

# The Daily BALM<sup>SM</sup> Curriculum

## **Principle One: The Family Has a Crucial Role to Play in Early Recovery**

- The Family's Role
- The Seven C's
- 5 Tips
- Leverage

## **Principle Two: Change Happens in Stages**

- Six Stages of Change Course
- Enabling vs. Helping
- Motivational Interviewing as a Tool for Families to Employ

## **Principle Three: It is Important to Let Go Without Giving Up or Giving In**

- Breathe Through Each Moment
- Tools to release negative emotions: Let go of outcome and our tight grip
- How to Respond, Not React
- Flooding

## **Principle Four: You Can Be Your Loved One's Best Chance at Recovery**

- Persistence
- The Power of Shifting Your Energy
- Live and Let Live
- Be A Loving Mirror—Relating in a Loving way (lose judgment and anger)

## **Principle Five: Putting Your Focus On Yourself and Off of Your Loved One Will Help You Both**

- Four Aspects of Self Care
- Keep the Focus on Yourself
- Attitude of Gratitude
- Happiness is an inside job

## **Principle Six: Your Primary Task is to Be A Loving Person**

- Being Loving vs. Being Nice
- Personal Responsibility, Dignity and Respect no matter what
- Loving Yourself First

## **Principle Seven: Don't Set a Boundary Unless You Are Determined to Stick To It**

- Healthy and Unhealthy Boundaries
- Overcoming the blocks within you to setting Healthy Boundaries
- Sticking to the Boundaries you set

## **Principle Eight: Getting Support Will Greatly Enhance Your Recovery**

- Family, Friends and Co-workers
- Therapists, Recovery Coaches, and Sponsors
- 12-Step Programs and other Support Networks

## **Principle Nine: You Can Explore and/or Heal Your Relationship with Spirituality**

- Becoming Open to Something Beyond the Ego
- Inner and Outer Pathways
- Exploring the possibilities: Seeing What Feels Right
- Tools to Build the Relationship

## **Principle Ten: You Can Heal Your Relationship with Yourself**

- Taking a Look Within
- The Good, The Bad, and The Ugly
- Making Peace with the Past
- Looking forward to the Future

## **Principle Eleven: You Can Heal Your Relationships with Others**

- Exploring the Healing Power of Forgiveness
- Becoming Open to the Possibilities
- Taking Responsibility for our part in each situation
- Letting go of the Past
- Looking toward the Future

## **Principle Twelve: Be A Loving Mirror is the Journey and the Destination**

- Develop a Calming Practice
- Respond rather than React
- Live Life Authentically
- Be the Peace You Wish To See, A Model of Recovery

