

WEBVTT

1 "Gissal, Stephanie" (2140279808)

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Hello, and thank you for joining us for Cigna's substance use Disorder awareness series. My name is Stephanie Gissol. I'm along with my co workers Wanda Russell, Jordan Nilson, and Carrie Mac. We appreciate you for joining us today. We are a team of nurses.

2 "Gissal, Stephanie" (2140279808)

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And behavioral clinicians for the substance use disorder team here at Evernard, part of Cigna. Due to the format of this seminar, you will not be able to ask questions during the presentation. You are, however, able to add questions at any time in the Q and A section.

3 "Gissal, Stephanie" (2140279808)

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Found at the lower right side of your screen. We will try to address as many questions as time permits during the last 15 min of our hour together. Please limit your questions to the seminar topic. If you have specific questions regarding substance use disorder treatment or your policy.

4 "Gissal, Stephanie" (2140279808)

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Please contact me or one of my team members. Our contact information can be found on the last slide of the powerpoint. Today's powerpoint will be a part of the presentation where here in Webex excuse me, or you can click.

5 "Gissal, Stephanie" (2140279808)

00:01:13.320 --> 00:01:31.440

The link found in the chat section near the Q and A section as well. Today I have the pleasure of introducing John Brunoff for a webinar on flourishing and recovery. Become an active participant in a life you find meaningful and fulfilling.

6 "Gissal, Stephanie" (2140279808)

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John Bruno is the co founder of the Mindfulness and Recovery Institute. He is an author, educator, counselor, and mindfulness trainer. In addition to successful careers in counseling and education, John is a former Bootis Monk and has over three decades of experience for.

7 "Gissal, Stephanie" (2140279808)

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Working in the field of recovery. John has presented to TED Talk, Google, Facebook, and conferences throughout the United States. Now I

will turn it over to our presenter, John Bruno from Mindfulness in Recovery Institute.

8 "John Bruna" (3035265024)

00:02:09.161 --> 00:02:15.330

Thank you so much Stephanie. It's such a joy to be here and welcome to everyone on the webinar.

9 "John Bruna" (3035265024)

00:02:15.330 --> 00:02:31.140

It's an especial gift for me today as, today just happens to be my, well the anniversary of 40 years of personal recovery, on this day 40 years ago, was the day that I.

10 "John Bruna" (3035265024)

00:02:31.140 --> 00:02:48.000

I entered my recovery process and, been able to have, four decades now, so incredibly grateful to have the life I have today and to be able to share some of the lessons learned with all of you, so thank you all.

11 "John Bruna" (3035265024)

00:02:48.000 --> 00:03:08.000

Our topic today is how can we flourish in our recovery, and this for me is an important question so many people over the years that I've been around struggle with the UPS and downs of life and often will confuse just being sober.

12 "John Bruna" (3035265024)

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With what it is to, to be happy, to be in recovery, to grow, and to live a life that you really feel good about. So we're going to discuss a few things that we might find helpful and maybe some confusions that have led to a few difficulties. And we'll begin with this very 1st question. What is the cause of your happiness or suffering? I think I've, I've never met a human being that didn't want to be happy or didn't want to.

13 "John Bruna" (3035265024)

00:03:40.850 --> 00:04:07.100

Avoid suffering this is kind of a root driving force for all of us. We want to be happy and we want to avoid suffering and the problem is sometimes we don't really understand the the primary cause of happiness and wellbeing. And sometimes we don't understand the causes of our suffering and sometimes our quest for happiness actually become.

14 "John Bruna" (3035265024)

00:04:07.100 --> 00:04:24.420

Becomes the source of our suffery. And so part of my journey in life

has been to look at this question, you know, if I want to be happy, you know, what, what is happiness? That's, so.

15 "John Bruna" (3035265024)

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We may, think about happiness in terms of events that happen to us, you know, might be happy if we win a lottery, might be really terrible to become a parapologic, a lot of suffering with getting divorced or some people might be looking forward to getting divorc.

16 "John Bruna" (3035265024)

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1st. And when we have a miscarriage, a lot of suffering there. Winning a marathon could be a lot of happiness, winning an election, our home destroyed in a tornado, a lot of suffering there, and presented was an award.

17 "John Bruna" (3035265024)

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These are significant events here when we look at them. And one of the things that has been discovered through Harvard Research especially work of Dan Gilbert, looking at happiness.

18 "John Bruna" (3035265024)

00:05:18.269 --> 00:05:35.909

And then, and what's the difference between a long term sense of happiness and well being and what is a sense of real struggle in our life that keeps us unhappy? And so often we look at events in our lives, we look at things like.

19 "John Bruna" (3035265024)

00:05:35.909 --> 00:05:55.909

You know this list here, and we can see that these are gonna have a huge impact on our lives. Makes sense, right? However, when we look at the research, we, we find something just a bit different from the field studies and, the research means.

20 "John Bruna" (3035265024)

00:05:55.909 --> 00:06:26.449

Found that winning or losing election, gaining or losing a romantic partner, getting or not gaining a promotion, passing not passing this college test, and that whole list I just read prior to this slide, actually have far less impact, less intensity, and much less duration than we expect them to have. We really think as humans that if I get this partner, if I get this house, if I get this job, you know, my life, you know, I'm gonna be happy if.

21 "John Bruna" (3035265024)

00:06:26.449 --> 00:06:30.329

I get that right career.

22 "John Bruna" (3035265024)  
00:06:30.329 --> 00:06:50.329

We can also really see that, wow, you know, losing use of my legs or losing that partner or losing that house, you know, the horrific events, there's NO way that I'm gonna be happy again, you know, that, that's gonna be devastating. And so.

23 "John Bruna" (3035265024)  
00:06:50.329 --> 00:06:58.409

The research that that he's found is that as humans we tend to have what's called an impact bias.

24 "John Bruna" (3035265024)  
00:06:58.409 --> 00:07:16.859

Impact bias means that our minds, you know, we're really good at a lot of things. We can figure out a lot of stuff. What we're very, well, our obscurations are what we're not very good at is predicting how much happiness we're suffering.

25 "John Bruna" (3035265024)  
00:07:16.859 --> 00:07:36.179

A future event we'll have on us. We really think that when we get that degree, you know, life's gonna be so much better to get that partner so much better. And, and what we find is we can have the house, the job, the car, the relationship, we can have resources, we can have a great deal of, things going our favor and we can be.

26 "John Bruna" (3035265024)  
00:07:36.179 --> 00:07:56.179

Miserable. Actually, we can be on a beach in Kai and be miserable. I actually just had a friend who was suffering on a beach in Kwai. And what the research is pointing to is, and, and that major life events, these the events that we stress over and worry about, that we.

27 "John Bruna" (3035265024)  
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We, really hope for or really seek to avoid. Well, what they found is that these types of life events, the ones that we've talked about, suggested excluding trauma, ok? Trauma is its own category.

28 "John Bruna" (3035265024)  
00:08:13.529 --> 00:08:30.809

Excluding that, the event itself, if it happened more than three months ago, with very few exceptions, will have very little, if any impact on your level of happiness. So, we can lose that house and three months later.

29 "John Bruna" (3035265024)  
00:08:30.809 --> 00:08:49.649

Our, our degree of happiness, our degree of well being can be pretty equal to what it was prior to that. In other words, yeah, it's devastating in the moments and for a week or for some time and, some struggle takes place, but.

30 "John Bruna" (3035265024)  
00:08:49.649 --> 00:09:09.649

Fundamentally, we all have, a sort of equilibrium of happiness, a baseline of our level of well being, our basic sort of way of being. And, you know, some people we know are kind of perky and some people are pretty pessimistic, it's our our baseline.

31 "John Bruna" (3035265024)  
00:09:09.649 --> 00:09:33.469

That we keep coming back to if something good happens, and then I'm really happy for a little while, and then I come back to my regular way of being something difficult happens, and then I come back to my my baseline. So I think we can all experience this, that we have all had lots of difficult times in our lives, and we've been able to be happy after that.

32 "John Bruna" (3035265024)  
00:09:33.469 --> 00:09:56.369

We've had lots of difficult things in our lives, in the sense that really felt we're not gonna be bounce back. And then somehow we're able to laugh and joke and be ok, you know, maybe even a day or two later. Likewise, we've had wonderful things happen, amazing things happen in our lives. It went just the way we wanted.

33 "John Bruna" (3035265024)  
00:09:56.369 --> 00:10:12.089

And we can still suffer and have anxiety and have fear. So, when we look at this, we, we want to understand there's a big difference between the causes of long term happiness and well being.

34 "John Bruna" (3035265024)  
00:10:12.089 --> 00:10:29.549

And the causes for short term stimulus that provides either a short term happiness or a short term suffering. We get stuck on this, you know, hadonic treadmill. All of this next thing is gonna make me happy, all of this next thing, and then we get that thing.

35 "John Bruna" (3035265024)  
00:10:29.549 --> 00:10:46.619

And then what happens? Well, then it's Tuesday and ok, well, here's this other thing I need to be happy, you know, I really need this to go my way and we keep chasing it. But once we get that thing that we're looking for that's gonna.

36 "John Bruna" (3035265024)

00:10:46.619 --> 00:11:03.329

Make us happy. How long does that happiness last? Does it last 10 min or does it last an hour? Are you happy all day Until we have some stress somewhere or we're looking for something else?

37 "John Bruna" (3035265024)

00:11:03.329 --> 00:11:23.329

There's this wonderful little graph here that I think most of us could relate to. The value of something, you know, before I buy it. Wow, this thing's really important, I want to get it. Just after I bought it, I have it. This is the thing, you know, I'm really, you know, happy. And then a month later.

38 "John Bruna" (3035265024)

00:11:23.329 --> 00:11:43.699

And then a year later, and then if I've lost it, all of a sudden it becomes very important again. And, can we relate to that? We keep thinking that this thing or that event or this person is going to provide me this lasting half.

39 "John Bruna" (3035265024)

00:11:43.699 --> 00:12:03.449

Happiness that I seek. And if we look more deeply, what we're gonna find is that person, that thing, that event, will provide a short term sense of pleasure of well being, maybe even of some joy, but it diminishes and sometimes rather quickly.

40 "John Bruna" (3035265024)

00:12:03.449 --> 00:12:21.749

I like to think of this in terms of we just cleaned out a storage area in our house. And, you know, we have these boxes of things, you know, that's things we treasure that we couldn't live without. And, and, you know, we're going through and we find it, oh, how wonderful, oh, here's a great memory. Oh, it's so wonderful.

41 "John Bruna" (3035265024)

00:12:21.749 --> 00:12:41.749

Can't live without this is important then, you know, I put it back in a box and I shove it in the storage shed and and then, you know, I don't see anything for three years. Is it really that I couldn't live without it or or not? Is it itself the cause of my happiness or is it my relationship too.

42 "John Bruna" (3035265024)

00:12:41.749 --> 00:13:00.239

But more a cause of my happiness. So when you look at a model to understand this, I really like Sonia Luber Mursky's work on happiness. And, and she points out this kind of set point, that equilibrium that we talked about.

43 "John Bruna" (3035265024)  
00:13:00.239 --> 00:13:20.239

That baseline, you know, some people again just kind of generally grumpy or somewhat pessimistic. Some people, you know, more middle of the road and, you know, some people are kind of perky and you almost need a cup of coffee before you talk to them, you know, cause they're just gonna be joyful and happy and, and, and that's, you know, where they are more.

44 "John Bruna" (3035265024)  
00:13:20.239 --> 00:13:44.029

More of the time. It's our baseline, our set point. And that set point of well being, our sort of way of being. That comes from our genetics, it comes from our environment, it comes from how we're raised, whether or not we got hung and loved when we were younger or, you know, difficult situations or some abuse and traumat.

45 "John Bruna" (3035265024)  
00:13:44.029 --> 00:13:51.869

Events, things that have happened, it's shaped us, and that's kind of where our set point is.

46 "John Bruna" (3035265024)  
00:13:51.869 --> 00:14:11.869

So there we are, we have this set point. Well, now we got 50 more percent. What are we doing? Well, most of us as humans focus on our circumstances. We try to get the house, we try to have that vacation, we try to have that relationship, we try to, you know, do those things that are gonna make me happy, the events, the circumstances.

47 "John Bruna" (3035265024)  
00:14:11.869 --> 00:14:31.199

Is get that car or, you know, whatever that thing is for us. And, and what we see here is, yeah, it makes a difference, makes about 10 %. And, and then as we've been discussing circumstances change, you know, that happiness comes and goes.

48 "John Bruna" (3035265024)  
00:14:31.199 --> 00:14:47.969

So here we are with 40 % and this is the key. This is the key to transforming our lives intentional activities, doing things that you feel good about.

49 "John Bruna" (3035265024)  
00:14:47.969 --> 00:15:07.969

Purpose, doing things that are in alignment with your values. In other words, instead of doing things to make me feel good, doing things I feel good about. And here is the key to transform our life in the in the most meaningful and practical ways.

50 "John Bruna" (3035265024)  
00:15:07.969 --> 00:15:26.009

Because the intentional activities will change our set point. Doing things that you feel good about, help you feel good about who you are, and when you feel good about who you are.

51 "John Bruna" (3035265024)  
00:15:26.009 --> 00:15:46.009

Then you have greater resiliency, a higher degree of well being, and that set point changes. So for me, I used to be a very pessimistic person especially yeah, you know, 40 years ago from, 35 years ago even in my early recovery, you know, some like somebody who.

52 "John Bruna" (3035265024)  
00:15:46.009 --> 00:16:06.009

Say let's go to the beach and I think why would you go to the beach? It's sandy it's hard am I get a sunburn. You're not gonna get parking. You know, it sounds miserable, you know, like that would be my go to like in a minute. And you know, I was not, I was not full of hope and joy. I was full of survival, and that was my set point. It's pretty much.

53 "John Bruna" (3035265024)  
00:16:06.009 --> 00:16:25.229

You know, my common way of being, but in recovery by engaging in activities that are being of service that are purposeful, that have value, you know, becoming a father and, and raising my daughter and doing things that are meaningful. Well, my set point has.

54 "John Bruna" (3035265024)  
00:16:25.229 --> 00:16:45.229

Shifted dramatically in these 40 years. I'm one of those kind of perky people you have to have a cup of coffee before you talk to. These days. As a matter of fact, my wife in the morning, you know, I usually get up at four actually I meditate and I do my practices and by the time she gets up, you know, I'm like, Hey, how are you doing?

55 "John Bruna" (3035265024)  
00:16:45.229 --> 00:17:02.789

And she's like, you know, calm down, you know, get my tea, you know, we'll talk later. And, and so that set point, you know, my resiliency, my way of being in the world, the opportunities I see in each day has shifted.

56 "John Bruna" (3035265024)  
00:17:02.789 --> 00:17:19.289

Because I focused on the intentional activities instead of chasing that hadonic treadmill of confusing short term pleasure with long term happiness. And when we think about.



57 "John Bruna" (3035265024)  
00:17:19.289 --> 00:17:39.289

What is genuine happiness versus short term stimulus driven pleasure? Here's a couple descriptors. Genuine happiness, this deep sense of well being serenity and fulfillment, a state that actually pervades and underlies all emotional states and.

58 "John Bruna" (3035265024)  
00:17:39.289 --> 00:17:56.699

All the joys and sorrows that can come one's way, and that means that I can have sorrow, but know that I'm ok and that my life's meaningful. I can feel sad and know that's part of my human experience. It will come, it will go, I.

59 "John Bruna" (3035265024)  
00:17:56.699 --> 00:18:16.699

Am a worthwhile person and my life is meaningful. This genuine happiness has to do with self worth, with value as a human being. It has to do with the sense that, you have purpose and meaning resiliency is there, so we can have.

60 "John Bruna" (3035265024)  
00:18:16.699 --> 00:18:36.299

The feelings of sadness, the feelings of joy, all of which are very temporary. Feelings don't last. Your sense of self worth is much more pervasive. So that's what we're talking about is raising that level of, of value and worthiness that we have.

61 "John Bruna" (3035265024)  
00:18:36.299 --> 00:18:56.299

Another descriptor here by Sonia Lubert Mursky, the experience of joy contentment or positive well being combined with a sense that one's life is good, meaningful and worthwhile. Again, our genuine happiness doesn't come from doing things sim.

62 "John Bruna" (3035265024)  
00:18:56.299 --> 00:19:03.089

Make me feel good. It comes from doing things I feel good about.

63 "John Bruna" (3035265024)  
00:19:03.089 --> 00:19:23.089

Now you can do a lot of things that feel good that you feel good about. As I mentioned I just had a friend who was in Hawaii. And, he has a new job, so he's going on vacation with his family to Hawaii, beautiful environment, and, and his mind was stro.

64 "John Bruna" (3035265024)  
00:19:23.089 --> 00:19:53.489

Tested over work, you know, and things not going his way at work. So in his mind, he's stressing. His environment is what his family in

Kwaya going on vacation. I talked to him when he was in quiet. And in kway, he started to realize that the prices were more than they had budgeted for. So now he was stressing over the budget and then shocking. His wife had some other priorities about what to do rather than what he thought they should do.

65 "John Bruna" (3035265024)

00:19:53.489 --> 00:20:13.139

And so here we are in a place like why, beautiful vacation, family vacation, and, and the mind is suffering, right? Now he is over 30 years in recovery, he's got tools and skills and he caught himself and realized.

66 "John Bruna" (3035265024)

00:20:13.139 --> 00:20:33.139

You know what? This is about what I'm doing with my family, and I want them to be happy, and that's his values. Let's do some of the things his wife says, some of the things his kid does. He realizes we can spend a little more. It's not gonna hurt the budget. We're here now, let's let's parti.

67 "John Bruna" (3035265024)

00:20:33.139 --> 00:20:55.289

Participate in this vacation. And that's the difference. It's not what you're doing, it's why you're doing it. It's attending to what you're doing in alignment with your values and it's meaningful. It could be on his front porch, at home and be happy and content. Don't need to go to hawaii. It can go to Hawaii and be stressed.

68 "John Bruna" (3035265024)

00:20:55.289 --> 00:21:12.509

And so understanding this is going to be key to unlocking the door, to engaging in activities that will actually support the person you want to be in the life that you find meaningful. And here's the foundation.

69 "John Bruna" (3035265024)

00:21:12.509 --> 00:21:28.259

The more one lives in alignment with their deepest values, the greater the degree of well being self worth and genuine happiness. The next slide, I'll point this out. Most of us as humans.

70 "John Bruna" (3035265024)

00:21:28.259 --> 00:21:48.259

Have a degree of cognitive dissonance. The discomfort we have, the stress we have over our behavior that doesn't align with our values and beliefs. And when we don't live up to our own values, when we don't live up to what we think.

71 "John Bruna" (3035265024)

00:21:48.259 --> 00:22:05.339

Like we should be. When we do things that go against our values, we experience shame, low self-esteem, stress, lack of purpose, genuine, just a insecurity about who we are, and think about this in your own life.

72 "John Bruna" (3035265024)

00:22:05.339 --> 00:22:25.339

How much struggle, how much drama, how much turmoil have we had in our life that when we really trace it down, it came down to a sense of insecurity about ourselves. We are insecure, that's why I reacted. I was insecure, that's why I need to puff myself up. I was insecure. That's why I didn't want to do this other thing.

73 "John Bruna" (3035265024)

00:22:25.339 --> 00:22:31.529

I didn't know how to be there for someone or whatever that is.

74 "John Bruna" (3035265024)

00:22:31.529 --> 00:22:51.529

Cognitive distance is, you know, we have these personal values and beliefs, but our behaviors often don't align with them because we're trying to seek happiness. We may not tell the truth because we're worried about what someone will think. My value is truth.

75 "John Bruna" (3035265024)

00:22:51.529 --> 00:23:11.629

My action is telling people what they want to hear. So now I'm hiding something about myself. We do things to get what we want. We do things to have pleasure. We do things to avoid suffering, we do things to have.

76 "John Bruna" (3035265024)

00:23:11.629 --> 00:23:24.509

A good reputation, so we hide a lot of things at the expense of our own values and our own authenticity and who we are, thinking that maybe who we are is not enough.

77 "John Bruna" (3035265024)

00:23:24.509 --> 00:23:44.509

But if we really align with our values around honesty, authenticity, we'll just share that, yeah, I, I'm insecure right now or I'm feeling insecure. And then, it doesn't have that power over us, I can be honest, I can be authentic, I can share that I forgot our appointment.

78 "John Bruna" (3035265024)

00:23:44.509 --> 00:24:03.029

Instead of make up an excuse. So much of our lives can be lived in cognitive dissonance and, and, and yet, our real genuine happiness and wellbeing is gonna come from reducing that cognitive dissonance, living in alignment with our values. And so.

79 "John Bruna" (3035265024)  
00:24:03.029 --> 00:24:19.889

Why is it that we can all know the qualities of the person we want to be and then have our actions not aligned with that. I mean, I think I've never met a human being that can't make a list of values or a list of five things to do to improve your life and then.

80 "John Bruna" (3035265024)  
00:24:19.889 --> 00:24:35.189

And we don't do them. Well, there's some some main reasons and mindlessness is probably the biggest one. In other words, when's the last time?

81 "John Bruna" (3035265024)  
00:24:35.189 --> 00:24:52.889

You were aware of a conscious choice that you're making even before you speak or before you do something, when's the last time you checked and asked, is that in alignment with my values? When's the last time you're aware of why you were doing what you're doing?

82 "John Bruna" (3035265024)  
00:24:52.889 --> 00:25:12.179

Does this sentence sound familiar? Have you seen my car keys? Or how about this one? What were we talking about? Have you ever entered a room?

83 "John Bruna" (3035265024)  
00:25:12.179 --> 00:25:28.829

And then forgot why you entered that room. What was I there to get? How much of our lives are you actually aware of what you're doing? Let alone why you're doing it. How much of your life is on autopilot?

84 "John Bruna" (3035265024)  
00:25:28.829 --> 00:25:48.829

We feel like we forgot where we put the car keys, but more than likely when you put down the car keys, your mind was somewhere else. We forget why we walked into that room cause our mind went, just walking down the hall, my mind went other places.

85 "John Bruna" (3035265024)  
00:25:48.829 --> 00:25:51.959  
This.

86 "John Bruna" (3035265024)  
00:25:51.959 --> 00:26:11.959

I wasn't even able to listen to you, that's why I can't remember what we were talking about. So if we're going to have choice in our life and be able to make decisions and engage in activities that are in line with our values that will feel good about, 1st and foremost, we actually need to be present to make that choice.

87 "John Bruna" (3035265024)  
00:26:11.959 --> 00:26:29.459

If I'm not present, I'm not even consciously making choices. I'm on autopilot and I'm engaging in breakfast and activities and doing things without any conscious decision making process. And it's so easy to do.

88 "John Bruna" (3035265024)  
00:26:29.459 --> 00:26:49.459

And then we confuse temporary stimulus driven pleasure with genuine happiness. And so that's something we've already covered in great detail. I'm seeking to do things to make me feel good, thinking I'll be happy if I get this and don't I'll be miserable for.

89 "John Bruna" (3035265024)  
00:26:49.459 --> 00:27:07.769

Don't get that. Instead of recognizing, it's not whether I get that house or have that house, it's what do I do in that house? What's the life that we live in that house? It's not the job.

90 "John Bruna" (3035265024)  
00:27:07.769 --> 00:27:27.569

And how much money I make. It's, do I, how do I engage in that work? What do I do with that money? What's meaningful? No, it's not the nice car that we get. That, that doesn't last long. What lasts is, where do we go in that car? Who do we?

91 "John Bruna" (3035265024)  
00:27:27.569 --> 00:27:46.799

Invite into our car. What's the journey we get to go on? That's where our happiness comes from. And it's easy to confuse. You know, we can be sitting here with credentials and awards and a nice car or whatever house we can be miserable.

92 "John Bruna" (3035265024)  
00:27:46.799 --> 00:28:04.229

Or we can really recognize the hard work we did to achieve those things and have done them because they're meaningful. And then number three is we rarely include our values in our decision making process.

93 "John Bruna" (3035265024)  
00:28:04.229 --> 00:28:21.089

Generally, our decision making process very unconscious and often are based on what we call, you know, these sort of eight worldly concerns. Gain and loss, right? We want to get what we want, to gain what we want. We don't want to lose the things that we treasure.

94 "John Bruna" (3035265024)  
00:28:21.089 --> 00:28:38.759

We want pleasure and we want to avoid pain, pretty normal. We prefer praise to criticism and we want a good reputation, we want to avoid a bad one. Wow!

95 "John Bruna" (3035265024)  
00:28:38.759 --> 00:29:00.049

That's all seemingly pretty normal. And think about it from the moment you wake up, aren't you motivated by these things? Even getting dressed, what should I wear? What will I look like? What will people think? You know, I want to feel good. Is it cold outside? What's warm? What's for breakfast? You know, something that will bring me pleasure.

96 "John Bruna" (3035265024)  
00:29:00.049 --> 00:29:18.449

Well, these are operating all the time, getting what I want, now wanting to lose it, raise or criticism, pleasure over pain, good reputation over bad reputation. Well, what if we actually made our decisions based on our values 1st?

97 "John Bruna" (3035265024)  
00:29:18.449 --> 00:29:39.859

And then, instead of, having a temporary pleasure or a temporary gain or whatever, be that driving force, if I'm in line with my values, I'm gonna do the next meaningful, healthy thing whether I get what I want or I don't. I'm gonna do the next healthy right thing.

98 "John Bruna" (3035265024)  
00:29:39.859 --> 00:30:02.239

That I'll feel good about tomorrow, whether it brings some pain or some pleasure. I'm gonna do that next meaningful thing, something that I'll feel good about tomorrow, whether someone thinks I'm gonna have an idiot or that they praise me, doesn't matter. Those become secondary. They're still important.

99 "John Bruna" (3035265024)  
00:30:02.239 --> 00:30:22.999

Important choosing pain over pleasure. Example, even with pain, getting a rook can now. It's painful, but it's a healthy thing to do, will reduce a long term pain. Pleasurable, watching my, in my case granddaughter, play soccer, joyful, meaningful, and a.

100 "John Bruna" (3035265024)  
00:30:22.999 --> 00:30:31.319

As she gets to know her grandfathers there supporting her. Fun, pleasurable, and meaningful.

101 "John Bruna" (3035265024)  
00:30:31.319 --> 00:30:47.039

So learning to have our values be a part of that decision making process, making it primary and the other secondary rather than having

those eight worldly motivators be on autopilot, you know.

102 "John Bruna" (3035265024)

00:30:47.039 --> 00:31:07.039

Values don't even come into the picture. If we want to reduce that cognitive distance, feel good about who we are, have the resiliency and the life that we wanna live and change that set point. Values are gonna be key, and so we need to know what they are, and we need to bring them to mind con.

103 "John Bruna" (3035265024)

00:31:07.039 --> 00:31:28.339

Consciously and and develop that habit. So mindfulness is gonna be key here, others have been a mindfulness recovery institute. And this has transformed my life, and a lot of people think of mindfulness in a very simple way of just learning to be present in a moment. But actually.

104 "John Bruna" (3035265024)

00:31:28.339 --> 00:31:47.909

Actually mindfulness is much more than present moment awareness. It includes and facilitates the cultivation of attention so I can know what I'm attending to wisdom, so I can accurately be in the, the moment that I'm in and the ability.

105 "John Bruna" (3035265024)

00:31:47.909 --> 00:32:03.569

To make healthy choices that foster genuine happiness and meaningful life, to live mindfully is having the capacity to make a healthy choice even when my mind and body is not interested.

106 "John Bruna" (3035265024)

00:32:03.569 --> 00:32:19.559

That I have the capacity to do something that I'll feel good about tomorrow when even my mind and body is seeking a short term stimulus driven impulse. That may undermine the very happiness I seek.

107 "John Bruna" (3035265024)

00:32:19.559 --> 00:32:39.119

And that is a skill that takes a long time to develop, but can be done by developing a very simple and yet transformative set of habits. And those habits are going to allow us to develop.

108 "John Bruna" (3035265024)

00:32:39.119 --> 00:32:57.209

Degrees of mindfulness and and we start with just being aware of what we're doing, right? If I know what I'm doing, I'm gonna have an opportunity to have a choice. The biggest obstacle to having a choice, as I mentioned earlier, is I'm not even present to make the choice.

109 "John Bruna" (3035265024)

00:32:57.209 --> 00:33:17.209

How often do we react rather than respond? How much do I get triggered by an event or say something I regret? Most of what we're doing, you know, like the car keys and even when we drive to work, we're not present for that drive for work. Often we're not even aware of the the meal that we're having four bytes into that.

110 "John Bruna" (3035265024)

00:33:17.209 --> 00:33:35.399

That meal as we're talking. If I want choice in my life, I need to be there to make the choice. So 1st degree is becoming aware. 2nd, how about can I be aware of why I am doing this? What's my motivation? Now.

111 "John Bruna" (3035265024)

00:33:35.399 --> 00:33:50.909

I'm gonna be able to make a choice. The 3rd one is, is what I'm doing supporting the life I want to live is in line with my values or not? And then the highest degree red or whatever I'm doing while I'm doing it, whether or not it's healthy.

112 "John Bruna" (3035265024)

00:33:50.909 --> 00:34:07.979

In alignment with my values, is it based in reality? So cognitive distortions. Wow. You know, we can project, we can So if we look at our suffering as my friend was going to Kawaii, where was his suffering? Was it.

113 "John Bruna" (3035265024)

00:34:07.979 --> 00:34:25.049

In Hawaii with his family or was it in his mind, projecting a lot of fear worrying stress? So here we need to come back to reality. He was in Hawaii with his family, he had enough money. He has a job.

114 "John Bruna" (3035265024)

00:34:25.049 --> 00:34:42.929

All that worry was in his mind, not in what was happening. And he got there. So, four pillars of mental health. I want to bring this to so much of our lives talk about what we need to fix.

115 "John Bruna" (3035265024)

00:34:42.929 --> 00:35:02.929

Stress worrying fear. What would it be like to be mentally healthy, to have that high degree of well being, to have that resilience? Well, these four pillars coming from Richard Davidson University of Wisconsin, mass amounts of.

116 "John Bruna" (3035265024)

00:35:02.929 --> 00:35:21.509



Study here puts together these four pillars. The more that we increase our awareness, the attention, well, ok, we'll have problem solving, we'll have choice about what we attend to. Connection. Many of you have heard connection is often sided.

117 "John Bruna" (3035265024)

00:35:21.509 --> 00:35:39.359

As the antidote to us our addictions, our substance use disorders or insecurities, right? Connection, insight, self awareness, understanding improving the relationship, our own personal narrative.

118 "John Bruna" (3035265024)

00:35:39.359 --> 00:35:59.359

It's so easy to have critical thoughts about ourselves and thinking we're not good enough and having security. Instead of an awareness of, we have overcome every issue we've ever had in our life. We have survived every problem, our actual batting average for life and survival and well being to be here in this moment.

119 "John Bruna" (3035265024)

00:35:59.359 --> 00:36:16.169

Is a hundred percent. That's usually not the narrative we have. And purpose, engaged in activities that are meaningful and purposeful to you in alignment with your values. So in mindfulness of recovery programs.

120 "John Bruna" (3035265024)

00:36:16.169 --> 00:36:32.729

We have seven skills and all those seven skills are skills to achieve a greater degree of awareness connection inside and purpose. This becomes a sense of well being, worthiness, value.

121 "John Bruna" (3035265024)

00:36:32.729 --> 00:36:52.729

Balance, you know, everybody's talking about the balance we miss. Well, here's what we're talking about with balance, and we can develop these skills and increase our mental health. And when we have that, we're not engaged in unhealthy behaviors that undermine the happiness we seek.

122 "John Bruna" (3035265024)

00:36:52.729 --> 00:37:13.199

There's a few minutes here, I'm gonna give you an action plan. These will be, three pillars of practice that have you actively become a participant in who you become. So many people don't realize that who we are today.

123 "John Bruna" (3035265024)

00:37:13.199 --> 00:37:33.199

Is the result of just habit, activity environment or genetics? Well,

we're not stuck, we're changing moment to moment. You're not the person today that you were a year ago. Next year, you're gonna be a different person. And very few people realize that you get to be an active participant in.

124 "John Bruna" (3035265024)

00:37:33.199 --> 00:37:57.569

Who you become. You can actually water nurture, and grow this thoughts and attitudes you like to have. You can consciously be a participant in creating new neuro pathways in your brain. You can water nurture habits and they can become stronger. And the old habits can become weaker. We can restructure ourselves.

125 "John Bruna" (3035265024)

00:37:57.569 --> 00:38:13.260

Mentally emotionally, and physically, consciously, but we need to be there to make those choices. And so in order to do that, developed, and we call it the three pillars of practice.

126 "John Bruna" (3035265024)

00:38:13.260 --> 00:38:32.910

And, it begins with how we start our day. How are s, how do we start our day? How often do we wake up? Maybe there's some coffee on, how quickly do we get on the phone, the text messages, things that we have to do.

127 "John Bruna" (3035265024)

00:38:32.910 --> 00:38:50.310

How much is our mind already on the to do list? When did we maybe begin our day with some quiet time and some reflections that bring us back to the opportunity of this day that awaits us?

128 "John Bruna" (3035265024)

00:38:50.310 --> 00:39:12.740

So, 1st and foremost, I think if we want to have the capacity to be a participant in who we become, is we need to be there to make that choice, and in order to do that, a meditation practice is the antidote to an obsessive compulsive busy mind.

129 "John Bruna" (3035265024)

00:39:12.740 --> 00:39:31.320

Many of you may have tried meditation, may have some of you may have a great practice. Most humans, they sit down to meditate and they'll notice their mind is off to the races after three breaths. And they think wow, I can't meditate, have a busy mind.

130 "John Bruna" (3035265024)

00:39:31.320 --> 00:39:51.320

That's kind of like saying I have cancer so I can't take the treatment. Meditation is the antidote to that obsessive busy mind. It

is the treatment. And so the reason I have this busy crazy mind is because I haven't established a meditation practice we can all.

131 "John Bruna" (3035265024)

00:39:51.320 --> 00:40:11.320

I'll do that and in the essence of just saving some time, you can go to our mindful recovery.com page. There's some meditations, they're free, you can learn to, to engage in those in just a short practice even 10 min a day. That's what I started with in 1999, started to give me the ability to.

132 "John Bruna" (3035265024)

00:40:11.320 --> 00:40:29.100

Have a choice to be mindful. And then take some time before you begin your day to reflect on the life that you have in recovery. This is a new opportunity. What is the gift of recovery versus the prison of addiction?

133 "John Bruna" (3035265024)

00:40:29.100 --> 00:40:44.250

What do we get to do in this, this gift of a life that we have today where people actually want us in their life? Cultivating a sense of gratitude for the things that are available to us now.

134 "John Bruna" (3035265024)

00:40:44.250 --> 00:41:02.220

When we have gratitude, what we don't have is anger resentment frustration, insecurity. When we have gratitude, those other mental states do not arise. So gratitude is really watering and nurturing the thoughts that you'd like to.

135 "John Bruna" (3035265024)

00:41:02.220 --> 00:41:17.340

To grow in your life, I take some time and think about the good qualities of my wife and, and what I admire about her and then when I see her, those are the thoughts that, that pop up in my mind. We get to plant those seeds.

136 "John Bruna" (3035265024)

00:41:17.340 --> 00:41:34.410

If we do it daily, and then values. Be very clear about your values. We provide people with, you know, list of of common values and we invite people, be real clear about three or four of them, we have them pick six as primary values. Bring those values to mind.

137 "John Bruna" (3035265024)

00:41:34.410 --> 00:41:51.990

Every day, what's your most important value? What are you working on the most? Bring it to mind and set your intention to bear a couple of these values in mind today, let them be a part of your decision making

process.

138 "John Bruna" (3035265024)

00:41:51.990 --> 00:42:11.940

How would your life be different if you realized that this day's never coming again? It only comes once you're in limited supply and you have the capacity to participate in the single most determinate factor of your happiness and that is making choices in alignment with your values.

139 "John Bruna" (3035265024)

00:42:11.940 --> 00:42:28.980

And then, check in at least three times during the day. In the morning we can have the best of intentions be clear and in the afternoons, Totally forget what those values are. They're not even in mind and I'm stressed stuck in traffic.

140 "John Bruna" (3035265024)

00:42:28.980 --> 00:42:48.360

Instead of realizing I'm not stuck in traffic, I am traffic and we're all trying to get somewhere. We can easily lose track during the day so the check ins are really key. Set some appointments with yourself, it only takes 2 min to check in. Remember what your values are. Remember what your intention is.

141 "John Bruna" (3035265024)

00:42:48.360 --> 00:43:08.360

See how you're doing. Remind yourself and start again. And then all the all important review in the evening. Review your day. So these check ins helpful if you write them down. We have little journals that people use. You can have little pocket books, some people keep notes on their phone, but.

142 "John Bruna" (3035265024)

00:43:08.360 --> 00:43:28.620

With the day this is the key. What did you do that you felt good about? What was in alignment with your values? What do you need to improve? And now if you do this every day, guess what you become an active participant in the life you're living and consciously capable.

143 "John Bruna" (3035265024)

00:43:28.620 --> 00:43:48.620

Of making more and more choices that you'll feel good about, more often. And then we start a new the next day. If you'd like to learn any more about, you know, these skills you can, [explore@mindfulcererecovery.com](mailto:explore@mindfulcererecovery.com), you can email me directly. Then I think that brings us right up to.

144 "John Bruna" (3035265024)

00:43:48.620 --> 00:44:04.594

To our question and answer period. I really want to thank all of you for the opportunity to share a little bit of these lessons that have helped me transform my life and be a parent and grandparent today.

145 "Russell, Wanda" (4037348608)

00:44:04.594 --> 00:44:42.072

Well, thank you so much. John, this is, this was so informative for us. We have some questions and we're, you can continue to submit the questions while we are going over what we already have with our speaker. We will answer as many as time permits. So the 1st question, with 40 years of sobriety under your belt, what would your top three pieces of advice be to others in recovery?

146 "John Bruna" (3035265024)

00:44:42.072 --> 00:45:07.260

Top three, I think number one has got to be to put yourself in healthy, supportive environments. Okay, so I happen to be a twelve step person, that's my journey, and, for me to put myself in those types of environments where people can.

147 "John Bruna" (3035265024)

00:45:07.260 --> 00:45:24.090

Let me know that I'm ok. That can be there for me, that are talking about ways to improve their life. So the healthy environment's gonna be number one. Now it doesn't have to be twelve steps, there's many pathways to recovery. That one worked for me.

148 "John Bruna" (3035265024)

00:45:24.090 --> 00:45:43.290

Number two, as I pointed out here, I've given some tips, is if you really want to thrive and recovery, your values are gonna be key. And so, knowing what those values are, bringing them to mind daily is gonna be.

149 "John Bruna" (3035265024)

00:45:43.290 --> 00:46:13.761

Incredibly important and then the 3rd one I've touched on here is meditation. I had 15 years in recovery before I actually learned how to formally meditate, and while I felt like I had good recovery, the meditation gave me now a choice that I never knew I had before about how to work with my emotions, my feelings, and to be a better human being and have more resiliency.

150 "Russell, Wanda" (4037348608)

00:46:13.761 --> 00:46:26.852

Well, now that you know that, how would you encourage someone to work on a mindfulness, a meditation practice earlier in their recovery.

151 "John Bruna" (3035265024)

00:46:26.852 --> 00:46:39.000

Yeah. Yeah, I don't want people to wait 15 years. I actually, I get to work with treatment centers around the world, we have people meditating day one and, and so.

152 "John Bruna" (3035265024)

00:46:39.000 --> 00:46:59.000

The thing about meditation is there's lots of types of meditation and they do different things. So having some good guidance is helpful. Like I said, we have some on our website and I actually have a 28 day meditation training if you're interested. And it's by donation. We don't even charge for it. People.

153 "John Bruna" (3035265024)

00:46:59.000 --> 00:47:37.737

Who can donate a dollar and they'll get 28 days of guided meditation with my perky little self every day. And so getting with, someone that can teach who's qualified and, and give some clear directions and there's NO need to wait. A lot of people believe that, like I said, I have a busy mind, I can't meditate when in actually, if I learn to meditate, I won't have a busy mind. And, so there's some, some good strategies for that and can start with just a few minutes a day and, and, and actually like I said, we have some free ones right on our website.

154 "Russell, Wanda" (4037348608)

00:47:37.737 --> 00:47:59.436

So we have two questions that surround what you just talked about, and it has to do with internal chatter while trying to meditate and suggestions or resources for difficulty shutting off those racing thoughts. So meditation seems to be what you are pointing.

155 "John Bruna" (3035265024)

00:47:59.436 --> 00:48:20.150

Yeah, and let me be clear about that. Here's where most people get confused, you know, so let's take a very fundamental meditation. Here's the meditation that will be the antidote to an obsessive compulsive busy mind. Most of you have heard it, experienced it tried it, and this sort of just being aware of the.

156 "John Bruna" (3035265024)

00:48:20.150 --> 00:48:41.480

Breath, right? So let's say I'm becoming aware of the breath for seven breaths. I'm gonna count seven breaths, ok? Breathe in, breathe out, one breathe in, breathe out two. Breathe in, breathe out three, I'm thinking about cherry pie that might be an option to know that it's my celebration today. And, you know, so I catch my mind wandering, right?

157 "John Bruna" (3035265024)

00:48:41.480 --> 00:49:03.150

That have a busy mind. And as soon as you notice your mind has

wandered, you just became mindful. That is a success. As soon as you know where your mind is, you became mindful, you now have a choice. And so now my choice would be I'm gonna let go of the cherry pie and I'm gonna come back to the breath.

158 "John Bruna" (3035265024)

00:49:03.150 --> 00:49:23.150

One breath, two breath, and now I've got a whole new business plan I'm working on, right? And the moment you notice your mind is wandered, you just became mindful. You know where your mind is. Now you have a choice. And so actually the process of focusing on the breath isn't that you're focused on the.

159 "John Bruna" (3035265024)

00:49:23.150 --> 00:49:43.320

Breath the whole time is that you notice when you're not. When you notice that you're not, you're becoming mindful and you're developing choice. So if you have a hundred times that you caught yourself in a 10 min session, you just had a hundred mindful moments you are making progress.

160 "John Bruna" (3035265024)

00:49:43.320 --> 00:50:01.800

The people think that you need to empty your mind or calm your mind. And actually you need to stop paying attention to the mind. Focusing on the breath allows you to attend to it, don't worry about the mind. And then catch yourself and become mindful.

161 "John Bruna" (3035265024)

00:50:01.800 --> 00:50:21.600

And the idea is to reduce the time of unawareness. You'll never remember leaving the breath. You'll only find yourself thinking about the business plan. So what that means is from the time of the breath to becoming mindful, that whole time's unawareness.

162 "John Bruna" (3035265024)

00:50:21.600 --> 00:50:41.600

So when you're meditating what you're doing is reducing unawareness time, you're catching your mind more often, you're giving yourself more choice. And so this simple practice of 10 min a day will help you become more mindful, have more choice, and over time you'll be able to become more attentive to the.

163 "John Bruna" (3035265024)

00:50:41.600 --> 00:50:44.444

The breath as well.

164 "Russell, Wanda" (4037348608)

00:50:44.444 --> 00:51:03.060

So I'm curious with what you just shared with us, that's wonderful to

think about it and you're right, that it's a success that you notice that your mind is thinking of something else, so then I do have a decision. Any suggestions to help.

165 "Russell, Wanda" (4037348608)

00:51:03.060 --> 00:51:07.734

Besides going back, how do we get to that choice to go back?

166 "John Bruna" (3035265024)

00:51:07.734 --> 00:51:24.260

To the breath. Yeah, so when I teach meditation, number one, I teach why do you meditate? Okay, so if I don't know why I meditate, if I have some illusion that I'm gonna be some cool person sitting on a beach with my legs crossed and all paradise.

167 "John Bruna" (3035265024)

00:51:24.260 --> 00:51:44.870

But if I know, this is the antidote to my obsessive compulsive mind, if I know, before going in, if I'm more present, how will this help me be a participant in my life? Then before I even start to meditate, I'd take a moment to recognize why I'm doing.

168 "John Bruna" (3035265024)

00:51:44.870 --> 00:52:10.280

Doing this, how it's gonna impact my life, like exercise, right? If I do these certain exercises, I will get stronger if I start running around the block eventually I can run a mile. So we have to be real clear that if I do this every day, it's not that each day I'm gonna get so much better, it's that each day I'm giving myself a chance to be the person I want to be and how's that helpful?

169 "John Bruna" (3035265024)

00:52:10.280 --> 00:52:31.560

So if I know that going in, then when I have the choice I can choose that I deserve to have more choice in my life, and I deserve this exercise. And then the most important piece here is when you finish your meditation, you ask yourself, do I feel like I did something healthy for myself today?

170 "John Bruna" (3035265024)

00:52:31.560 --> 00:52:51.560

Was this positive? My mind could have been all over the place, but I, it's like an exercise, do I feel good? And the other key is we do not judge our meditation by how focused we are. That's how you ruin a meditation practice. The way you evaluate your medic.

171 "John Bruna" (3035265024)

00:52:51.560 --> 00:53:09.780

Practice is, did you follow the directions? Did I sit properly? When I noticed my mind wander? Did I come back to the breath? Did I sit for



the time I thought I would sit for 10 min or whatever it is? If you did those things, you nailed it. You are.

172 "John Bruna" (3035265024)

00:53:09.780 --> 00:53:29.780

Nailing the meditation. If you evaluate your meditation by following your directions, you do it every day, then how do you evaluate your practice? Well, three months later doing this every day, do I find that I'm less reactive? Do I find I have more choice? Do I find that I am more pre.

173 "John Bruna" (3035265024)

00:53:29.780 --> 00:53:36.526

Present? That's how you'll evaluate the practice, not by how focused you are on the breath.

174 "Russell, Wanda" (4037348608)

00:53:36.526 --> 00:53:52.248

So remember the why, and that'll help you to go back to the breath, and then take time to whenever you finish up, appreciate your efforts.

175 "John Bruna" (3035265024)

00:53:52.248 --> 00:54:18.917

And what you've accomplished. Yeah, I reward yourself pat on the back. And, and then note over time, how does this impact your choices in the day? That's where it pays off. It's not that I'm sitting down and I'm all peaceful. What I'll notice is in the day I'm I notice my mind more and I'm more able to make healthy choices during the day. Link those two.

176 "Russell, Wanda" (4037348608)

00:54:18.917 --> 00:54:26.795

We're looking for the way that our mindful practice influences are aligning with.

177 "John Bruna" (3035265024)

00:54:26.795 --> 00:54:30.230

Our values in our life. All right? Yeah. Choices we're able to make.

178 "Russell, Wanda" (4037348608)

00:54:30.230 --> 00:54:49.374

Yeah. We have a great question in the chat in talking about or bringing up the mindfulness in recovery, the course that and other resources that you have on your site, are these for those in recovery only or can anyone wanting to live a more focused life?

179 "John Bruna" (3035265024)

00:54:49.374 --> 00:55:06.930

Are they welcome? Yeah, they're all welcome. We actually are mindfulness we got the eight week course we got family and friends,

its own book, we have people in recovery, we have clinicians, and people actually, we just did a whole group of DBT therapists that went through it for their own self care.

180 "John Bruna" (3035265024)  
00:55:06.930 --> 00:55:26.930

And, and so, you know, by living this way, we're gonna cut through our stress, we're gonna increase self care. And when we think about recovery, we don't define recovery as just from substances. There's many toxic behaviors, attitudes, and habits that all of us as humans.

181 "John Bruna" (3035265024)  
00:55:26.930 --> 00:55:43.800

Can have in our life. And so the living mindfully program that we're offering is to be able to eliminate those choices that have been toxic and unhelpful to the person that we wanna be. And and this is really about.

182 "John Bruna" (3035265024)  
00:55:43.800 --> 00:56:03.420

How to engage in life in a way that you feel good about in the person you wanna be. And the other piece I didn't mention in here because of time is that the cog the cognitive distance we touched on, but the mental cognitive distortions.

183 "John Bruna" (3035265024)  
00:56:03.420 --> 00:56:24.078

Most research has shown that we could cut through like 80 % of our stress worrying fear is based on something that's not true. And so the more you live in reality, you can cut through 80 % of stress, tension worry fear, because that's trapped in our mind. And so a great deal of self care can take place here.

184 "Russell, Wanda" (4037348608)  
00:56:24.078 --> 00:56:28.402

Wow, that's impressive. That's a such a lar.

185 "John Bruna" (3035265024)  
00:56:28.402 --> 00:56:33.458

Large number. Yeah, it's huge. Some say 90, but I'll go with the 80 lower.

186 "Russell, Wanda" (4037348608)  
00:56:33.458 --> 00:56:55.097

One last question in our chat, and this takes us earlier in recovery, and it's definitely a loaded question. How do you encourage people to forgive themselves or move on from mistakes they made while an active addiction when their behavior and actions were not matching with their values and they now struggled.

187 "John Bruna" (3035265024)

00:56:55.097 --> 00:57:12.300

Yeah, it's the most important question. And, yeah, we can do a whole seminar, but it is for me, the key question. Number one, let's understand forgiveness. Forgiveness is giving ourselves permission to stop suffering.

188 "John Bruna" (3035265024)

00:57:12.300 --> 00:57:32.300

And, so when we forgive others, they don't magically get better. We get better. You know, we can have resentments and frustrations towards people we're suffering cause we're thinking about it. But as we forgive others understanding like us, they, they do things that didn't feel good about, I give myself pro.

189 "John Bruna" (3035265024)

00:57:32.300 --> 00:57:58.460

Mission to heal, now with our own shame, our own guilt, and I know that intimately well. What I realized is that the shame that I carried, well the way to, to work with that is to recognize that all of that, all those things I did, have actually created the conditions for me to be a better human being today. And my greatest.

190 "John Bruna" (3035265024)

00:57:58.460 --> 00:58:24.335

As amends is, is changing who I am. The only way to make up for the harm I've done is to become a better person to learn from what I've done, so we call it a living amends. That, you know, I'm able to help people now with everything I get to do today because I have really been highly successful at screwing up my life and harm.

191 "Russell, Wanda" (4037348608)

00:58:24.335 --> 00:58:25.255

I mean others.

192 "John Bruna" (3035265024)

00:58:25.255 --> 00:58:46.670

Okay, that has given me the capacity to learn and grow and understand the causes of happiness and I'll I'll give you this note on Thomas Edison famous quote, you know, people asked him how did it feel to failed 10000 times to create a light bulb. And he said I didn't fail. I successfully learned 10000.

193 "John Bruna" (3035265024)

00:58:46.670 --> 00:59:07.950

Thousand ways to not create a light bulb, which allowed me to create a light bulb. So the short answer here is I have successfully learned about a million ways to not be happy, which allowed me to learn how to become a good human being today. So everything that I used to feel shame over.

194 "John Bruna" (3035265024)

00:59:07.950 --> 00:59:30.970

I'm grateful that I've learned from and taught me what doesn't work so I can learn how to live in a way that's helpful and meaningful and make a real amends by being a better human being today. And my shame is nothing but another self centered act that limits me from really making the amends I owe.

195 "Russell, Wanda" (4037348608)

00:59:30.970 --> 00:59:46.980

Well, that's a great place for us to finish up. We're at the top of the hour. Thanks again to John Brenna for the mindfulness and Recovery Institute. There's a five question survey on the side panel if you haven't.

196 "Russell, Wanda" (4037348608)

00:59:46.980 --> 01:00:06.980

Finished that. We kindly asked you to take a few moments to fill that out to keep our seminars relevant to you. I want to thank everybody for joining us today for our substance youth awareness series and have a great rest of your day.

197 "Russell, Wanda" (4037348608)

01:00:06.980 --> 01:00:13.710

Okay.