



Building Self-Esteem

- **Description:** A group designed to help clients rebuild their self-esteem, which is often damaged by addiction.

- **Instructions:**

- **Introduction (10 minutes):** Discuss how addiction can negatively impact self-esteem and the importance of rebuilding it in recovery.

- **Positive Affirmations (15 minutes):** Have clients write positive affirmations on small mirrors using dry erase markers. Encourage them to look at their reflection and say the affirmations aloud.

- **Identifying Strengths (20 minutes):** Distribute worksheets where clients list their strengths, talents, and accomplishments. Share in small groups.

- **Goal Setting (25 minutes):** Lead clients in setting small, achievable goals related to self-esteem. Use a ladder visual to represent each step towards their goal.

- **Reflection (20 minutes):** Discuss the importance of celebrating small victories and how these contribute to long-term recovery.

- **Facilitator Role:** Guide activities, encourage positive self-reflection, and support goal-setting.

- **Client Role:** Participate in affirmations, identify strengths, and set goals to boost self-esteem.