

The Daily BALMSM Curriculum

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

- The Family's Role
- The Seven C's
- 5 Tips For Before, During and After a Loved One's Recovery
- Leverage and How to Use it

Principle Two: Change Happens in Stages

- Six Stages of Change
- New Ways to Effectively Communicate
- 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 (Mindfulness practices)
- Tools to release negative emotions: Let go of outcome and our tight grip
- How to Respond, Not React
- Flooding and How to Avoid It

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

- Persistence
- The Power of Shifting Your Energy
- Enabling vs Helping
- 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

