

Addiction Recovery Group:

Building Self-Esteem

Session Objective:

To explore and develop strategies for building self-esteem as a crucial component of addiction recovery.

Duration: 90 – 120 minutes

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Welcome and Introduction (10 minutes)

1. Greet participants and introduce the session's topic.
2. Briefly explain the importance of self-esteem in addiction recovery. [see notes]
3. Check in – Participants encouraged to check in using the theme of 'self-esteem'.

Icebreaker Activity: "Positive Affirmations" (15 minutes)

1. Ask each participant to share one positive affirmation about themselves.
2. Encourage group members to offer words of support and affirmation to one another.

Understanding Self-Esteem (20 minutes)

Facilitator led discussion:

1. Define self-esteem and its significance in addiction recovery. [see notes]
2. Discuss common challenges to self-esteem faced by individuals in recovery.

Personal Reflection: "My Self-Esteem Journey" (15 minutes)

Invite participants to reflect on their own self-esteem journey. Ask guiding questions:

1. What factors have influenced your self-esteem?
2. How has addiction impacted your self-esteem?
3. What steps have you taken to improve your self-esteem since beginning recovery?

Building Self-esteem Techniques (25 minutes)

Facilitator led presentation: Introduce practical techniques for building self-esteem [see notes]:

1. Positive self-talk
2. Setting and achieving goals
3. Celebrating successes
4. Practicing self-care
5. Surrounding oneself with supportive individuals

Encourage participants to share their own strategies for building self-esteem.

Group Activity: "Self-esteem Cards" (15 minutes)

Each participant to choose a card at random from a selection of cards each with an affirmation about self-esteem in recovery [see resources]. Participants to offer *their* opinion, positive or negative, about the statement on their chosen card.

Goal Setting for Self-esteem Growth (10 minutes)

1. Guide participants in setting one realistic and achievable self-esteem goal for the upcoming week.
2. Emphasize the importance of small, incremental steps in building self-esteem.

Closing Thoughts and Resources (5 minutes)

1. Summarize key points discussed during the session.
2. Provide resources for further reading or support related to self-esteem and addiction recovery.
3. Thank participants for their active participation and commitment to their recovery journey.
4. Close the session in the usual way.

Note: Throughout the session, ensure a supportive and non-judgmental atmosphere, allowing participants to share openly and honestly. Encourage active participation and peer support.

NOTES:

DEFINE SELF ESTEEM

Self-esteem plays a pivotal role in addiction recovery by empowering individuals to believe in their ability to change, navigate challenges, and build fulfilling lives free from substance abuse. It serves as a foundation for personal growth, resilience, and lasting sobriety. Therefore, addressing and nurturing self-esteem is essential in supporting individuals on their journey to recovery.

Self-esteem refers to the subjective evaluation of one's own worth, value, and abilities. It encompasses beliefs and feelings about oneself, including confidence, self-respect, and self-acceptance. Self-esteem can be influenced by various factors, such as past experiences, social interactions, and personal achievements.

In addiction recovery, self-esteem holds significant importance as it directly impacts an individual's ability to overcome substance abuse and maintain long-term sobriety. Here's why self-esteem is crucial in addiction recovery:

Motivation and Determination: High self-esteem fosters a sense of self-efficacy and belief in one's ability to change. Individuals with positive self-esteem are more motivated and determined to overcome addiction, as they perceive themselves as capable of achieving success.

Resilience: Building self-esteem enhances resilience, enabling individuals to bounce back from setbacks and challenges encountered during the recovery journey. Resilient individuals are better equipped to navigate triggers, temptations, and relapse risks without losing sight of their goals.

Self-respect and Self-care: Self-esteem encourages self-respect and self-care practices, including prioritizing physical and emotional wellbeing. Individuals with high self-esteem are more likely to engage in healthy habits, seek support when needed, and set boundaries that protect their recovery.

Positive Coping Mechanisms: Healthy self-esteem promotes the adoption of positive coping mechanisms to manage stress, anxiety, and other triggers without resorting to substance use. Individuals with positive self-esteem are more inclined to seek out constructive outlets for managing emotions and addressing underlying issues contributing to addiction.

Relationships: Self-esteem influences the quality of relationships individuals cultivate during recovery. Healthy self-esteem enables individuals to establish boundaries, communicate effectively, and foster supportive connections with others. Positive social support enhances resilience and provides a sense of belonging crucial for maintaining sobriety.

IMPORTANCE OF SELF ESTEEM

Cultivating self-esteem is an integral aspect of addiction recovery as it empowers individuals to navigate challenges, adopt healthy coping mechanisms, and build fulfilling lives free from the grip of addiction. It serves as a foundation for personal growth, resilience, and lasting sobriety.

Self-esteem plays a crucial role in addiction recovery as it directly impacts an individual's ability to cope with challenges, make positive choices, and maintain sobriety.

Here are some key reasons why self-esteem is important in addiction recovery:

Self-worth: Individuals with low self-esteem may struggle with feelings of inadequacy and unworthiness, which can contribute to addictive behaviours as a means of self-soothing or escaping negative emotions. Building self-esteem helps individuals recognize their inherent worth and value, reducing the need to seek validation through substances.

Resilience: Developing a healthy sense of self-esteem equips individuals with the resilience needed to face life's challenges without turning to substances for comfort. It fosters a belief in one's ability to overcome obstacles and bounce back from setbacks, which is essential in maintaining long-term sobriety.

Empowerment: High self-esteem empowers individuals to take control of their lives and make positive changes. It encourages self-advocacy, assertiveness, and self-care practices that support overall wellbeing and resilience in the face of triggers or temptations to relapse.

Positive Coping Mechanisms: Individuals with healthy self-esteem are more likely to adopt positive coping mechanisms, such as seeking support from others, practicing mindfulness and self-reflection, and engaging in activities that promote personal growth and fulfilment. These coping strategies serve as alternatives to substance use and contribute to sustainable recovery.

Relationships: Self-esteem influences the quality of relationships individuals cultivate during recovery. Healthy self-esteem enables individuals to set boundaries, communicate effectively, and foster meaningful connections with others based on mutual respect and support. Positive social connections play a vital role in maintaining sobriety and providing a sense of belonging and community.

PRACTICAL TECHNIQUES FOR BUILDING SELF-ESTEEM

By incorporating practical techniques into the group, participants can begin to cultivate a stronger sense of self-esteem and confidence as they progress on their journey to recovery.

1. **Identifying Strengths:** Encourage participants to identify their strengths, talents, and positive qualities. This can be done through exercises such as making a list of personal achievements or reflecting on past successes.
2. **Positive Affirmations:** Teach participants to use positive affirmations to challenge negative self-talk and boost self-esteem. Encourage them to create personalized affirmations that affirm their worth and potential.

Setting Achievable Goals: Guide participants in setting small, achievable goals that align with their values and aspirations. Celebrate their progress and accomplishments along the way to reinforce feelings of competence and self-worth.

3. **Building Self-Compassion:** Foster self-compassion by encouraging participants to treat themselves with kindness and understanding. Teach them to practice self-care and self-soothing techniques, such as mindfulness meditation or deep breathing exercises.
4. **Challenging Negative Beliefs:** Help participants identify and challenge negative beliefs about themselves that may be contributing to low self-esteem. Guide them in reframing negative thoughts and replacing them with more positive and realistic ones.
5. **Encouraging Self-Expression:** Provide opportunities for participants to express themselves creatively through art, writing, music, or other forms of self-expression. This can help them reconnect with their inner selves and build confidence in their abilities.
6. **Developing Healthy Boundaries:** Teach participants to set and maintain healthy boundaries in their relationships. Help them understand that it's okay to say no to things that are not in line with their values or goals, and to prioritize their own well-being.
7. **Seeking Support:** Encourage participants to seek support from trusted friends, family members, or support groups. Building a supportive network of people who validate and affirm their worth can greatly boost self-esteem.
8. **Practicing Gratitude:** Foster a sense of gratitude by encouraging participants to focus on the things they are grateful for in their lives. This can help shift

their perspective from focusing on what they lack to appreciating what they have.

9. **Celebrating Progress:** Celebrate small victories and milestones in their recovery journey. Acknowledge their efforts and achievements, no matter how small, to reinforce feelings of accomplishment and self-worth.