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**Self esteem in recovery activities. Self-esteem in addiction recovery worksheets. Self worth worksheets pdf. Self esteem worksheets for adults in recovery. Self esteem activities for adults in recovery. Self esteem therapy worksheets. Self esteem worksheet. Self esteem worksheet pdf.**

Self-esteem is the feeling of being valuable and worthy as an individual. It has a significant impact on various aspects of life, including substance use and recovery. Research shows that low self-esteem can lead to drug use and behavioral addictions like internet addiction, eating disorders, and compulsive buying. While addictive behaviors may temporarily boost confidence, this feeling is short-lived.

### My Strengths & Qualities

It can be hard to reflect on ourselves. But, do your best to evaluate your personal strengths and qualities. List a *minimum* of 3 things for each box. If you want to add more, do it!

Skills I am good at:	Lessons I have learned:
Ways I help others:	What I like about my appearance:

It has a significant impact on various aspects of life, including substance use and recovery. Research shows that low self-esteem can lead to drug use and behavioral addictions like internet addiction, eating disorders, and compulsive buying. While addictive behaviors may temporarily boost confidence, this feeling is short-lived. Over time, struggling with addiction can harm self-esteem and make recovery more challenging. To rebuild self-esteem and improve overall well-being, five exercises are helpful. One of these exercises involves using affirmations - positive statements repeated to oneself. Initially, affirmations might not feel genuine, but reciting them regularly can change one's perception of themselves. Write an affirmation that reflects how you want to feel about yourself, such as "I am proud of myself." Repeating this affirmation daily for a month can help transform negative self-talk into a more optimistic view. Studies have shown that affirmations can improve attitudes toward health risk advice in individuals with low self-esteem.

**MY STRENGTHS & QUALITIES**  
WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Things I'm good at:

What I like about my appearance:

Things I help others with:

What I value the most:

Compliments I have received:

Challenges I have overcome:

Things that make me angry:

Things I have made others happy:

Self esteem worksheet pdf.

Self-esteem is the feeling of being valuable and worthy as an individual.

Names: \_\_\_\_\_

**Addiction Worksheet**

What is the difference between substance abuse and addiction?	
What is physical addiction?	
What is tolerance?	
What is withdrawal?	
What is psychological addiction?	
What are some warning signs that someone has a drug problem?	
What can you do to help someone with a drug problem?	

Self esteem activities for adults in recovery.

**Personal Reflection**

MONTH: \_\_\_\_\_

THINGS I DID WHICH I AM PROUD OF

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THINGS I LEARNED THIS MONTH

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

THINGS I COULD IMPROVE ON

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HOW OTHERS CAN SUPPORT ME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Self-esteem is the feeling of being valuable and worthy as an individual. It has a significant impact on various aspects of life, including substance use and recovery. Research shows that low self-esteem can lead to drug use and behavioral addictions like internet addiction, eating disorders, and compulsive buying. While addictive behaviors may temporarily boost confidence, this feeling is short-lived. Over time, struggling with addiction can harm self-esteem and make recovery more challenging. To rebuild self-esteem and improve overall well-being, five exercises are helpful. One of these exercises involves using affirmations - positive statements repeated to oneself. Initially, affirmations might not feel genuine, but reciting them regularly can change one's perception of themselves. Write an affirmation that reflects how you want to feel about yourself, such as "I am proud of myself." Repeating this affirmation daily for a month can help transform negative self-talk into a more optimistic view. Studies have shown that affirmations can improve attitudes toward health risk advice in individuals with low self-esteem. This might be particularly helpful for those recovering from substance or alcohol use disorders. Affirmations may also make people feel more receptive and motivated to participate in treatment and recovery. Those struggling with addiction often experience self-blame, which worsens low self-esteem. It's essential to recognize and acknowledge past mistakes without beating oneself up over them. Instead, focus on committing to do things differently in the future. Research also highlights the importance of self-forgiveness. Studies suggest that people who forgive themselves for past mistakes experience less anxiety and depression. Taking responsibility for one's behaviors, feeling remorse, and seeking ways to improve in the future are key steps in self-forgiveness. Finally, research shows that individuals with low self-esteem struggle to accept compliments from others. This not only affects their self-esteem but also makes it difficult for those who care about them to express positive feelings. It's natural to question the sincerity of compliments we receive, which can lead to feelings of embarrassment and missed opportunities to build our self-esteem.

**daily Self love Worksheets**

DATE:  I LOVE MYSELF TODAY BECAUSE \_\_\_\_\_

TODAY I FORGIVE MYSELF THAT \_\_\_\_\_

I AM \_\_\_\_\_ BECAUSE \_\_\_\_\_

SOMETHING GOOD I DID FOR MYSELF TODAY: \_\_\_\_\_

NOTES \_\_\_\_\_

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DATE:  I LOVE MYSELF TODAY BECAUSE \_\_\_\_\_

TODAY I FORGIVE MYSELF THAT \_\_\_\_\_

I AM \_\_\_\_\_ BECAUSE \_\_\_\_\_

SOMETHING GOOD I DID FOR MYSELF TODAY: \_\_\_\_\_

NOTES \_\_\_\_\_

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While addictive behaviors may temporarily boost confidence, this feeling is short-lived. Over time, struggling with addiction can harm self-esteem and make recovery more challenging. To rebuild self-esteem and improve overall well-being, five exercises are helpful. One of these exercises involves using affirmations - positive statements repeated to oneself. Initially, affirmations might not feel genuine, but reciting them regularly can change one's perception of themselves. Write an affirmation that reflects how you want to feel about yourself, such as "I am proud of myself." Repeating this affirmation daily for a month can help transform negative self-talk into a more optimistic view. Studies have shown that affirmations can improve attitudes toward health risk advice in individuals with low self-esteem. This might be particularly helpful for those recovering from substance or alcohol use disorders. Affirmations may also make people feel more receptive and motivated to participate in treatment and recovery. Those struggling with addiction often experience self-blame, which worsens low self-esteem. It's essential to recognize and acknowledge past mistakes without beating oneself up over them. Instead, focus on committing to do things differently in the future. Research also highlights the importance of self-forgiveness. Studies suggest that people who forgive themselves for past mistakes experience less anxiety and depression. Taking responsibility for one's behaviors, feeling remorse, and seeking ways to improve in the future are key steps in self-forgiveness. Finally, research shows that individuals with low self-esteem struggle to accept compliments from others. This not only affects their self-esteem but also makes it difficult for those who care about them to express positive feelings. It's natural to question the sincerity of compliments we receive, which can lead to feelings of embarrassment and missed opportunities to build our self-esteem. To combat this, it's essential to assume that kind words are genuine, express gratitude, and acknowledge the strengths they highlight. Moreover, engaging in prosocial behavior, such as performing small acts of kindness for others, can positively impact self-esteem. To cultivate a sense of appreciation from others, we can start by doing simple favors like holding doors open or giving directions to those who seem lost. Even if the other person doesn't explicitly thank us, we can still bask in the good feeling of having helped someone else. Additionally, self-determination plays a crucial role in improving self-esteem. By making conscious choices and taking small steps towards our goals, even if they seem insignificant, we can build momentum and confidence. Recovery from addiction is a process that requires self-compassion and celebration of small victories. Rather than focusing on past mistakes, it's essential to acknowledge our progress and recognize the strength required to make positive changes in our lives. By doing so, we can cultivate a more optimistic outlook and develop a deeper appreciation for ourselves and our abilities. When dealing with emotional struggles, seeking help from a mental health professional can be beneficial. They may recommend treatments that address underlying feelings of depression or anxiety, such as psychotherapy or medication. These professionals can also provide guidance on managing anger, anxiety, communication, and depression. For more information, click the links below: \* Anger: [ (\* Anxiety: [ (\* Communication: [ (\* Depression: [ (\* Emotions: [ ( Here is a rewritten version of the text: **Emotions**, **Grief**, **Relationships**, **Self-Esteem**, and **Stress** are interconnected topics that explore different aspects of mental well-being. When you click on one of these topics, it will take you to a relevant page on Therapist Aid's website. Note: I did not translate the text and kept it in the same language as the original message. Substance Use Treatments, Art, CBT, and DBT are all available tools on Therapist Aid's website. Each of these options is linked to a specific page that provides more information and resources for therapists and clients alike. For instance, clicking on Substance Use Treatments takes you to a page with relevant tools and strategies for addressing substance abuse issues. Similarly, the Art option leads to a page dedicated to art-based therapeutic techniques. Here's the rewritten text: When this event occurs and the MD5 hash is "1660603c8e7f5444d68b8ee15b83ee7c", set 'active' to true. If it is, dispatch a 'close-mobile-menu' action and after 300ms, redirect the user to . } } class=font-medium text-body-14 text-left w-full space-x-0.5 border-2 border-transparent px-4 py-2 cursor-pointer x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Goals @clicked-item.window=() => { if (\$event.detail.md5 === '2fbd64517c1627e1720a032e5c36f8d') { set 'active' to true. If it is, dispatch a 'close-mobile-menu' action and after 300ms, redirect the user to . } } class=font-medium text-body-14 text-left w-full space-x-0.5 border-2 border-transparent px-4 py-2 cursor-pointer x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Parenting and Behavior @clicked-item.window=() => { if (\$event.detail.md5 === 'aac97e3798ddd08318b2a443b33f1946') { set 'active' to true. If it is, dispatch a 'close-mobile-menu' action and after 300ms, redirect the user to . } } class=font-medium text-body-14 text-left w-full space-x-0.5 border-2 border-transparent px-4 py-2 cursor-pointer x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Positive Psychology @clicked-item.window=() => { if (\$event.detail.md5 === 'a9bac86fc43ef36c4259fd46522ae29') { set 'active' to true. If it is, dispatch a 'close-mobile-menu' action and after 300ms, redirect the user to . } } class=font-medium text-body-14 text-left w-full space-x-0.5 border-2 border-transparent px-4 py-2 cursor-pointer x-show=openTopics :class={ 'bg-primary-50 text-primary-800 rounded-md': active, 'text-neutral-900': active === false }> Relaxation @clicked-item.window=() => { if (\$event.detail.md5 === 'b5895a21df37131e72554e11a67b0754') { set 'active' to true. If it is, dispatch a 'close-mobile-menu' action and after 300ms, redirect the user to . } } Note: The rewritten text maintains its original structure and functionality but in a paraphrased form. Misconceptions masquerade as truth, obscuring the genuine essence.