

CELEBRATING STRENGTHS



April 2010 :: Worksheet by Hannah Graham, University of Tasmania.

An important part of recovery is the process of understanding what we believe about ourselves, and how our core beliefs impact on what we do (our behaviour). Discovering the areas we are strong in can help the growth of insight and self esteem, as well as highlight other areas (unhealthy thinking) that need to change.

Personal Strengths and Important Truths

Tick the box next to each of the statements you believe are true about you.

- "I am a worthwhile person. I am as valuable a person as anyone else."
- "I have healthy boundaries. I can say no and stick to my decision."
- "I am not defined by my circumstances or labels others put on me."
- "I can laugh at myself or admit when I'm wrong, everyone gets it wrong sometimes."
- "I have something to offer that other people could benefit from."
- "I deserve to be treated with respect by loved ones and/or colleagues."
- "I am happy to be me. I like myself, even when others reject me or don't understand"
- "I am a resilient person. I can cope with this."
- "I can take criticism and use it to improve and grow stronger."
- "I can make new patterns in the place of unhelpful family histories and patterns."
- "I can let go and choose to forgive people who've done the wrong thing by me."
- "I am aware of my strengths; it is a good feeling to be good at something."
- "There are things about me that are attractive or appealing."
- "I can be trusted with responsibility. I can keep my word and carry through on it."
- "I am able to work as part of a team; I can trust others and be myself around them."
- "I'm on track with my recovery, but I can ask for help and support when I need to."
- "I like a new challenge and I am able to learn and change."
- "Failure is an event, not a person. Failure isn't final, I can start again."
- "My future is worth fighting for. I have hope for the future"



Exploring Growth

We all have areas of our lives that need growth. Often a good starting point is to understand where we are at now, which then helps us to develop strategies and ideas to work towards recovery. Celebrating strengths can go hand in hand with strengthening our weaknesses. Self acceptance and having healthy thinking is a process.

How did you feel going through that list? What made you feel that way?

Look at the list. Which statements did you struggle to believe about yourself? Why? What type of words/statements do you really believe in this area?

Pick a statement off the list you would like to grow in as part of your recovery. What little or big steps can you take towards this becoming a new strength in the future?