
THE FOUR AGREEMENTS

From a Peer Perspective

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MY STORY

- Percentage of Success
 - Higher Power
 - Patience Pays
 - Everything I do goes back to the
FOUR AGREEMENTS
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LEARNING OBJECTIVES

- With the current leadership of the Office of Peer Recovery and Engagement (OPRE), the state of New Mexico has nearly doubled the number of Certified Peer Support Workers in our state. Assisting in various capacities, Certified Peer Support Workers (CPSW's) have become a growing and present force in the Behavioral Health network in New Mexico.
- As CPSW's, we come from varied backgrounds and experience levels. We have a wealth of knowledge to share, helping other through our lived experience, although may sometimes feel slightly uncomfortable or intimidated in some settings.
- This presentation of The Four Agreements by Don Miguel Ruiz can be thought of as a 'daily roadmap' of thoughts, contemplations and actions that will guide us in our personal and professional lives.

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LEARNING OBJECTIVES

- Participants will:
 - Learn how the Toltec concepts and ideas can help us realize our full potential as well-balanced and happy people
 - Remove the weight of other people's expectations of us
 - Learn how to implement the Four Agreements in new and challenging environments
 - Identify personal thought patterns and how the Four Agreements affect those patterns
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FIRST AGREEMENT

Be impeccable with your word

- Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.
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SECOND AGREEMENT

Don't take things personally

- Nothing others do is because of you. What others say or do is a projection of their own reality, their own dream. When you are immune to the opinion of others, you won't be the victim of needless suffering.
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THIRD AGREEMENT

Don't Make Assumptions

- Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings., sadness and drama. With just this one agreement, you can completely transform your life.
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FOURTH AGREEMENT

Always do your best.

- Your best is going to change from moment to moment; it will be different when you are healthy as opposed to as sick. Under any circumstance, simply do your best, and you will avoid self judgment, self-abuse, and regret.
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TAKE YOUR DAILY MEDICINE

- Go to a meeting
 - Schedule an opportunity
 - Call your sponsor
 - Stay in connection / On–line support
 - You are worth it
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DRESS TO IMPRESS

- Believe in yourself
 - Perception is reality
 - Project the new you
 - Black Suit jacket
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FROM ADDICT TO CERTIFIED PROFESSIONAL

- Valley High School
 - NMSU – Fail!
 - UNM – Fail!
 - TVI / CNM
 - A.A. Degree
- LSAA Certification
 - Methadone Clinic
 - Turquoise Lodge
 - UHC / Peer Support Cert.
 - OPRE Program Manager
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OUR EXPERIENCE

- OUR EXPERIENCE HAS VALUE!
 - ALL OF IT: GOOD, BAD, UGLY & BEAUTIFUL
 - USE IT / SHARE IT / TEACH IT
 - SOMETHING TO GIVE
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RESOURCES

- The 4 Agreements: <http://www.toltecspirit.com/>
 - N.M. Certified Peer Support Worker Certification: <http://newmexico.networkofcare.org>
 - CNM Adult Basic Education: <https://www.cnm.edu/programs-of-study/all-programs-a-z/adult-basic-education/abe>
 - ‘Catch Me If You Can’: 2002, Leonardo DiCaprio, Tom Hanks, Christopher Walken
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