FOCUSING ON POSITIVE 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.

5. Becoming More Forgiving

RESENTFUL FORGIVING

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Resentful – This mindset is filled with a sour bitterness that allows previous hurts and past rejection to deeply impact one’s mood, outlook in life, and meaningful interactions with others. Conversations are often reduced to complaints about previous treatment from others. This person is easily and often offended, and may take a distorted pleasure in telling how others have made them a victim.

Forgiving – Not easily offended, the forgiving person sees others with kindness and true concern. The forgiving person is filled with understanding and grace. A deep compassion allows them to overlook faults, forgive blunders, and view others with tolerance and acceptance. They do not keep an internal record of mistakes and offenses against them.

How is a resentful attitude holding back your recovery?

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Whom do you need to forgive?

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DEVELOPING YOUR RECOVERY ATTITUDE (PART B)

6. Becoming More Cooperative

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**Uncooperative** – Filled with disrespect and resistance, the uncooperative person looks for ways to oppose those trying to help. Simple directives and requests often spark controversy and conflict. Requirements of a recovery program are frequently resisted and challenged. Rather than being receptive, an argumentative style is common. Pushed to an extreme, the uncooperative person can be defiant and even hostile.

**Cooperative** – A positive recovery attitude is open, receptive, and willing to work with others, not against them. Cooperative people are respectful, not self-serving, and their actions benefit others, as well as themselves. They are eager to be involved and supportive, look for ways to contribute, get along with others, and return kindness.

Think through different areas of life such as treatment, home, work, and community. Are you more cooperative and receptive in some areas more than others? Which ones?

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7. Becoming More Humble

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**Arrogant** – The arrogant person is similar to the uncooperative person, described previously, and can come across as smug and overconfident. This attitude is filled with disregard for authority and often views others as inferior. “I know more than you do, so I don’t need to listen to you” is a common viewpoint of the arrogant person. Arrogance frequently produces resistance and is destructive to the recovery process. This person may appear to have an overly developed sense of pride, which can lead to feeling superior and entitled.

**Humble** – The humble person considers others while caring for themselves. This attitude is marked by meekness, gentleness, and modesty. Humility is not weakness, but is better understood as great power that is well-controlled. This person is neither arrogant nor overconfident, but instead, carries a realistic view of their own major strengths and minor weaknesses. They describe themselves with honesty and without conceit.
DEVELOPING YOUR RECOVERY ATTITUDE (PART B)

In what situations is it hard for you to be humble, modest, and able to admit to your faults?
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What are two things you can do this week to care for others in your life?
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______________________________________________________________________________
2.  ______________________________________________________________________________
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8.  Becoming More Empowered

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Helpless – Marked with defeat, discouragement, and caution, a helpless attitude limits useful behaviors and leaves a person with little belief their actions will accomplish anything beneficial. They remain stuck, trapped, and paralyzed. Helplessness is a non-action that comes from feeling hopeless. Low energy, low motivation, feelings of depression, and lack of a promising future all signal a helpless attitude. A person with this attitude often is unsure of what they want to do and lack the energy, perseverance, and diligence to achieve it.

Empowered – This person is filled with conviction, hope, and motivation. Believing situations can be managed and emotions can be controlled, the empowered person sees themselves as capable and skilled at managing the difficulties of life. They are strong, confident, and able to control their own attitude and character. Both the will and ability to achieve a solid life of recovery are present.

When have you felt overwhelmed and helpless in your life?
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DEVELOPING YOUR RECOVERY ATTITUDE (PART B)

What things have helped you overcome helpless feelings?
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9. Becoming More Accepting of Responsibility

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**Blaming** – This person has difficulty accepting responsibility for their own actions and is unwilling to admit how consequences are directly related to their poor choices. They look to place fault on other people, situations, or circumstances. The blaming person justifies and explains their poor decisions by passing responsibility to someone else.

**Accepting responsibility** – Having this attitude allows a person to learn from mistakes and make adjustments in their behavior. There is an understanding that consequences are linked to actions and changing one's actions will change the consequences that follow. This person is willing to accept responsibility and is also willing to be held accountable for their own choices and actions, and their consequences. This person is known as honorable and dependable.

Name a recent difficulty, problem, or failing for which you can now accept responsibility
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MAKING ADJUSTMENTS AND MAKING PROGRESS

What did you learn about yourself?

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Which are most important for you to concentrate on right now?

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Which changes are you most looking forward to making?

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Character can be developed and attitudes can be adjusted. Recovery is maintained as you work on yourself and change how you view the world. Your thoughts, feelings, and beliefs can be modified to make your long-term recovery goals a reality. Understanding and accepting responsibility for your own character, disposition, and attitude is an essential part of the recovery process. Use what you are learning to restructure and rebuild your life.
DEVELOPING YOUR RECOVERY ATTITUDE (PART B)

WRITING YOUR STORY
As you progress through treatment you are changing key behaviors and also changing your attitude. How has a negative or sour attitude affected your relationships in the past? What positive attitudes or character traits would be the most appreciated by your family and friends? List several ways you can put a change of heart into practice.

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