



## Seeing the New Me

Recovering offenders often present themselves as very confident or even overconfident (cocky). In reality, many don't have very high self-esteem. They may not want others to see they are vulnerable. **But now it's time to see yourself more positively, in light of the positive changes you are making.** You've worked hard and overcome a lot of obstacles. You need to see yourself as worthy. If you don't feel like you deserve good things happening to you, perhaps you are mistaken. You are deserving! You deserve the rewards that will come your way by living a prosocial and sober life.

Below are a few ways that help many people improve how they see themselves. Which of the following might you be able to try?

- Replace negative thoughts about yourself with positive ones every time you realize you are thinking a negative thought.
- Repeat your positive thoughts over and over to yourself out loud whenever you get a chance and even share them with another person, if possible.
- Write down your positive thoughts.
- Make signs with these positive messages and hang them in places where you'll see them often (for example, on your refrigerator door or bathroom mirror). Repeat the thoughts to yourself several times when you see the signs. Here are some examples:

NEGATIVE THOUGHT	REPLACE WITH A POSITIVE THOUGHT
I'm not worth anything.	I'm a valuable person.
I've never accomplished anything.	I've accomplished many things.
I always make mistakes.	I do many things well.
I'm a jerk.	I'm a great person.
I don't deserve a good life.	I deserve to be happy and healthy.

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What are some of the negative thoughts you've had or still have? What positive thoughts can replace these negative thoughts? Write them down here.

NEGATIVE	POSITIVE

Remember, you're a strong person who has worked hard. Look at yourself in a positive way!

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