thinking boundaries were unloving, hear this:

Boundaries are how love stays honest instead of resentful.

And guilt does not mean God is displeased.

Often, guilt is just your nervous system adjusting to a new normal.

4) Straight Talk Check

Here's the loving truth:

If your healing doesn't inconvenience anyone,
you're probably not changing much.

You don't need everyone to understand your boundaries.
You need to understand them.

And here's the part people struggle with:

You can be kind **and** firm.
You can be loving **and** unavailable.
You can explain once — not forever.

You are not responsible for managing other people's feelings about your growth.

Let that sink in.

People are allowed to be disappointed.
You are allowed to be healthy.

If someone only feels good about you when you say yes,
that's not connection — that's control.

5) Rediscovery Exercises

Let's put this into practice.

Exercise 1: Boundary Clarity

Complete these sentences:

- A boundary I need to set is:

- I've avoided setting it because:

- ---

- Setting this boundary protects my:
 - ☐ Peace
 - ☐ Time
 - ☐ Sobriety
 - ☐ Mental health
 - ☐ Energy
 - ☐ Relationships

Circle what applies.

Exercise 2: Guilt Reframe

Write the guilt thought that comes up:

Now reframe it:

Instead of guilt meaning “I’m wrong,”
it means “I’m _____.”

(Examples: changing, growing, protecting myself, breaking an old rule.)

Exercise 3: Boundary Language Practice

Practice writing a clear, kind boundary:

“I’m not able to _____.”
What I *can* do is _____.”

Examples:

- “I’m not able to take that on right now.”
- “I’m not available for that conversation.”
- “I need to step back from this.”

Write one you’ll actually use:

Exercise 4: Disappointment Tolerance

Answer honestly:

- What happens if someone is disappointed in me?
-

Now answer this:

- What happens if I keep disappointing myself?
-

One of these costs more in the long run.

Chapter 9 Closing (Alignment + Permission)

Let's land this with truth and compassion.

You are not here to be everything for everyone.

You are here to live with integrity, peace, and honesty.

Disappointing others does not make you unloving.
Choosing yourself does not make you selfish.

It makes you **aligned**.

And alignment will always cost you something —
but it will never cost you *yourself*.

Next chapter, we're going to talk about identity — who you are when the chaos fades, the roles fall away, and survival mode quiets down.

And yes... that can feel scary.

But it's also where freedom lives.

Chapter 10: Who Are You Without the Chaos?

Rediscovering Identity Beyond Survival

1) Real Talk

Here's something people don't talk about enough:

Healing can feel **disorienting**.

When the chaos quiets...

When the drama fades...

When the constant crisis stops...

You might look around and think:

“Okay... now what?”

Because for a long time, chaos gave you:

- A sense of purpose
- A role
- An identity
- A reason to stay busy
- A distraction from deeper questions

When you're surviving, you don't ask who you are —
you ask how to get through the day.

So when survival mode starts to loosen its grip,
a strange grief can show up.

Not because you miss the pain —
but because you don't yet know **who you are without it**.

And that can feel scary.

But here's the truth:

You are not losing yourself.
You are **meeting yourself**.

For the first time without adrenaline, fear, or crisis running the show.

2) Mirror Moments

Let's gently explore identity without pressure.

Mirror Moment #1: Roles I've Played

Write down the roles you've lived in for a long time:

- The fixer
- The strong one
- The caretaker
- The peacekeeper
- The survivor
- The responsible one
- The problem solver
- The one who doesn't need help

List any that fit you:

Now ask:

- Which of these roles kept me safe?
- Which of these roles cost me myself?

Write freely.

Mirror Moment #2: Who Am I Without Reacting?

Answer honestly:

- When I'm not in crisis, I feel _____
- When things are calm, I tend to _____

Calm can feel unfamiliar when you're used to chaos.

That doesn't mean calm is wrong.

Mirror Moment #3: What Feels Like "Me"?

Think back — not to trauma, but to moments of aliveness.

- What do I enjoy when no one needs anything from me?

- When do I feel most myself?
- What activities quiet my mind instead of racing it?

Write anything that comes up:

These are clues — not obligations.

3) Faith & Grounding

Here's a grounding truth that can bring relief:

Your identity was never meant to be built on survival.

Scripture tells us we are known before we are needed, valued before we perform, loved before we prove.

God did not design you to be defined by pain, productivity, or crisis.

He designed you with intention.

And sometimes healing looks like:

- Letting God redefine who you are
- Releasing labels you picked up in survival
- Trusting that stillness is not laziness

If your identity has been wrapped up in being strong, busy, or needed, faith invites you to rest in being **known**.

Not as a role.

As a person.

4) Straight Talk Check

Here's the loving truth:

If you don't intentionally explore who you are becoming, you'll default back to what feels familiar.

Chaos has a way of sneaking back in when emptiness isn't filled with purpose.

And purpose doesn't mean hustle.

It means alignment.

You don't need to reinvent yourself overnight.
You need to **pay attention**.

Pay attention to:

- What drains you
- What energizes you
- What feels peaceful
- What feels forced

Rediscovery is not about becoming someone new.

It's about remembering who you were
before survival took over.

5) Rediscovery Exercises

Let's begin the rediscovery process — gently.

Exercise 1: Identity Without Roles

Complete these sentences without using roles or responsibilities:

- I am someone who _____
- I value _____
- I feel most alive when _____

No fixing. No judging. Just noticing.

Exercise 2: What Stays, What Goes

Make two lists:

I am releasing:

I am keeping:

Healing is selective — not erasing.

Exercise 3: Values Over Chaos

Choose 3 values you want to build your life around now:

- ☐ Peace
- ☐ Honesty
- ☐ Stability
- ☐ Growth
- ☐ Faith
- ☐ Connection
- ☐ Integrity
- ☐ Joy
- ☐ Freedom

Circle three.

Now answer:

- How can I practice one of these this week?

Exercise 4: Safe Exploration

Choose one small way to explore yourself without pressure:

- Try something creative
- Spend time alone intentionally
- Say no to one unnecessary obligation
- Say yes to rest
- Journal without a goal

Write your plan:

Chapter 10 Closing (Permission + Curiosity)

Let's land this gently.

You don't need chaos to be interesting.

You don't need crisis to have purpose.

You don't need pain to be worthy.

You are allowed to build a life that feels calm, steady, and honest.

And if that feels unfamiliar, that's okay.

You're not empty —
you're **making room**.

Next chapter, we're going to talk about consistency, grace, and why progress still counts even when it's messy.

Because healing isn't about becoming perfect.

It's about staying in the work.

Chapter 11: Progress Still Counts When It's Messy

Grace, Consistency, and Staying in the Work

1) Real Talk

Let's be honest about something that knocks a lot of people out of the healing process:

The moment they mess up, they think they've failed.

They miss a boundary.
They react instead of pause.
They go back to an old habit.
They say yes when they meant no.
They spiral for a day (or a week).

And suddenly the inner voice says:

"See? Nothing's changed."
"You're back at square one."
"Why do you even try?"

That voice lies.

Because healing is not a straight line — it's a **practice**.

And practice includes:

- Attempts
- Missteps
- Corrections
- Recommitments

If progress required perfection, no one would ever heal.

Messy progress is still progress.

Showing up again matters more than getting it right the first time.

2) Mirror Moments

Let's take the pressure off and get honest.

Mirror Moment #1: My Definition of Progress

Answer honestly:

- I tend to define progress as:

Now ask yourself:

- Is this definition realistic or punishing?

Many of us set standards we would never expect from anyone else.

Mirror Moment #2: What I Do When I Slip

When I mess up, I usually:

- ☐ Give up
- ☐ Shame myself
- ☐ Hide
- ☐ Overcorrect
- ☐ Isolate
- ☐ Pretend it didn't happen
- ☐ Get defensive

Circle what fits.

Now answer:

- How does that response affect my healing?

Mirror Moment #3: Evidence of Growth

This one matters.

- One way I respond differently now than I used to is:

- One thing I notice sooner now is:

- One thing I recover from faster now is:

That's growth — even if it doesn't feel dramatic.

3) Faith & Grounding

Here's a grounding truth worth holding onto:

God measures faithfulness — not flawlessness.

Scripture talks about endurance, perseverance, and daily renewal — not instant transformation.

Even the people we admire most in faith:

- Fell
- Doubted
- Ran
- Failed
- Got back up

And God stayed.

Grace is not permission to quit.

Grace is the reason you can return.

If your faith has ever said:

“I should be further along by now,”

God's response is:

"I'm not finished with you."

Growth happens in repetition — not perfection.

4) Straight Talk Check

Here's the loving truth:

If you only stay committed when it feels good,
you'll quit when it gets hard.

Consistency isn't about intensity.
It's about **returning**.

Every time you come back after a misstep, you strengthen a new pattern:

"I don't abandon myself anymore."

And here's something important:

You don't erase progress because you had a hard day.

You don't lose healing because you struggled.

You only stall when you stop showing up.

Messy consistency beats perfect intentions every time.

5) Rediscovery Exercises

Let's practice staying instead of quitting.

Exercise 1: Progress Reframe

Rewrite this sentence:

Instead of "I failed because _____,"
write:
"I am learning because _____."

Do this for at least one recent situation.

Exercise 2: The Return Plan

Mess-ups are inevitable. Plan for them.

When I notice I've slipped, I will:

1. _____
2. _____
3. _____

Examples:

- Pause and breathe
- Tell myself the truth without shame
- Reach out for support
- Recommit to one small step

Write what works for you.

Exercise 3: Effort Over Outcome

For the next 7 days, track **effort**, not results.

Each day, write:

- One way I tried
- One way I showed up
- One way I practiced something new

Day 1: _____
Day 2: _____
Day 3: _____
Day 4: _____
Day 5: _____
Day 6: _____
Day 7: _____

Exercise 4: Self-Trust Statement

Complete this sentence and read it daily:

“Even when it’s messy, I can trust myself to _____.”

Examples:

- Keep trying
- Tell the truth
- Ask for help
- Return to the work

Write yours:

Chapter 11 Closing (Recommitment + Compassion)

Let's land this gently.

Healing isn't about never falling back.
It's about **not staying there**.

You don't lose everything because you struggled.
You don't start over because you had a hard moment.
You don't disqualify yourself because you're human.

Progress still counts — even when it's messy.

And every time you choose to come back instead of quit,
you're becoming someone who stays.

Next chapter is our final one — about integrity, alignment, and becoming someone you can live with every day.

Not perfect.
Just honest.

And that's more than enough.

Chapter 12: Becoming Someone You Can Live With

Integrity, Alignment, and Daily Choice

1) Real Talk

By now, you've probably realized something important:

Healing isn't about becoming a totally different person.
It's about becoming **more honest**.

More honest with yourself.
More honest about your patterns.
More honest about what you can and can't do.
More honest about what aligns with who you're becoming.

At the end of the day, healing comes down to this question:

Can I live with the way I'm showing up?

Not:

- Do other people approve?
- Am I doing this perfectly?
- Am I healed yet?

But:

- Am I acting in alignment with my values?
- Am I telling myself the truth?
- Am I abandoning myself less than I used to?

Integrity isn't loud.
It's quiet and consistent.

And it's built one choice at a time.

2) Mirror Moments

Let's bring this home — gently and honestly.

Mirror Moment #1: Alignment Check

Answer without judgment:

- Where am I most proud of how I show up now?

- Where do I still feel out of alignment?

Alignment doesn't mean perfection.
It means awareness plus intention.

Mirror Moment #2: Values in Action

Earlier, you identified values. Let's ground them.

- One value I want to live by daily is:

- When I live this value, I feel:

- When I don't, I feel:

Your body knows when you're aligned.

Mirror Moment #3: Self-Respect vs. Self-Abandonment

Answer both:

- Self-respect looks like:

- Self-abandonment looks like:

You don't need to judge the past — just choose differently now.

3) Faith & Grounding

Here's a grounding truth to hold onto as you close this work:

God is more interested in your **heart** than your performance.

Integrity in faith doesn't mean never struggling.
It means returning — again and again — to what's true.

Walking with God looks less like a dramatic transformation
and more like a steady willingness to be honest.

God does His deepest work in daily decisions:

- Choosing truth over comfort
- Choosing peace over chaos
- Choosing humility over ego
- Choosing love over fear

You don't have to get it all right.
You just have to keep choosing alignment.

4) Straight Talk Check

Here's the loving truth:

You already know what doesn't align.

Your body tells you.

Your spirit tells you.

Your exhaustion tells you.

You don't need more information.

You need **follow-through**.

Becoming someone you can live with means:

- Saying no when yes costs you peace
- Apologizing without excuses
- Letting go of what no longer fits
- Choosing growth even when it's uncomfortable

Integrity is not about being impressive.

It's about being **consistent**.

And consistency builds self-trust.

5) Rediscovery Exercises

Let's close with intention.

Exercise 1: My Integrity Statement

Complete this sentence:

"I am committed to living in alignment with _____."

Be specific.

Exercise 2: Daily Alignment Check-In

At the end of each day, ask:

- Did I tell the truth today?
- Did I honor my limits?
- Did I act in alignment with who I'm becoming?

Write a simple reflection:

This is awareness — not judgment.

Exercise 3: Letting Go List

Write down what you are releasing:

- I am letting go of _____
- I am choosing to release _____

Release is part of integrity.

Exercise 4: Becoming Statement

Write 5 statements that begin with:

“I am becoming someone who...”

1. _____
2. _____
3. _____
4. _____
5. _____

These are seeds. Keep watering them.

Chapter 12 Closing (Integration + Hope)

Let's land this with truth and grace.

You don't have to be perfect to live with integrity.

You don't have to be healed to live honestly.

You don't have to have everything figured out to move forward.

Becoming someone you can live with
is about choosing alignment — again and again.

Some days you'll get it right.
Some days you'll miss the mark.

What matters is that you keep choosing yourself.

Not the old survival version.
Not the people-pleasing version.
Not the chaos-fueled version.

The honest one.
The grounded one.
The becoming one.

You are not the problem.

Your patterns were.

And you are learning how to live beyond them.

Closing Reflection: It's Still Me — And I'm Still Worth It

If you've made it to this page, pause for a moment.

Not to analyze.

Not to judge.

Not to figure out what you still need to fix.

Just pause.

Because getting here matters.

You didn't come to this workbook because life was easy.

You came because something in you was tired of repeating the same cycles.

Tired of abandoning yourself.

Tired of surviving instead of living.

And somewhere along the way, you were brave enough to say:

"Maybe it's me... and maybe that means I can change."

That wasn't weakness.

That was courage.

This work was never about blaming yourself.

It was about **telling yourself the truth — and staying.**

You looked at patterns instead of pretending they weren't there.

You named survival skills without shaming yourself for having them.

You practiced awareness, boundaries, accountability, faith, and grace — sometimes awkwardly, sometimes imperfectly, but honestly.

That counts.

If there's one thing I hope you take with you, it's this:

You are not broken.

You were doing the best you could with what you had.

And now you have more.

More awareness.

More tools.

More choice.

More compassion.

More faith.

Healing doesn't mean you'll never struggle again.
It means you'll recognize yourself sooner when you do.

It means:

- You pause instead of spiral.
- You repair instead of punish.
- You choose alignment over chaos.
- You return instead of quit.

Some days you'll feel grounded and clear.
Some days you'll feel unsure and tender.

Both are part of becoming.

And if you ever catch yourself slipping back into the old voice that says,

"I'm the problem,"

I want you to gently finish that sentence differently now:

"It's me — and I'm learning."

"It's me — and I'm growing."

"It's me — and I'm worth the work."

God is not done with you.
You are not behind.
And this story is still unfolding.

Take what helped.
Leave what didn't.
Come back when you need to.

And remember — the goal was never perfection.

It was becoming someone you can live with...
someone you trust...
someone you no longer have to run from.

And you're already on your way. 🧡

Resources & Support

Healing doesn't happen in isolation. This workbook is one piece of a much larger picture that includes education, community, faith, accountability, and support.

Below are resources that may help you continue this work — whether you're seeking deeper understanding, practical tools, or connection.

Books by Kathy Simmons (Available on Amazon)

These books were written from lived experience, recovery coaching, trauma-informed practice, and faith-based healing. They are designed to be **practical, compassionate, and honest** — not overwhelming or clinical.

Welcome to Mental Health and/or Addiction Recovery

A foundational guide for anyone who doesn't know where to start. This book explains what recovery is, why it matters, what options exist, and how to begin — without shame or pressure.

Reclaiming Me: A Workbook on Overcoming Narcissistic Abuse

A trauma-informed workbook for survivors of emotional and narcissistic abuse. Focuses on identity, boundaries, self-trust, and breaking trauma bonds.

Finding Peace After Pain: A Workbook on Recovering from Grief

A compassionate guide through loss, grief, and life after pain. Designed to help readers process emotions without rushing or minimizing the grief experience.

Stand on Your Own: A Workbook for Codependency Recovery

A practical workbook for identifying and breaking codependent patterns. Focuses on boundaries, self-worth, detachment, and learning how to choose yourself without guilt.

Mastering Your Inner Voice: A Workbook on Self-Talk

A deep dive into shame-based thinking, inner criticism, and learned self-talk. Helps readers reframe thoughts and build a kinder, more honest relationship with themselves.

The 12 Steps for Everyday Life

A modern, accessible adaptation of the 12 Steps for personal growth — not limited to addiction. Focuses on spiritual principles, accountability, and living with intention in everyday life.



Additional Recommended Reading

These books are widely respected in trauma recovery, mental health, and personal growth:

- **The Body Keeps the Score** – Bessel van der Kolk
- **Codependent No More** – Melody Beattie
- **Adult Children of Emotionally Immature Parents** – Lindsay C. Gibson
- **Waking the Tiger** – Peter A. Levine
- **No Bad Parts** – Richard Schwartz
- **Healing the Shame That Binds You** – John Bradshaw
- **When the Body Says No** – Gabor Maté
- **Atomic Habits** – James Clear
- **Radical Acceptance** – Tara Brach

You do not need to read everything. Choose what resonates and go at your own pace.



Free, Confidential Support (U.S.)

If you are in immediate danger, call **911**.

- **988 Suicide & Crisis Lifeline** – Call or text **988** (24/7 support)
- **Crisis Text Line** – Text **HOME** to **741741**
- **SAMHSA National Helpline** – **1-800-662-HELP (4357)**
(Substance use and mental health treatment referrals)
- **National Domestic Violence Hotline** – **1-800-799-SAFE (7233)**
Text **START** to **88788**

Community Support

Healing happens best in connection.

The Other Side of Rock Bottom (OSRB) offers:

- Free daily Zoom recovery meetings
- Trauma-informed, judgment-free space
- Faith-filled encouragement without pressure
- Community, education, and accountability

Meeting details are listed in the previous section of this book.

Or visit our website: www.TheOtherSideOfRockBottom.org

A Gentle Reminder

You are allowed to ask for help.

You are allowed to use more than one resource.

You are allowed to come back to this work as many times as you need.

Healing is not about doing everything —
it's about doing **something**, consistently, with honesty and grace.

You don't have to do this alone. 

Acknowledgements

This workbook exists because I didn't heal alone.

First, I want to thank **God** — not the version of God shaped by fear, shame, or performance, but the God who met me in the middle of my mess and stayed. The God who showed me that grace comes before growth, and love is not something you earn after you get it right.

To every person who has ever sat across from me in a meeting, a coaching session, a message thread, or a quiet moment of honesty — thank you. Your courage to tell the truth out loud helped shape the words on these pages. You trusted me with your stories, your pain, your hope, and your growth. I don't take that lightly.

To the recovery community — in all its forms — thank you for showing me that healing is possible, even when it's messy. Thank you for reminding me that progress is made one honest day at a time, and that no one gets well in isolation.

To those who walked with me during the hardest seasons — when grief, loss, and life itself felt unbearable — thank you for holding space when I didn't have the words. Your presence mattered more than you know.

To the people who challenged me, reflected truth back to me, and loved me enough not to enable my patterns — thank you. Growth requires mirrors, not just comfort.

To my children and the people I love most: thank you for your patience, your forgiveness, and your willingness to grow alongside me. You are part of my “why,” always.

And finally, to **you**, the reader:

Thank you for being brave enough to pick this up. Thank you for choosing honesty over hiding, awareness over avoidance, and growth over comfort. Thank you for staying — even when it was uncomfortable.

If this workbook helped you feel less alone, more understood, or a little more hopeful, then it has done exactly what it was meant to do.

You are worth the work.

And I'm honored to walk part of this journey with you. 

Notes & Reflections

This section is yours.

There's no right way to use these pages. No prompts you have to answer. No structure you have to follow. This space exists so you can **pause**, **process**, and **put words to what surfaced for you** while working through this book.

Sometimes insight doesn't come neatly.

Sometimes it comes as a feeling, a memory, a realization, or a sentence that keeps repeating in your head.

Let this be the place you put those things down.

You might use these pages to:

- Write what surprised you
- Name what felt hard
- Capture moments of clarity
- Vent without editing
- Pray honestly
- Track patterns you're noticing
- Write letters you don't send
- Acknowledge progress you might otherwise dismiss

You don't need perfect grammar.

You don't need complete thoughts.

You don't need to explain yourself.

This is a judgment-free zone.

If you don't know what to write, you can start with:

- "What stood out to me today was..."
- "Something I'm resisting is..."
- "A pattern I'm noticing is..."
- "I felt uncomfortable when..."
- "I'm proud of myself for..."
- "God, what I want to say is..."

Some days you'll fill pages.

Some days you'll write one sentence.

Both count.

Healing often happens in the quiet moments — when you stop performing, stop explaining, and just tell the truth on paper.

So come back to these pages whenever you need to.
There's no finish line here.

Just honesty.
Just reflection.
Just you — showing up.

And that's more than enough. 🧡

About The Other Side of Rock Bottom (OSRB)

The Other Side of Rock Bottom was born out of lived experience — not theory, not perfection, and not a highlight reel.

OSRB was created for people who were tired of being told to “just get over it,” tired of pretending they were fine, and tired of feeling like they didn’t belong anywhere unless they had it all together.

It was built for real people with real lives, real trauma, real addiction, real grief, and real hope.

How OSRB Was Formed

OSRB started as a simple idea:

What if there was a place where honesty was welcomed, not judged?

A place where:

- You didn’t have to be “fixed” to show up
- You didn’t have to explain or justify your pain
- You didn’t have to choose between accountability and compassion
- You didn’t have to hide relapse, struggle, doubt, or questions

What began as small recovery meetings grew into a community — because people were hungry for something real.

OSRB wasn’t built around shame.

It was built around **truth, connection, and staying.**

Our Mission

The mission of The Other Side of Rock Bottom is simple and powerful:

To create a safe, inclusive, trauma-informed space where people can heal, grow, and recover — without judgment, pressure, or perfection.

We believe:

- Recovery is not one-size-fits-all
- Mental health and addiction recovery are deeply connected
- Faith can be a source of healing, not harm
- Awareness without shame creates real change
- You don’t have to hit “rock bottom” to deserve support
- Community saves lives

At OSRB, we focus on:

- Honesty over performance
- Progress over perfection
- Responsibility without self-destruction
- Grace paired with action

Our Meetings

OSRB hosts **multiple daily Zoom meetings** designed to meet people where they are — emotionally, mentally, and spiritually.

All meetings are:

- Free
- Open to anyone seeking recovery, healing, or growth
- Trauma-informed
- Judgment-free
- Come-as-you-are

You do not need to speak.

You do not need to share.

You do not need to have anything figured out.

You just need to show up.

OSRB Zoom Meeting Information

Zoom Meeting ID:
831 1998 2784

Passcode:
OSRB

Zoom Link:
<https://us06web.zoom.us/j/83119982784?pwd=vmbuLfhdiLo46yTo40HKZELnOF5lhX.1>

(This same link, ID, and passcode are used for all OSRB meetings.)

Meeting Schedule (All Time Zones Listed)

Morning Meditation

- 🕒 8:00 AM Eastern (ET)
- 🕒 7:00 AM Central (CT)
- 🕒 6:00 AM Mountain (MT)
- 🕒 5:00 AM Pacific (PT)
- 🌐 1:00 PM GMT

A calm, grounding start to the day focused on intention, reflection, and connection.

Midday Motivation

- 🕒 2:00 PM Eastern (ET)
- 🕒 1:00 PM Central (CT)
- 🕒 12:00 PM Mountain (MT)
- 🕒 11:00 AM Pacific (PT)
- 🌐 7:00 PM GMT

A teaching-based meeting with practical tools, real talk, and encouragement for navigating life and recovery.

Evening Recovery

- 🕒 8:00 PM Eastern (ET)
- 🕒 7:00 PM Central (CT)
- 🕒 6:00 PM Mountain (MT)
- 🕒 5:00 PM Pacific (PT)
- 🌐 1:00 AM GMT (next day)

A supportive, connection-focused meeting where honesty, sharing, and community are central.

Beyond Meetings

OSRB is more than meetings.

It's a growing recovery community that includes:

- A private Facebook group
- One-on-one recovery coaching
- Guest speakers and story-sharing nights
- Trauma-informed education
- Faith-filled encouragement without pressure
- Ongoing connection outside of meetings

OSRB exists to remind people of one core truth:

There is life on the other side of rock bottom.

You don't have to do this alone.

You don't have to have it all together.

And you don't have to wait until things get worse to reach out.

If you're reading this and wondering whether you belong here —
you already do. 🧡