DEVELOPING YOUR RECOVERY ATTITUDE (PART A)

STAYING POSITIVE

Lesson Objective: Focus on positive character traits

Having a positive and cooperative attitude will make an enormous difference in your recovery. A negative, defeated mindset can sabotage your progress in treatment and make recovery much more difficult. It can also affect the people around you. Your mood can encourage others or drag them down. Thinking, believing, and acting the same will keep you the same.

WRITING YOUR STORY

Attitude is everything. Accomplishing your recovery goals is nearly impossible with a negative, discouraged, or defeated attitude. Reflect on times in the past where you had trouble managing your attitude. How has this caused increased substance use problems for you? What consequences have you experienced because of a poor or uncooperative attitude? Reflect on several things that would improve your attitude or encourage a positive attitude for you. What do you need to do to stay strong, positive, and confident?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

A fiercely honest inventory of your attitude toward treatment can help you understand where you are today and where you want to go. You can adjust your attitude, change your direction, strengthen your recovery, and become the person you desire to be. Changing your outlook and mindset are foundational to building your recovery.
DEVELOPING YOUR RECOVERY ATTITUDE (PART A)

TAKING AN INVENTORY

Examine the following attitudes and mark the line on each continuum where you currently see yourself. Use the following questions to help you identify and consider a few simple things you can do to move yourself a couple steps in a more positive direction.

1. Becoming More Accepting

<table>
<thead>
<tr>
<th>CYNICAL</th>
<th>ACCEPTING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-------2---------3---------4---------5---------6---------7</td>
<td></td>
</tr>
</tbody>
</table>

**Cynical** – A cynical, sarcastic, pessimistic attitude is often filled with skepticism, suspicion, and distrust. It causes people to be negative in their outlook and critical with their remarks. This attitude is destructively contagious, damaging to group unity, and can detract from the positive momentum of recovery.

**Accepting** – To be accepting means to have the ability to receive support and encouragement from a variety of sources. In a humble and patient way, information to boost and encourage recovery is collected. It also means understanding the power to change one's life and accept treatment is each person's individual responsibility.

What simple actions can you take to help you better accept correction? List several specific areas you will accept help, advice, and suggestions.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. Becoming More Encouraging

<table>
<thead>
<tr>
<th>FAULT-FINDING</th>
<th>ENCOURAGING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-------2---------3---------4---------5---------6---------7</td>
<td></td>
</tr>
</tbody>
</table>

**Fault-finding** – This attitude is critical, judgmental, and looks for mistakes, conflict, and weaknesses. When errors are found, it is difficult for the fault-finding person to resist pointing them out. They seem to take delight in others’ failings and may almost cheerfully point out the personal flaws and mistakes of others.

**Encouraging** – The encouraging person finds it natural to overlook mistakes, and instead, looks for positive traits, characteristics, and accomplishments. The encouraging person helps others feel understood and appreciated.
Developing Your Recovery Attitude (Part A)

Think of someone in your life and name three traits or characteristics in them you can encourage or compliment.

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

3. Becoming More Positive

<table>
<thead>
<tr>
<th>NEGATIVE</th>
<th>POSITIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1---------2---------3---------4---------5---------6---------7</td>
<td></td>
</tr>
</tbody>
</table>

**Negative** – The negative person worries about what could go wrong and does not trust others. Their speech is flavored with unhelpful words and depressive attitudes that can harm others in the group. Pessimism and negativity increase feelings of helplessness in oneself and others.

**Positive** – It is human nature to want to be around those who make us feel good. A positive, optimistic attitude is inspiring and can produce a constructive, cheerful manner in others. Positive people believe the best about themselves and others, and look for what could go right in the future. They are people others want to be around.

What is your typical response to positive people?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

What is your usual response to negative people?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
DEVELOPING YOUR RECOVERY ATTITUDE (PART A)

What changes can you make to be more constructive, upbeat, and positive?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

4. Becoming More Self-Valuing

<table>
<thead>
<tr>
<th>SELF-HATING</th>
<th>SELF-VALUING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1------------</td>
<td>2------------</td>
</tr>
<tr>
<td>3------------</td>
<td>4------------</td>
</tr>
<tr>
<td>5------------</td>
<td>6------------</td>
</tr>
<tr>
<td>7------------</td>
<td></td>
</tr>
</tbody>
</table>

Self-hating – The self-hating person sees themselves as inferior, inadequate, and useless. They are quick to criticize and belittle themselves, and their attitudes are difficult to confront. Compliments and affirmation are rarely received and often argued against, sometimes quite strongly. Because of their low self-esteem and feelings of despair and hopelessness, the self-hating person frequently makes little progress in treatment.

Self-valuing – Healthy self-esteem and genuine care for others are features of the self-valuing person. They can express opinions and thoughts well and without fear of rejection. Confidence, not arrogance, is a welcoming quality and makes this person easy to be around.

What self-hating behaviors are holding you back from recovery or living a full life?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

When you speak to yourself, is your language more self-hating or self-valuing? How can your inner dialogue be made more positive and accepting?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________