

**Recognize there is Always Someone Else More in Need than Your Self and
Do Something to Change That**

There is a time during the recovery process when survival seems to be the goal, when loss is overwhelming and long.

This is when breathing and crying can take a strange toll and inward is where my soul is bound.

Tea Time



Tea alone or tea with
someone

Often, I prefer with
others

Tea with lemon or lime
and sugar

I wish I could be sitting
with another

But what happens when
recovery makes you think
to start a new life?

Your job, family and friends seem gone and alone is the new ground work for a fresh start

I arrange flowers to be with, while a kitty sleeps nearby and the phone is a useless reminder

That I am alone with my tea and pecan pie as my life changes and slowly passes by.

Then drifting in with the steam I remember to be grateful
and feel Blessed for there are others worse off than I

So I ponder, what can I do to help others in need
while time seems hauntingly not to fly by.

I had often heard that in order to heal I needed to remember that there is always someone more in need and that I should do something to change that. However, after the “just surviving” mode of recovery and turning inward to heal I came to a place of I will try anything to build a purpose in my life. I couldn’t drive, talk on the phone, or be on the computer for very long. I had tried to find a way to help others through people and resources from my before injury life. However, I couldn’t find an environment I could exist in. It seemed hopeless that I, who couldn’t even take care of myself, would find an avenue to help others. From that experience I learned:

- Sometimes resting, healing and taking care of myself is still the order of business.
- When the time is right, the opportunity will come. I just needed to be patient.
- Self-awareness is necessary as other people saw that I wasn’t ready to do what I thought I could participate in.

And from becoming more self-aware I learned I could share my story so that others would share their story. This provided me with the understanding:

- I am not alone in my experience.
- I have someone to talk with.
- I have the opportunity to teach others how to share their story through art, writing, talking and most importantly listening to other people’s stories.

How did you help other people before you went through the recovery process:

1. _____
2. _____
3. _____

What “causes” or volunteering situations are of interest to you or touch your heart:

1. _____
2. _____
3. _____

Your new journey has provided you the opportunity to recognize there is always someone else more in need than yourself and you can do something to change that. However, patience, self-awareness and taking tiny steps forward may be the lesson that needs to be learned here.

Journal prompt: What is your story of what you have been through that brought you to wanting to reinvent your purpose in life?

Affirmation: I have the desire and ability to rise and lift others in my newly reinvented life.