

The Wisdom Group



Wise Self, Wise Society & Wise Nature

Wisdom Group Topics



1. Understanding Wisdom
2. What Happened, Figuring Things Out
3. Clarification of Your Feelings, Values, Needs, Aspirations, Goals, and a Plan
4. What Did You Fall For?
5. What Lesson Did You Learn?
6. Wisdom Making
7. Making Wiser Choices
8. Wiser Behaviors
9. Wise Relationships
10. Wiser Patterns of Living
11. Not Being Taken Advantage Of
12. Accessing Your Inner Wisdom Each Day

The Wisdom Group



Wisocracy Members

can participate in

The Wisdom Group

On the Third Sunday of the Month

On Zoom, 2 PM ET

[Become a Member Here](#)

[Register for the Group Here](#)

Wisocracy Member Benefits



- Access to all resources:
 - Personal and social development
 - Community and global development
- Access to all programs and events.
- Participate in and gain support in our Wisdom Group.
- The Wisdom Group / Wisocracy Member Mug.

Wisocracy Member Benefits



Front



Back

7 Steps to Healing Any Addiction

7 Steps to Healing Any Addiction



1. Understand Your Traumas
2. Understanding Your Underlying Issues
3. Escaping the Pain
4. Returning to Mindfulness
5. Refocus Your Mind
6. Taking Care of Your Self
7. Living Your Optimal Self

7 Steps to Healing Any Addiction



1. Understanding Your Traumas

- Understand the unhealed traumas in your life.
- Use self-compassion, self-forgiveness, self-appreciation, self-kindness, and self-care to heal your heart and feelings.

2. Understanding Your Underlying Issues

- Understand other underlying issues and concerns that may be bothering you and causing you pain.

3. Escaping the Pain

- Understand the addictive processes and substances you use to create an escape and give you pleasure temporarily to numb your pain.

7 Steps to Healing Any Addiction



4. Returning to Mindfulness

- Use mindfulness each day to be aware of what hurts physically, emotionally, or mentally.

5. Refocus Your Mind

- Use self-compassion, self-forgiveness, self-appreciation, self-kindness, and self-care to heal your heart and feelings.

6. Taking Care of Your Self

- Take care of your feelings and needs day by day, hour by hour, and moment by moment to avoid needing your addictions to give you pleasure.

7 Steps to Healing Any Addiction



7. Living Your Optimal Self

- Return to experiencing mindfulness, serenity, peace, compassion, kindness, gratitude, and simplicity each day.
- Gain access to your inner wisdom by quietly asking yourself a question, and quietly listening for an answer.

Ways to Not
Be Taken Advantage Of

Ways to Not Be Taken Advantage Of



Here are some effective ways to avoid being taken advantage of.

The key is developing a strong sense of self-worth, being assertive about your boundaries, and carefully choosing who you allow into your life.

With practice, you can avoid being taken advantage of while still being a kind and generous person.

Ways to Not Be Taken Advantage Of



1. Set Boundaries
2. Set Limits on Giving
3. Self-Care
4. Assertiveness
5. Protect Your Emotions
6. Trust Your Instincts
7. Put the Brakes On
8. Recognize Red Flags
9. Protect Your Emotions
10. Trust Your Instincts
11. Say No
12. Supportive People

Ways to Not Be Taken Advantage Of



1. Set Boundaries

- Set clear boundaries and stick to them.
- Don't be afraid to refuse requests that cross your boundaries or make you uncomfortable.
- Communicate your boundaries clearly and enforce them consistently.

2. Set Limits on Giving

- Be discerning about what you give.
- Give within your means.
- Don't give more than you're comfortable with, whether it's time, money, favors, etc.

Don't Be Taken Advantage Of



3. Self-Care

- Build your self-esteem so you don't feel the need to please others at your own expense.
- Practice self-respect, self-esteem, self-appreciation, and self-love.
- Value yourself enough not to allow others to mistreat or use you.
- Take care of your feelings and needs each day.

Don't Be Taken Advantage Of



4. Assertiveness

- Be assertive when needed.
- You don't have to be rude but learn to firmly stand up for yourself and your rights when someone tries to take advantage.
- Say what you want and need, clearly and directly.
- Take a stand for what you want and need.
- Say what you don't want and don't need, clearly and directly.
- Negotiate a good agreement

Don't Be Taken Advantage Of



5. Protect Your Emotions

- Don't be an emotional sponge.
- Don't over-empathize or be overly compassionate.
- Don't overload yourself with negative media.
- Don't be a people pleaser to gain appreciation or approval.

6. Trust Your Instincts

- Don't just go along with things that make you uncomfortable.
- If something feels off or you sense you're being manipulated, pay attention to those gut feelings.

Don't Be Taken Advantage Of



7. Put the Brakes On

- Don't be addicted to excitement or the challenge of fixing, controlling, or changing people.
- Put the brakes on being impulsive.
- Go slow or stop being impulsive.

8. Recognize Red Flags

- Don't ignore and deny red flags.
- Don't feel obligated to overextend yourself.
- It's okay to put your own needs first sometimes.

Don't Be Taken Advantage Of



9. Protect Your Emotions

- Don't be an emotional sponge.
- Don't over-empathize or be overly compassionate.
- Don't overload yourself with negative media.
- Don't be a people pleaser to gain appreciation or approval.

10. Trust Your Instincts

- Don't just go along with things that make you uncomfortable.
- If something feels off or you sense you're being manipulated, pay attention to those gut feelings.

Don't Be Taken Advantage Of



11. Say No

- You don't have to say yes to every request for your time or resources.
- When you need to, say no.

12. Supportive People

- Limit exposure to users and manipulators.
- Surround yourself with supportive people.
- Build relationships with those who respect your boundaries and treat you well.

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& Nature