



## Self Esteem – Affirmation Development

What we tell ourselves, and our beliefs about ourselves, contribute to our self-esteem, anxiety, and depression. It is likely when we feel we are inadequate and/or powerless, it is not because we truly are, but we believe we are. This type of thinking strongly correlates with relapse on drugs and alcohol.

We can change this way of thinking by developing positive self-talk, which will help us maintain our sobriety, improve our self-worth, improve depression, and reduce anxiety. We are going to first identify how we view ourselves, what makes us feel inadequate, and what makes us feel powerless. We will then learn to develop our own positive affirmations to counteract our negative self-talk.

### Exploring Negative Self-Talk

- 1. In a few sentences, how would you describe yourself:**  
(i.e. I am...)
  
- 2. What things in our lives had made us feel inadequate?**  
(i.e. Events, people, personality traits, past experiences)
  
- 3. What beliefs do you hold that reinforce feelings of inadequacy?**  
(Thoughts we have held that increase inadequacy, anxiety, impair our self-esteem)
  
- 4. What has made us feel powerless?**  
(i.e. Events, people, personality traits, past experiences)
  
- 5. How does powerlessness affect our view about yourself and/or the world?**  
(Thoughts we have that give us a feel of “being out of control”)



## Developing Affirmations

Now that we have analyzed negative beliefs and self-talk, it is time to explore positives we have in our lives and ways we contribute to the world.

1. There are at least two people in this world that you would die for. **Name them.**
2. At least 15 people in this world love you in some way. **Name them.**
3. Every night, SOMEONE thinks about you before they go to sleep. **Think of Someone**
4. You mean the world to someone. **Who?**
5. You are special and unique. **How come?**
6. When you make the biggest mistake ever, something good comes from it. **Think of one from your past**
7. . When you think the world has turned its back on you take another look. **How can we remind ourselves to think of the positive, alternative view of the world?**
8. . Always remember the compliments you received. Forget about the rude remarks. **What are some compliments you have received in the recent past that you can remember?**

Develop Your Own Positive Affirmations, based on Numbers 1-8. Come up with AT LEAST 10. Keep these around for days you feel at risk of using, of having an anxiety attack or feel depressed.

Example: "It is okay to make mistakes. I can learn from every mistake I have made"

Example: "I am a valuable and capable person and hold an important role in my world."

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.