

Families Anonymous® Educational Session

Topic:

***Creating Personal Balance, and
Achieving Emotional Freedom***

Presenter:

Betty Hill Crowson

- This presentation will start at 1:00 pm ET and will be recorded.
- All participants will be muted upon entry to the session.
- Please make sure that your camera displays only your first name and last initial.
- Participants will have the ability to unmute at the start of the Q & A session; it will not be recorded.
- Questions may also be submitted using the “chat” function.

Disclaimer: In accordance with FA's Tradition Six, this presentation is not intended as an affiliation or endorsement of the presenter's outside enterprise. However, information is provided in accordance with our primary purpose, “to help those concerned with someone who may have a problem of drug abuse or dependence” (Tradition Five).

Creating Personal Balance and Achieving Emotional Freedom

**Presenter: Betty Hill Crowson
TheJoysInTheJourney.com**

June 3, 2023

- Are you constantly running on empty?
- Is it second-nature for you to feel overwhelmed, over-extended, and/or under-appreciated?
- When asked to do something, do you say “yes,” even when you know it will put you over the edge?
- Have you relegated yourself to low man on the totem pole?
- Do you consider it your job to fix or try and make others happy?
- Are your negative thoughts and emotions draining your enthusiasm and energy?

- Do you have a habit of finding fault with yourself?
- Do you often think “something is wrong with this picture” but feel powerless over changing the situation?
- Do you keep telling yourself that this year/summer/holiday will be different, but it never is?
- Have you lost sight of who you really are and what is your ultimate purpose?

Time/Energy Awareness Chart

outgoing energy (-)

incoming energy (+)

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When we are
over-extended,
everything becomes a chore;
even the pleasurable.

- Are there things on this list that really don't need to be done now? Could they possibly be put off for another time, another week, month, or even another year? This is not to be confused with procrastination but refers to becoming "right sized" with your self-expectations.
- Is there anything on this list that somebody else in the family/ office/neighborhood/church could or should be doing? Can you ask them? Is the thought of doing that difficult? Has this been a lifelong issue?
- Do you believe that just because you can do something well, that you're the one who is supposed to do it?
- Do you believe that just because somebody asks you to do something, you need to say yes? Could this be related to ego, people-pleasing, or the need to be in control of things?

- Is part of the reason you don't delegate because you are afraid other people won't do it the "right" way or at the right time? What would be the worst thing that could happen?
- Do you tend to feel anxious if every moment of your life isn't filled with activity? Or do you feel guilty if you're not busy doing something? Do you know where these feelings come from?
- Do you have unrealistic expectations of what you should be able to accomplish in a day? Do you often end up disappointed in yourself when you don't accomplish everything?
- **When was the last time you enjoyed guilt-free downtime?**



Self-care is not about whipping
ourselves into shape.

It involves nurturing ourselves
into well-being.



Nothing distorts
our perception of reality
more than fatigue.



**Move a Muscle,
Change a Thought.**

Self-care always begins with a decision; a decision that we are worth having our own needs taken care of. And even if we don't feel worthy right now, we can still "act as if" by taking some of the following suggestions:

- Come home from work at a reasonable hour.
- Keep the bedroom uncluttered and the bed made.
- Take mini breaks throughout the day.
- Lower unrealistic self-expectations, i.e., let go of perfectionism.



Just do it!

- Get rid of the "should's."
- Make healthy food choices.
- Turn the computer or television off at a reasonable time.
- Read inspirational material.
- Go to bed on time.
- Take good care of teeth, skin, eyes, and hair.
- Get a massage, facial, pedicure, manicure.
- Go to the movies, a ballgame, or other fun events with friends.
- Laugh whenever possible



Just for today,
I will not “should”
all over myself.



The most universal misuse
of our emotional and
mental energies is this:
telling ourselves, in one
way or another, that we're
not good enough.



If we are
struggling to let go,
chances are that we are
holding on instead.

This is what the process of letting go involves:

- Letting go begins with awareness. We can't let go of anything until we absolutely recognize that we need to.
- This awareness often originates out of a sense of intense discomfort or pain.
- There is normally a period of time between our initial awareness and our subsequent ability to take the action necessary to let go.
- Letting go generally involves a final surrender, a last “gasp,” a real decision to open our fists and just release what we tightly clench.
- Letting go requires taking new steps with which we are seldom familiar or comfortable.
- Letting go does not involve a struggle.



We cannot,
under any circumstances,
let go of what
must be healed instead.

- What's really going on here? Am I out of balance today? Am I hungry or over-tired? Have I been pushing the envelope too much in any given area? And please forgive this author for asking, but for women, could hormones be playing a part?
- Could my angry feelings be related in some way to an underlying fear? What might that fear be? Is this something that comes up for me often?
- Do I tend to be overly sensitive or over-reactive as a rule, getting angry quickly and often without just cause? In some ways, do I even look for reasons to get my feelings hurt or to feel angry?

- Was reacting with rage a means of communication that was modeled in my family of origin? Could it be that I have never learned appropriate ways of expressing how I feel, and thus get frustrated?
- Has this anger come to tell me that I have been trying to accept something that is clearly unacceptable? Could it be a symptom that the time has come to take some action that I have been avoiding for whatever reason? What would that action look like? Would I feel less angry if I took the action?



We are not so likely
to feel hurt or resentful
if we take the “to me” off
any sentence that begins with
“Why is he/she doing this?”



Expectations become a problem
when we make
our happiness, well-being,
self-esteem, and serenity
dependent upon their becoming real.



The more we identify
and let go of emotional stress,
the greater our chances
of being led by our dreams
rather than driven by our fears.

"We Don't Know What We Don't Know"
A Woman's Guide through Grief and Loss



By Betty Hill Crowson

The
**BUSY PERSON'S
GUIDE**
To Balance and Boundaries



by
Betty Hill Crowson

Author of *The Joy is in the Journey:
A Woman's Guide through Crisis and Change*

The Joy is in the Journey



A Woman's Guide
Through Crisis and Change

by Betty Hill Crowson

www.Thejoyisinthejourney.com

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Q and A Session

- Thank you for attending!
- Please unmute if you wish to ask a question.
- **How did it go?** Please provide feedback regarding this session. (Survey link provided in chatbox)

<https://www.surveymonkey.com/r/DBKGMXB>

- To support additional sessions, **please consider making a donation** to the FA World Service Office. (Link provided in chatbox)

<https://www.familiesanonymous.org/donate>

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