

The Secret to a Satisfied Life

The Way You Encounter Life Can Bring Happiness... No Matter What Happens

VIDEO DISCUSSION GUIDE

Back to the basics

For millions of people, recovery from addiction is a road to sanity. Yet, as Earnie Larsen points out in *The Secret to a Satisfied Life*, the wider the recovery field becomes, the more we risk confusion. We can lose ourselves in all the labels—caretaker, codependent, dysfunctional, adult child, and many more.

In this video conversation, Earnie cuts through the jargon and takes you back to the basics. “We can couch our journey in many kinds of language,” he says, “but the main point is that we feel a lack, we want brighter days, we want the emptiness inside to be filled.”

The secret to a satisfied life is disarmingly simple, says Earnie. It’s not what happens to us, but how we *respond* to what happens. And that response has everything to do with our attitudes, beliefs, and decisions—not with the outside world, but with the world inside us.

Join Earnie as he applies this insight to the following topics:

- Recognizing the attitudes that bring anger, fear, and shame
- Changing the attitudes that hinder our relationships, parenting, careers, spirituality, and happiness during tough times
- Maintaining positive attitudes even when we face bad luck or ill health
- How negative attitudes become “normal”—and what we can do about them

- The key relationship between our attitudes, our responses, and the quality of our lives

Choosing our attitudes

- Our mental framework—that is, our beliefs, attitudes, and perceptions—creates our sense of what’s real.
- Our responses to that reality dictate the quality of our lives.
- We can choose our attitudes toward any event.
- New attitudes lead to new responses—and a new quality of life.
- Attitudes are not accidents. With enough repetition, any attitude can seem normal.
- We can question what’s “normal” and choose attitudes that serve us better.

Move from insight to action

Here are some steps you can take to apply what Earnie’s talking about—to move from insight to action:

1. What attitudes do you bring to these areas of life?
 - Resolving conflict
 - Raising children
 - Finding satisfying relationships
 - Succeeding at your career
 - Deepening your spiritual life
 - Making it through tough times
 - Coping with illness or disability

Sum up your core belief about each topic in a single sentence. Does that attitude help you lead a satisfied life?

2. List the attitudes that block your sense of satisfaction. What new attitudes could take their place?
3. Recall an event during the past week that upset you. What did you think about the event? How did you respond to it?

Now list a new attitude you can take toward the event. Does this new attitude imply some different actions on your part? List those actions also.

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