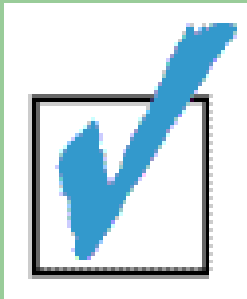


SEA's Model of Recovery from Unhealthy Habits

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





SEA's Model of Recovery from Unhealthy Habits

The Tools for Coping are:

- The SEA's Manual
- Laying the Foundation
- Tools for Handling Loss
- Tools for Personal Growth
- Tools for Relationships
- Tools for Communications
- Tools for Anger Workout
- Tools for Handling Control Issues
- Growing Down-Tools for Healing the Inner Child
- Tools for a Balanced Lifestyle

All available on www.coping.us



THE SEA'S TOOLS FOR RECOVERY

- TEA System
- ALERT System
- ANGER System
- LET GO System
- CHILD System
- RELAPSE System

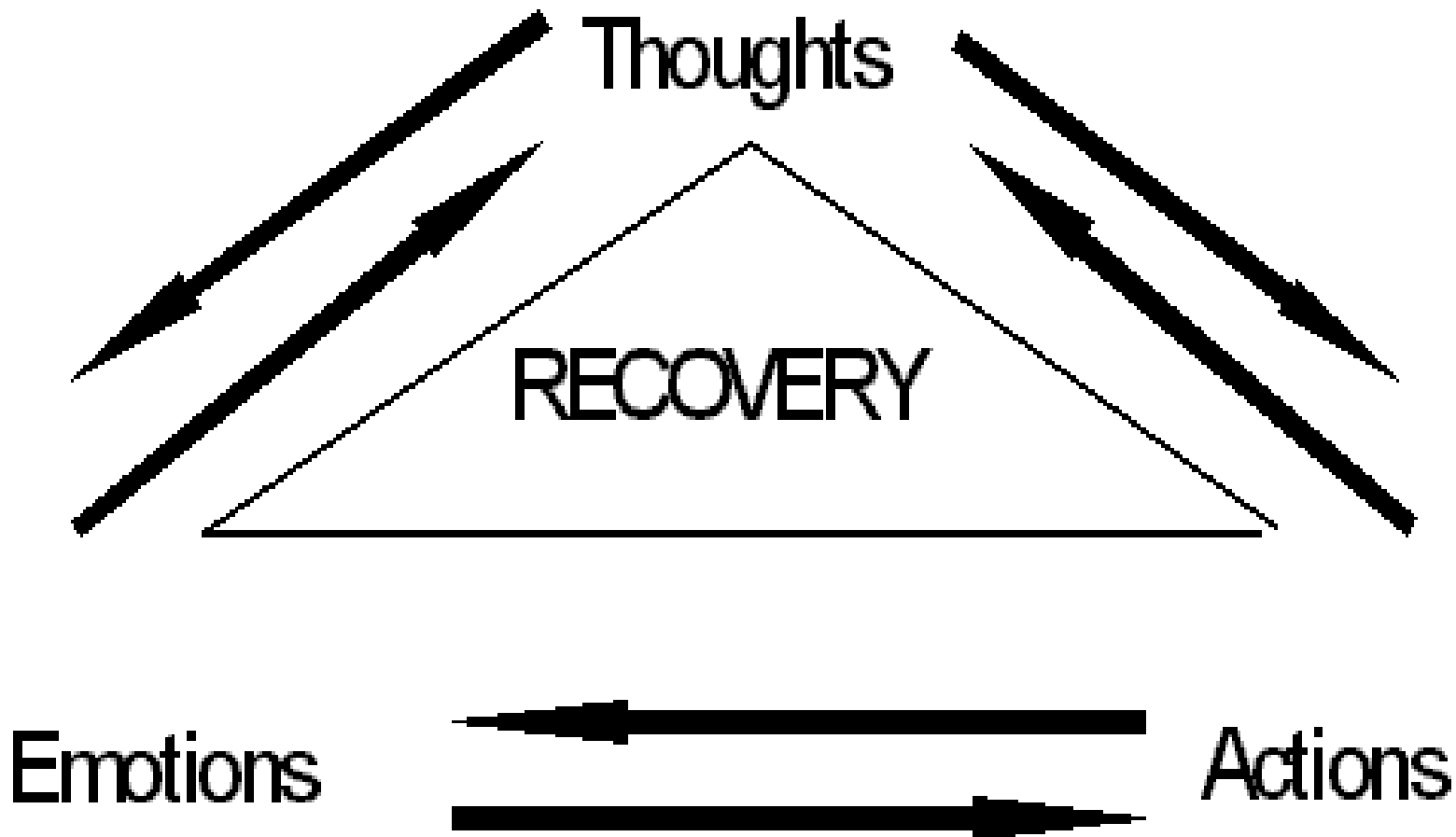


TEA System

- **Thoughts**
- **Emotions**
- **Actions**



TEA System





T - Thoughts

- First, you need to analyze your thoughts about your life and identify all irrational and unrealistic beliefs, thinking, or ideas which are at the root of your unhealthy habits and problems in your life
- Once you have identified the "sick" thoughts, then you need to replace them with healthier, more rational, and realistic thinking, beliefs and ideas
- It is at this point that you begin to develop daily self-affirmations which encourage you on the road to recovery from unhealthy living



E - Emotions

- After your thoughts have become healthier, more rational, and realistic, you then need to identify all of your “sick” emotions and feelings which were based on your old “sick” thoughts and then integrate your “new” healthier thoughts with your emotions and feelings.
- That way you have healthier, more rational and realistic emotional and feeling responses to your life and you begin to feel better about yourself and your ability to handle your own problems. It is at this point that you work at incorporating the self-affirmations you have been telling yourself and experience feelings of self-confidence, self-worth, and self-deservedness.



A - Actions

- Only after you have altered your “sick” thoughts and “sick” emotions can you change your “sick” actions and behaviors.
- Once you have developed a healthier, more rational, and realistic thinking and emotional life, you can take actions and exhibit behaviors which are healthier, more rational and realistic and result in improved self-esteem and a healthier life style which is health enhancing



Warning

- You cannot change your actions or behaviors before you have changed your emotional and feeling responses to life.
- When people change their actions because it is the “correct” thing to do without changed feelings which go along with them, then their recovery falls flat and dies.
- You need to change your thoughts and emotions before your actions become “authentic” and have greater “staying” power.