

# *The Missing Component in Women's Treatment:*

## *Embracing Resilience*

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Author: **The Resilient Woman** (HCI, 2013) + **Girly Thought 10 Day Detox Plan**—(HCI, 2014) + The Lowdown on Families Who Get High + 6 other books

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### MY GOALS....

- 1. Have YOU learn to identify and embrace YOUR **Resilience**, and use this to empower your clients.
- 2. Have you incorporate the best that is you and your clients' *resilience*, into treatment, so you and she can use your best for yourself—not just for everyone else.
- Connect women's treatment to #MeToo and #TimesUp to help normalize the experience of women in treatment by giving them a name for what trips them up—**Girly Thoughts**
- 3. For YOUR AGENCY to assist me in documenting this approach as Evidence-Based by participating in:
  - Training of your staff
  - Program Implementation
  - Program Evaluation

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## Curriculum Books:

- Group Participant:
  - ***The 'Girly Thoughts' 10 Day Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power*** (O'Gorman, 2014) available through my website only
- Group Leader:
  - ***The Resilient Woman: The 7 Steps to Personal Power*** (O'Gorman, 2013)

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## Reference Books

- ***The Lowdown on Families Who Get High: Successful Parenting for Families Affected by Addiction***  
O'Gorman, Diaz, available only through CWLA [www.cwla.org/pubs or 202-688-4171](http://www.cwla.org/pubs or 202-688-4171)
- ***Healing Trauma Through Self-Parenting: The Codependency Connection*** (O'Gorman, Diaz 2012)

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## My Goal for You...

To learn to be sustained by your work by ...

**Choosing to be  
*happy* in your  
work....**

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## SAMHA' s TIP 51

- – “Substance Abuse Treatment for Women for women be approached from a perspective that encompasses the contexts of women's lives: a woman's social and economic environment; her relationships with family, extended family, and support systems; and the impact of gender and culture...” Further in discussing patterns of use, SAMHA indicates that “Women often report that stress, negative affect, and relationships precipitate initial substance use.” ([http://www.samhsa.gov/samhsanewsletter/Volume\\_18\\_Number\\_2/TIP51.aspx](http://www.samhsa.gov/samhsanewsletter/Volume_18_Number_2/TIP51.aspx)).

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## Questions to consider to address women's specific treatment needs:

- How to accomplish a gender specific treatment program that targets women anesthetizing society stress, family scripts, and the pain of relationships?
  - Answer: a 7 Step Program To Build *Conscious Resiliency*
    - **Why?** Because a program focusing on building the ability to learn from pain, i.e. develop *Conscious Resiliency*, targets what vulnerable women need.
- Why focus on *Resiliency*?
  - Because she needs to learn to care for herself.

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## The payoff in treatment— ***Resilience*--the great motivator to do the hard work --**

- Reduces stress—by focusing on what is **right** with a woman, not just what is *wrong*.
- Increases productivity, and builds capacity to learn and change by consciously defining how this was done in the past—creating the courage to change!
- Creates greater satisfaction in treatment.
- **Creates a culture of support**
  - **Helps build teams** -- if a client is more focused on what they are doing that is *helpful* to themselves and others, they will more likely focus on what others are doing that is also helpful.
  - Easier to teach strength-based practices to other clients if we are also a model for them in our practices-- 12<sup>th</sup> Step...

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## What is **Conscious Resiliency**?

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## Why **Focus on Resilience** in Addiction Treatment?

- A strength-based focus allows us to engage women in a new way –
  - one which may get their attention by giving a name to how they defeat themselves— Toxic *Girly Thoughts* !

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## Why is it important to address building **Resilience**, and Toxic **Girly Thoughts** with our clients..?

- Toxic **Girly Thoughts** gives our clients a name for their thoughts, helping them distance them before they sabotage treatment efforts
  - Developing conscious resilience can counter this
- Women need ongoing support to deal with *triggers* for problematic behavior and Toxic **Girly Thoughts** are one of them
  - Women also need a language of their strengths

#MeToo provides a name for the social movement they can tie into

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- **Toxic Girly Thoughts** are so pervasive that reminders as to what they are, are needed
  - Women being strong and also taking care of themselves is not so common and needs to be inserted in conversations
- A focus on Toxic **Girly Thoughts** can be a way of having women bond with other women in a *fun-filled* way.
  - Women can enjoy *catching* each other being resilient!

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- Once identified, Toxic **Girly Thoughts** are easy to use providing a sense of mastery, important in early recovery
- Dealing with Toxic **Girly Thoughts** can make groups fun
- And, they are easy to build into women's groups– my book is full of exercises.....
  - Or
- You can utilize my new curriculum -- **Outing Those Toxic Girly Thoughts and Embracing Your Strength** –an 8 session women's treatment curriculum

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## Strength-based Group Structure

- Defined *strength-focused* beginning and ending of groups creates *new rituals*:
  - Gives *group* permission to speak about strengths in a fun, safe atmosphere
  - Provides practice in speaking about personal strengths
  - Provides recognition for personal strengths to be seen by others
  - Give practice in dealing with embarrassment in having strengths seen
- Establishing a culture of resilience where it is taken for granted you will share what is right about you
  - Side-effect... Spill over to impact the milieu, the treatment culture

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## **Resiliency** Focused Group Beginnings and Endings

- Group Beginnings:
  - Beginning with a + game such as *Hola*
  - Turning to the person next to you and sharing:  
*One good thing about this person is ...*
- Group Endings:
  - One way to make this group better is
  - One strength I noticed in X is ...
  - One strength I used was .....

## We begin to speak about our client's concerns –Dating, Sex, Body Image and tie it to recovery

- Goal: Reduce Toxic *Girly Thoughts*– *living your life free of the beliefs developed due to trauma, can result in:*
  - Liking Your Body--enjoying what your body does, and feels
  - Feeling confident at work
  - Being empowered at home
- Sober Dating = Better Sex
  - You remember the next day what happened



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## Why Do People *Use*?

- **Boredom** *I drink to make other people more interesting....Ernest Hemingway*
- **Fear of Being Sexual** *I like to have a martini, Two at the very most. After three I'm under the table, after four I'm under my host.... [Dorothy Parker](#)*
- **Broken Heart** *To the bottle I go To heal my heart and drown my woe ...JR Tolkien*
- **Addiction** *First you take a drink, Then the drink takes a drink, Then the drink takes you. ...F Scott Fitzgerald*

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## Address Stressors on Women

- Women's efficacy is being chipped away at throughout our society. For example, one question posed during the 2016 presidential elections was: who would you rather vote for, a woman, or a racist?
- Policies directed at punishing women are on the increase. Want less abortion? Use the French model, they support mother's through-health care, day care, generous family leave, and have a very low abortion rate!
- Women are still paid less than men for the same job.
- Women feel they have to play the game by *sucking* it up to get ahead- what I've named as Toxic *girly thoughts*.

## Who is the **Resilient Woman**?

- Is she:
  - Just strong?
  - Invulnerable– that is she just doesn't get affected?
  - Always on her *game*?
  - Able to move past hurts, well, because, she is *resilient*?
  - Who you want to be?

## Who is the **Resilient Woman**?

- Or is she someone who:
  - Knows how to work with herself
  - Is able to make her strengths conscious
  - Is able to nurture herself
  - Who gets knocked down and gets up again
  - Is able to not get trapped by societal messages – **Girly Thoughts**
  - Is able to pull up past solutions to current problems
  - Is able to build on what works *for her*

...so what gets in the way...??

## ■ Toxic Girly Thoughts ....

Those societally informed, self-sabotaging, self-limiting girly thoughts—*if only I was thinner . . . younger . . . prettier . . . into kinkier sex, didn't want children, wasn't so brainy, maybe?*

Toxic *Girly Thoughts* are the internal value judgments that come from following what 'society says' about how we should look, how we should feel, what we should want, and what we should do.

Toxic *Girly Thoughts* restrict women and **punish women who do not conform**

The result is women feeling *less entitled*, because, they just don't measure up to what society says.

We need to *fight back* .... And teach our clients to do the same

## ■ We need to **consciously** develop our resilience.

- You work out..?
- You watch your weight..?
- You can develop your resilience -- consciously...!

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## 7 Steps To Build **Conscious Resiliency**

- Why **conscious** resilience?
  - Because we know women are strong – we need to help women see this.
  - To make strong = sexy, desirable, enjoyable, obtainable.
  - So women *know* they have the *inner* resources to do what they need to do for themselves, and frequently for their children.
  - To enable women to make different choices based upon *knowing more of who they are*.
  - So that each woman can teach another -- In the true spirit of sisterhood

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## Step 1 **Loosing the Victim Mentality**

### ■ **Make Your Crisis Meaningful– Chose to Develop Conscious Resilience**

*A crises is a terrible thing to waste*

Paul Romer

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- Being in a crisis is when we change.
- Learning how to see *crises as opportunities* is to learn something new, even if it's: *not the right time, embarrassing, painful.*
- *For a woman*, the crisis of needing to come to grips with her addiction, is a golden opportunity to confront all the pain that lead her there, one of which is her toxic *girly thoughts*.

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- Toxic '*girly thoughts*' lead a woman to blame herself for any misfortune, making her feel like a victim, making the need to escape through alcohol and drug use all the more attractive.
- To understand how this works....

***Let's Do an Exercise.....***

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## Are you ruled by your toxic **Girly Thoughts?**

- Do you feel your worth comes from your looks and not from who you are?
- Are you critical of your body shape or size?
- Do you feel the key to getting what you need and deserve is to be close to perfect?
- When you encounter misfortune, do you blame yourself by saying, "I'm not (fill in the blank) so I deserve this"?

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## ...are you ruled by your toxic **Girly Thoughts?**

- Do you worry that you are *too*: smart, aggressive, tall, beautiful?
- Do you ever blame other women's misfortunes (such as an unfaithful partner) on their weight, clothes, or age?
- Do you dread growing older because you will no longer be seen as attractive?
- Do you see other women as the enemy?
- Do you feel that if you are a *good girl* that you will be rewarded by life working out as you wish it to?

## The Impact of Toxic *Girly Thoughts*

### □ Toxic *Girly Thoughts*...

- Set up a negative *inner dialogue* due to **re-traumatizing** the woman
- Cause women to *run* from who they are
- Make women feel they have *caused* abuse – at work, at home, walking in the street
- Results in some women needing to self-medicate through:
  - Excessive alcohol use
  - Drug use
  - Eating away feelings
  - Excessive exercise
  - *Silencing* their needs – resulting in depression
  - ...even gambling

## Toxic *Girly Thoughts* Keep Her Stuck

- By re-traumatizing the woman– with all the old messages about how imperfect she is...
- Keeping her caught in the pain she knows – to keep away the pain she doesn't know– CHANGE!
- Keeps her problem solving from a younger version of herself– not using her adult skills....
- Keeps robbing her of her adult confidence– as she determines that she deserves the pain she is experiencing.

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## Toxic Girly Thoughts are an outgrowth of Codependency– *learned helplessness*

- Learning to be helpless to help yourself
- Feeling what you have you received through *luck*
- Giving to others what YOU need
- Being more in tune with others than yourself
- Focuses on your *failings*, as you help others focus on their success!

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## Group sequences may focus on specific issues--

- Developing Conscious Resiliency by addressing Toxic *Girly Thoughts* more specifically in:
  - Parenting
  - Weight loss
  - Complex trauma
  - Employment
  - Work
  - School
- 7 Step Outline is flexible for various specific content



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# *Toxic Girly Thoughts = **Anti-Resilience***

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## How to counter a toxic *girly thought*

- Making a conscious decision to change
  - Understanding that your life has become unmanageable,
  - Allowing yourself to feel each instance of anxiety about what you are doing to yourself,
  - Pairing this with a reminder that you do not have to *indulge this thought*
  - Reminding yourself that you can change

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## Step 2 **The Art of Listening To Your Own Wisdom**

### □ **Uncover Your Hidden Resilient Voice: Use Your Own Wisdom to Determine What is Right For You**

*Do not fear your inner light. Carry it into a dark world.*

Lailah GiftyAkita

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## Learning to tune into your own wisdom

- Women are taught that acting on what they know is right for them, is *selfish*.
- Through this women understand that they shouldn't trust their own thoughts about what is right and what is wrong.
- Other trauma makes this more challenging intensifying a woman's toxic *girly thoughts* by taunting her whispering to her that strength in a woman is not desirable.

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## Let's Do an Exercise.....

### *Listening within ...*

- Listening at all can be an effort. For many women, listening to their own inner voices can be painful
- For 30 seconds, close your eyes, and listen to what is going on in your mind.
  - Listen to the different opinions, voices, that are in your own mind.
  - Identify who they belong to.
  - Note how you feel about each opinion that swirls inside of you.

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## **Exercise--Resiliency Awareness--** made easy-- developing a *personal language of strengths*

- How do you describe yourself? As a:
  - Woman
  - Mother
  - Daughter
  - Addict
  - Worker
  - Lover
- How do you speak about the challenges you have experienced?
- Pick a client and describe her strengths....

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## Step 3 **Helpful Boundaries**

### ■ **Create HELPFUL Boundaries: Take Charge and Stop Setting Yourself Up**

*A broken soul doesn't invest in boundaries because the world has crossed them, without mercy*

Shannon L. Alder

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## How to counter a toxic *girly thought* **Lets Do An Exercise**

- Ask yourself if this is a *helpful* opinion.
  - If it is not then;
    - Gently touch the side of your face, and say out loud
    - *THANK You for Sharing*
    - Now, practice doing this in public
      - Gently touch the side of your face, and say to yourself – *not out loud*
      - *THANK You for Sharing*
  - and *MOVE ON* to another, more positive thought.

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- We need to teach women to be careful to what they are saying, to themselves, because they are listening.
- Each toxic *girly thought* reinforces the next one until there's a cascading negative *trash talk* going on within.

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- Women are entitled to set limits on others, but first they need to believe that they are entitled to do this act which can feel very, well... *not nice*.
- How to achieve this?

Practice.... And Experiment

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## Let's Do an Exercise

### ▣ ..... Learning to say no!

- ▣ Do an experiment-- Learning to say NO, as a complete sentence.
  - ▣ Plan a NO.
    - What is a situation in which you are sure that you want to stop!
    - Write what you fear will happen if you say NO..
    - Get support.
    - Say NO!
    - Now, don't explain WHY it's a no.
      - Stand in the power of your knowledge
      - Don't indulge the voices that call you a b-i-t-c-h
  - ▣ Write what happened.
  - ▣ Own how you felt!

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## How to counter a toxic *girly thought*

1. Remember how good saying NO felt
2. Repeat...

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## Step 4 Loving Yourself as You Love Another

### □ Protect Your Heart: Love Resiliently

***Above all else, guard your heart, for everything you do flows through it***

□ Proverbs 4:23

***We accept the love we think we deserve***

□ Stephen Chbosky

□

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## Love is two whole spirits– sharing, dancing, moving, connecting

□ Loving another begins with *learning to love yourself*

□ Why is this so difficult?

- *Because women are trained to think that they must be perfect to be loved.*
- *They think this because wherever they look they see 'perfect'.*
- *And they know they are not perfect and feel 'defective';*

## ***Girly thought*** # 1 need to look good all the time....



- Photoshopping makes anything possible!
- How can we counter this...?
  - By **CONSCIOUSLY** using and developing our **RESILIENCE**.. But before we see how, let's appreciate how truly challenging this is to do.

Source: <http://www.youtube.com/watch?v=cPnfwKfkSk>

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## What are the triggers for your toxic ***girly thoughts***?

- What are the triggers for *girly thoughts* at work?
  - Strong patronizing men?
  - Dominant, judgmental women?
  - Fear of failure?
- What are the triggers for *girly thoughts* when you are consuming media?
  - Age of talking heads on news shows?
  - Gowns worn at the latest gala?
  - Photoshopped pictures?



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## Let's Do an Exercise.....

■ What do your *girly thoughts* tell you about how to **act**:

- ... at work?
- ... at home?
- ... with your intimate partner?
- ... with your friends?
- ... with your children?
- ... about how you feel you should look?
- ...when you are stressing?

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## How to counter a toxic *girly thought*

■ **Affirmations---**

- **Write in your journal**
- **Write in lipstick on your mirror**
- **Send yourself daily reminders on your phone**
  - *I am perfectly imperfect*
  - *I love me*
  - *I can be generous to myself*
  - *I can be tender with myself*
  - *I deserve to love me*

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## Step 5 Owning Your Strength— Self-Parenting Your Trauma

### ■ Become strong in the hurt places: heal your wounded self

*Forgiveness is giving up the hope that the past could have been any different....*

Oprah Winfrey

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### ■ Grasping that you can become strong in your *hurt* places—

- participants realizing that they can increase their self-esteem, heal their trauma through challenging their toxic 'girly thoughts' and owning their strength to make needed, and often obvious, changes in their life.

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## How do *toxic girly thoughts* develop?

- Taught by our parents
  - In word--Family stories
  - In deeds—Actions of women in our family
  - In *Fairy Tales*
  - In *stories about work*
- Demonstrated by how our history is taught
  - Who do we learn about
  - Who do we dream we'd like to be ?
- Reinforced by our elected officials
  - Gender representation
  - Policies put forth

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## How our daughters make sense of our toxic *girly thoughts* ...



Source: Lily Myers "Shrinking Women" <http://www.youtube.com/watch?v=zQuCWXp3k>

## Just so you stop **blaming** yourself...

### ■ And think:

- *I'm nuts*
- *Over-sensitive*
- *A Drama-Queen*
- *A bad friend*
- *A bad mother*
- *Not interested in SEX*
  
- *Know that these are all examples of toxic girly thoughts, and you can change them!*

## Other topical exercises

- List 'protective' factors -- analyze
- Doing a trauma survey
  - ACES
  - Explore personal meaning of trauma's experienced

## Let's Do an Exercise.....

- Who do your ***girly thoughts*** tell you, you are?
  - With your friends?
  - With other women?
  - In public?
  - When you need to relax?
  - At home with your daughter?
  - With your intimate partner—sexually?
  - With your partner when they are using?
  - When you are faced with unfairness?

## How to counter a toxic ***girly thought***

- Write your family script for YOU.
  - Write the expectations put on you by your family.
    - For example:
      - What characterizes women in your family?
      - What did your parents expect of you?
- Then write the expectations you put on yourself.
- Now write what *you want to expect* from yourself– your script for yourself.
  - Give yourself a hug!

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## Step 6 Living the in the Positive Zone

### ■ Think Positively: It's The Best Revenge

*Find a place inside where there is joy; the joy will burn out the pain*

Joseph Campbell

*It's not your job to like me. It's mine*

Byron Katie

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- *Thinking positively*—owning your resiliency and using it to be the best possible you -- today.
- Learn to dare to see beyond your current struggle, into a future that YOU want.
- Enjoy your life by laughing at what doesn't work.

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## Consider- What do you would loose if you're positive?

- An excuse to use?
- Feeling sorry for yourself?
- Being stuck?
- Being angry with yourself?
- Being angry with everyone else?
- Having no energy to accomplish your goals?
- Disappointing those who love you?

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## What gets in the way of being positive? **Toxic Girly thoughts** --

- Imagine if Sara Blakely-- the world's youngest female billionaire, founder of Spanx --didn't learn to fight against hers....
- Her Advice ***Don't be intimidated by what you don't know. This can be your greatest strength and ensure that you do things differently from everyone else.***

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## Blocks to Recovery... *toxic* **Girly Thoughts** are a BIG obstacle

- Women to be learn to be ok with NOT being NICE all the time
- This means learning to tackle your anger, and *re-frame it...*
  - Identify your anger
  - Make friends with your anger, and
  - Use your anger to step *out of your comfort zone*, and
  - *Summon* the courage to try something NEW.. Doing life Cold Turkey, are you ready?

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## Owning your conscious **Resilience** can make you **Confident**

- How to act confidentially in recovery?
  - List your skills.
    - Are you a good communicator?
    - Are you courageous?
    - Can you listen?
    - Honest with yourself?
    - Do you have empathy?
    - Do you *not* suffer fools gladly?
    - Do you like being your own person?
    - Do you tell it 'like it is'?
    - Are you spiritual?



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## Let's Do an Exercise.....

- ❑ List where you can use your now *conscious resiliency* skills in your life
  - With yourself
  - With your kids
  - With your parents
  - With your intimate partner
  - With your friends
  - In your community
  - At work

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## How to counter a toxic *girly thought*

- ❑ With action...
- ❑ Make a plan to use your *Resiliency* skills *consciously* towards your recovery– *challenge the NO* thinking.
  - With your sponsor
    - Regular communication with your sponsor highlighting your needs, your successes, even if not requested.
  - Doing 90 in 90
  - Arguing with your HP
  - Making coffee
  - Becoming a sponsor
  - Joining a recovery fellowship
  - Chairing a meeting

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## Step 7 Gratitude for Who YOU Are!

### ■ Develop gratitude for who you are and what you have learned

*Now I walk in beauty. Beauty is before me. Beauty is behind me, above, and below me.*

*Navajo Prayer*

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- Owning all the right choices you have made.
- What you have learned from the challenges you have experienced.
- Appreciation for who you are today.

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## Why learning about toxic *girly thoughts* in recovery is so important

- Because in this space rarified of early recovery so much can change. Some say it is like being *born again*.
- It is a perfect time to introduce concepts that will be helpful for the rest of her life.
- Learning about toxic *girly thoughts*, here, can be part of the early imprinting she needs to stay sober.

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## Because there's still the gender bias to deal with ....

In the words of **Sheryl Sandberg**:

***As get more powerful they get less likeable. I see women holding themselves back because of this. But if we start talking about the success-likability penalty women face, then we can do something about it.***

***Very True for Women in Recovery— who will go back into their life changed, feeling empowered, not willing to be abused.***

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## Countering toxic *girly thoughts*

- Encourage the gratitude of women in recovery by....
  - Keeping a gratitude journal
  - Posting gratitude lists
  - Learning to say *thank you*, to themselves

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## Embracing Conscious Resiliency–

- Developing a vocabulary of *conscious resiliency* helps a woman heal from trauma and codependency:
  - Understanding that to be helpless to help yourself, is expensive to your self-esteem
  - Crediting the positives you have received as through *luck*, keeps you from charting a pathway to success
  - Giving to others what YOU need, doesn't ensure you'll get what you need
  - Being more in tune with others than yourself, makes you stranger to you
  - Focuses on your *failings*, as you help others focus on their success, is not a recipe for your success!

Dr. Patricia O'Gorman | author of The 'girly  
thoughts' 10 Day Detox |  
www.patriciaogorman.com |  
www.thepowerfulwoman.net

## Being grateful for learning to challenge basic Toxic *Girly Thoughts*

- *I want to look good all the time– but I **don't** have to spend 30x more \$ on personal hygiene products, and 10x more time daily, then men do.*
- *I want to appear confident, and if they think I'm arrogant – **that's their problem***
- *I **don't** need to be nice all the time*
- *I **can speak up**, if they think I'm a Bitch – too bad*
- *Other women **aren't** my best friends or my enemies*

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## Re-framing areas of concern from Toxic *girly thoughts* to action steps

- **Develop resources I need** -- a mentor:
  - Someone who understands my challenge, industry.
  - Someone I trust
  - Someone who has mu interests in mind
- **Realize that perfect is the enemy of good.**
  - Needing to be *perfect* holds me back
  - Realize needing to be perfect is a toxic *girly thought*
- Not listening to my toxic *girly thoughts* ...
  - **Fake it till I make it is ok?** Start acting now according to what is my best, even if it doesn't feel comfortable.

We will still be judged, ... but we don't need to continue to judge ourselves this way



Source: <https://www.youtube.com/watch?v=yFn0unMtcTg>

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Help your client understanding that they're are part of a larger group of women are **BREAKING Out of Societal and Self-Imposed Boxes = Toxic *Girly Thoughts***

- Thanks to Tarana Burke's 14 years of effort, we have a name and an approach for dealing with sexual violence
  - **#MeToo**
- <https://www.youtube.com/watch?v=n6Z1KdooX-g>
  - **We can tie this to recovery as the majority of women have been abused...**

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## Being grateful for the power of words... and of movements

- ▣ **Toxic Girly Thoughts**—how women re-enact societal rules, in essence **re-traumatizing** themselves
- ▣ **#MeToo**—acknowledging that *I have been sexually abused*
- ▣ **#TimesUp**—I hold you accountable
- ▣ **Conscious Resilience**—I will learn from this trauma

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## Recommended Reading: Articles on Sober Dating--

- ▣ [https://m.huffpost.com/us/entry/us\\_5af1fb65e4b0ab5c3d6ad1bd](https://m.huffpost.com/us/entry/us_5af1fb65e4b0ab5c3d6ad1bd) Modern Dating Is Making Us Drink More. That's Making Us Less Successful At It.
- ▣ <https://www.shape.com/lifestyle/mind-and-body/what-young-women-need-know-about-alcoholism> What Women Need to Know About Alcoholism
- ▣ <http://www.recoveryview.com/Archives/TabId/106/ArtMID/657/ArticleID/1507/Better-Sex-Through-Sober-Dating—Yes-You-Can.aspx> **Better Sex Through Sober Dating**
- ▣ <https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2647079> Prevalence of 12-Month Alcohol Use, High-Risk Drinking, and DSM-IV Alcohol Use Disorder in the United States, 2001-2002 to 2012-2013

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# Thank You...

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