



**RE
COVER
YOUR
SELF**

RECOVER YOURSELF

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WELCOME

THANK YOU FOR ATTENDING

We all have beliefs that, when they're challenged, we feel triggered. Feeling triggered can cause us to practice "Awareness Avoidance," or avoiding being aware of what is happening within us. Although this is normal, it causes us to use external things to resolve this internal dialogue.

- Authority
- Security
- Righteousness
- Abundance
- Confidence
- Safety

LIVING UNDER THE INFLUENCE

-Being triggered causes us to not think clearly and make choices the we don't completely endorse.

-Clear thinking is born out of understanding that our triggers are ours to learn from, and that we are recovering to ourselves.

-To recover yourself is work we do to strengthen and expand our lives.

-Recovering ourselves launches lives that are fueled with mutual respect, but that starts with self-respect.

RECOVER THE SELF

Today there is a cultural desire to connect with oneself on a deeper level. Memes and pop culture are ever increasing in this message, but nobody knows how to do that, because nobody has been you before.

This whole process starts with recognizing where we are living under the influence of other people, or ideas that no longer serve us.

From there, understanding that the goal is not about being right but about being able to adjust and continue to think clearly.

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It is not so much that I am

SHORT TERM SOLUTIONS



PACIFIERS

- Drugs/Alcohol
- Television
- Social Media
- Emotional loops
- Shopping
- Gaming
- Work
- Eating
- Caffeine
- Clutter/Cleaning
- Sex/Relationships
- Multitasking

WHERE ARE YOU NOT SHOWING UP?



Everyday we have to step away from one thing or another and although this is normal are we taking note of the things that cause us to want to step away from what we are doing?

AWARENESS

Noticing where we check out, or where we're not choosing to engage, helps us recover ourselves.



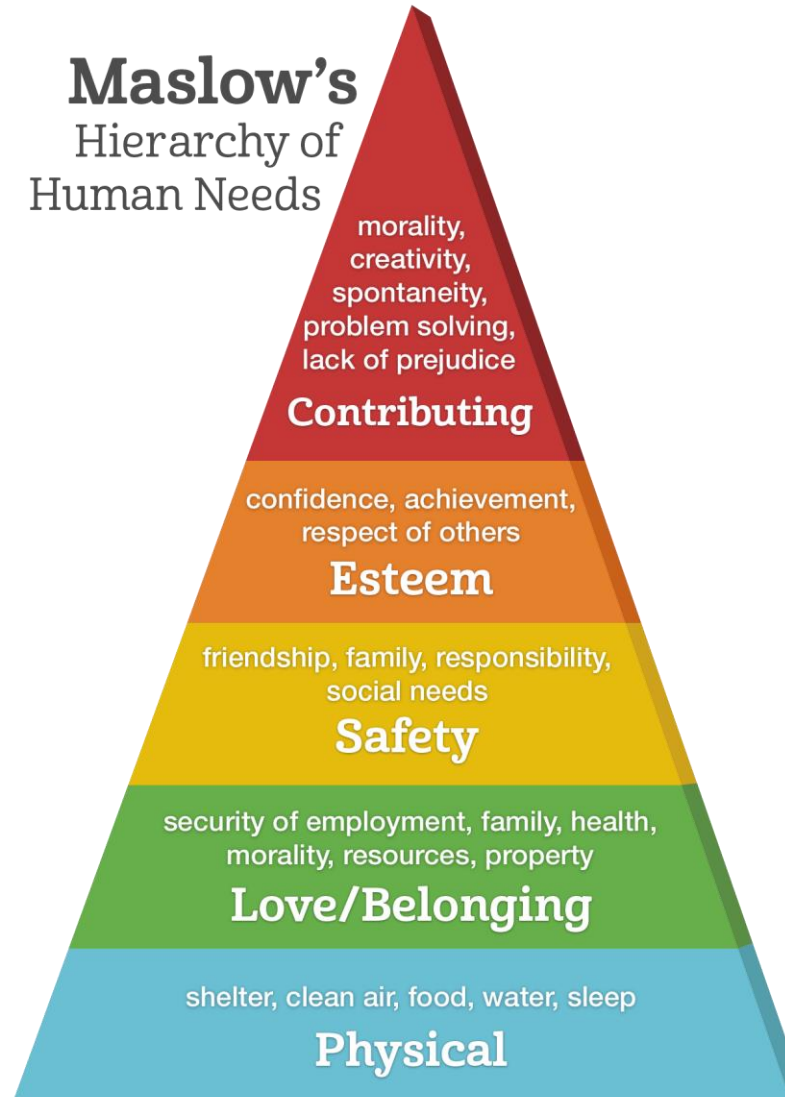
CLOSING THE GAP

There is a gap between how we consciously want to respond to a situation and how our subconscious may coax us into responding. To close that gap we must become aware of how what is happening around us points back to us.

If there is anything in the world we don't like, then there is something within us we don't like.

BASELINE LIVING

In terms of Maslow's Hierarchy of needs, when we become secure with Love/Belonging it can be said we are thinking clearly. Before that we are heavily influenced by external forces.



Learn more at www.bonnieterrylearning.com

BECOMING AWARE OF BEING TRIGGERED

- What are the choices you are making? Not making?
- When do you hide?
- What/Who gets us angry? Why?



THANK YOU

Follow me on Instagram @MartinJon
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emails about how to continue to
Recover Yourself

MartinJon.com