

SESSION 10

Client Handouts

What is a Bottom Line?

Your "bottom line" is a point that, for you, is unacceptable to be exceeded. It is a limit after which you will not allow any more of whatever is happening to occur. For example, a bottom line that is often found in relationships concerns being faithful. Most of us want the person we are involved with to be sexually faithful to us. Many of us say that if our partner is not faithful, we will leave the relationship. The true test of that bottom line is whether or not we leave the relationship once we discover infidelity.

We all have bottom lines in our lives whether we think about them or not. We live in a society where we have to conform to "bottom lines" all the time. When we are driving in a car and come to a red light, we usually stop. Why? Because we know what can happen if we don't. If we break the rules of society, we have to pay the consequences. **That's a bottom line: Break the rules, pay the price.**

Sometimes we use bottom lines unfairly. We have them, but we don't tell our partners or friends what they are until they break them. Then we punish them for having broken them. This kind of bottom line can cause a lot of problems in a relationship. It can even destroy a relationship. **So, how do you use "bottom lines"?**

Step 1.

First, you have to decide what is acceptable to you in your life and what is unacceptable. Remember that this is your life and your bottom line. Don't choose a bottom line because everyone else has it, or because you might be embarrassed if others found out what your real bottom line was. Remember, you will have a lot of bottom lines in your life and they sometimes change as circumstances in your life change.

There are two parts to a bottom line. The first part is simply establishing what it is, and the second part is determining what the consequences will be if it is crossed. Remember, there are all kinds of possible consequences, and they don't necessarily have to be drastic. Naturally, the more important the situation, the more severe the consequences will be. Very often, we don't figure out both parts of a bottom line and then when it is broken, we are not sure of what the consequences need to be. (And when that is the case, we usually go for drastic consequences instead of milder ones).

Step 2.

The next step is letting the other people in your life know what your bottom lines are. This can be tricky. It is very important to be very specific and very clear in stating what you want. For example, you might tell your partner that you have a bottom line that you want your relationship to be loving. The problem that can occur is when you and your partner have different ideas of what a "loving" relationship is. He/she may be doing everything that they think/feel shows a loving relationship and you may want something entirely different.

Another benefit of stating your bottom lines concisely is that your partner will be able to tell you if he/she is able to give you what you want, and sometimes you will both end up compromising. Also, don't forget to convey to your partner what the consequences are if your bottom line is crossed. This way, they know what to expect if they decide to break or cross your bottom line.

Step 3.

This is the step that hopefully you won't have to use much. This is where the bottom line has been broken and the consequences must be imposed. This is also the step that most of us have the most problems with. We tend to find excuses/reasons for why the other person broke our bottom line, and then we don't end up imposing the consequences. We might say, "Well, he/she was drunk and didn't know what he/she was doing", or "It only happened one time, and I know it won't ever happen again". What this means is that we don't really have a bottom line and that there is no reason for anyone in our life to act as if we do.

Often times we don't follow through with the consequences because we have made them really extreme. Either we can't impose them or we are afraid to. This is why it is very important to think our bottom lines through very carefully.

When we set bottom lines we show respect for ourselves and for others. We are also telling others that we demand respect from them. Every time we allow our bottom lines to be broken without consequences, we create a new and lesser bottom line, we lose self-respect, and we lower our self-esteem. We also allow anger to build up within ourselves.

Sadly, what often happens is that a person's bottom line gets broken over and over again until it can't possibly be pushed any further. The result of this is that the person who has allowed their bottom line to be broken becomes enraged and very often violent. This can be avoided if we are clear on what our bottom lines are and committed to sticking to them.

It is very important to remember that a **bottom line is not an ultimatum**. A bottom line is something you decide on for yourself. The people in your life have a *choice* if they want to accept it or not.

Bottom Line Exercise

Please give an example of three important bottom lines in your life. Be very clear, brief, and complete. Include the behaviors that you expect/want and the consequences if those bottom lines are broken.

1. Bottom line

Consequence



2. Bottom line

Consequence

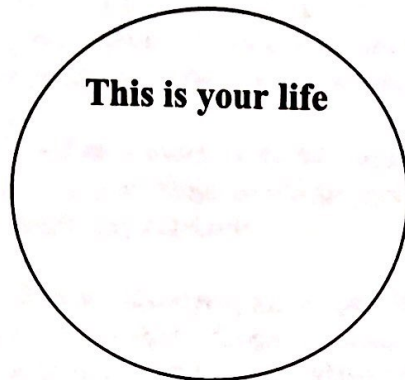
3. Bottom line

Consequence

LEARNING, SETTING, AND ENFORCING BOUNDARIES

Boundaries are the limits or rules we set to provide safety for ourselves and to let others know what they can and can't do to or with us. In many abusive relationships, one or both partners may have limited abilities to set or maintain good boundaries. One or both partners may not know how to deal with uncomfortable issues that arise, and anger and abusive behavior may be the outcome.

One of the best ways to learn to set boundaries is to look at your life as if it were a pie chart and then look at the demands on your energy as if they were pieces out of the pie. Take some time to do the exercise below.



- How much of your time, energy, etc. goes into work? _____ %
- How much goes into sleeping? _____ %
- How much goes into your primary relationship? _____ %
- How much goes into family? _____ %
- How much goes into others? _____ %
- How much goes into just you? _____ %
- What other categories are there for you? _____ %

Total = 100%

Portion the circle according to the various demands there are on you.

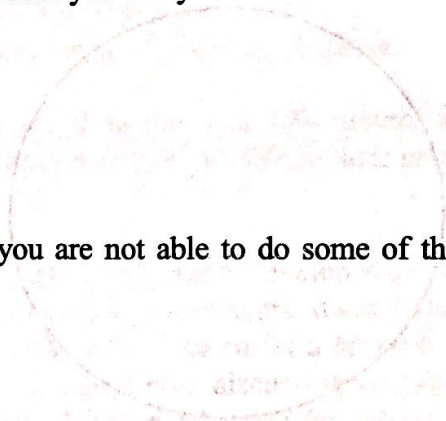
In looking at the circle:

Do you like the way things are parceled out? Is there good balance in your life? Is your life under control or out of control?

Would you like to change anything? If so, what?

Would you like to add or delete anything? If so, what?

What discoveries have you made about you and your time?



Can you see some reasons why you are not able to do some of the things you may want to do? What are they?

Why might you not have the energy available to do what you need to do for yourself?

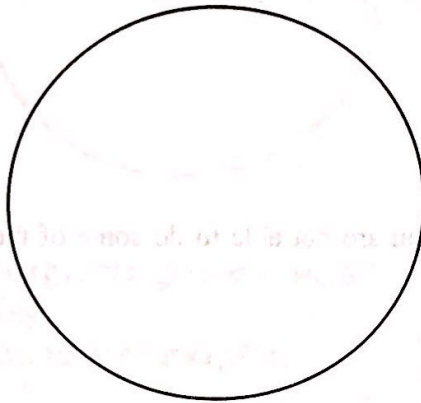
Who determines the categories in your life, you or someone else?

LEARNING, SETTING, AND ENFORCING BOUNDARIES

How would your ideal circle of life look? Portion the categories the way you would like them to be in the circle below.

- How much of your time, energy, etc. goes into work? _____ %
- How much goes into sleeping? _____ %
- How much goes into a primary relationship? _____ %
- How much goes into family? _____ %
- How much goes into others? _____ %
- How much goes into just you? _____ %
- What other categories are there for you? _____ %

Total = 100%



In order to get to your ideal circle, you have to take control of your life. You have to decide how your energy will be allocated, where to draw the lines, and how to replenish yourself when you are tired. This gives you internal control over your life, instead of having your life controlled by external events. This is having healthy boundaries.

SESSIONS 11-12

Self-Esteem and Self-Care

WEAVER Facilitator Guide

Boosting self-esteem is very important in effecting a movement away from violent and abusive behavior. Many group participants will have a low or limited self-esteem when they come into the program. It is important to help them recognize their strengths, learn how to use them, and learn how to overcome weaknesses that have contributed to their low self-esteem.

The self-esteem deck of cards is a good tool to use in the self-esteem exercise. There are several ways to use the cards:

- Each member can choose a card and respond to it.
- The group leader can choose a card for a person and ask them to respond to it.
- Members can choose cards for each other to answer.
- Members can help each other when someone gets stuck.

Help group participants identify their areas of self-esteem, and where their self-esteem is vulnerable. Focus on helping them learn how to change their self-esteem base from an external to internal base.

Use the self-esteem circle to help participants develop a picture of how their self-esteem is structured. If the circle has only a few compartments, discuss how they are more vulnerable if one or more areas were to come under attack or suffer a setback. Support them in developing a wide range of self-esteem sources. Spend time discussing ways to change self-esteem, and help members see where they may be setting themselves up for failure. Use what has been learned from the self-esteem exercise as a starting point. Ask members to share the changes they want to make and the obstacles they face in making those changes. What will they lose and what will they gain from making those changes?

Go over the personal change plan with each member. Have group members help and support each other with their plans. The *Thirty-Day Self-Esteem Builder* is a homework assignment that will assist the participants in developing a more positive self-image.

Client Handouts

What Is Self-Esteem and Why Is It Important in Relationships?

Self-esteem is the value we choose to place on ourselves.

- For healthy people, self-esteem is how we view ourselves, not how others view or value us.
- The more we allow our self-esteem to be based on what others think or feel about us, the easier it is to have our self-esteem attacked and lessened.
- Our self-esteem determines how we perceive, judge, and act.
- Our self-esteem has a major role in determining who we choose as partners, what kind of treatment we will tolerate from others, and how we expect others to treat us.
- It determines how we let others treat us.
- It affects the decisions and choices we make, such as the spouse we choose, friends we choose, employment etc.
- It affects academic and career achievement.
- It affects how motivated we are or how hard we try.

A person who has low self-esteem will:

1. Blame others for problems -- "you made me do it."
2. Not believe what people say; be suspicious.
3. Be unable to accept criticism, thinking it is a judgment call; get angry and defensive.
4. View compliments as threats.
5. Not have good physical care.
6. Base decisions on external input.
7. Stick with the sure and safe -- no risk taking.
8. Be amused by what makes others appear to look foolish.
9. Expect or demand perfection in others; take mistakes as failures.
10. Argue, preach, and nag.
11. Never let go of guilt from the past.

A person who has high self-esteem will:

1. Take responsibility for their feelings and actions.
2. Take compliments graciously (just say thank you).
3. Listen to criticism without anger (they don't have to agree).
4. Give praise and compliments frequently.
5. Take good care of themselves.
6. Make decisions from their internal values (even if it goes against the viewpoints of others).
7. Take risks and challenge themselves.
8. Have a sense of humor that doesn't hurt others; not put others down to make themselves look good; be able to laugh at themselves.
9. Accept mistakes as a part of living; be open to feedback.
10. Listen openly to the thoughts of others.
11. Focus on the here and now and what can be changed in the future; learn from the past.

SELF-ESTEEM: WHICH ONE ARE YOU?

Self-esteem can be positive or negative. Look at these descriptions and see which one fits you.

1. **Positive and strong self-esteem:** This is viewing yourself as worthwhile and as a person who has worth simply because you are alive.
2. **Negative and weak self-esteem:** This is viewing yourself as worthless or only able to be worthwhile if you accomplish what you think you should. Sometimes people with negative or low self-esteem have an inferiority complex. They may have strong and persistent doubts about themselves in comparison to others.

When someone has an inferiority complex as a result of negative self-esteem, it is often manifested by the following behaviors:

- * Sensitivity to criticism
- * Inappropriate response to flattery
- * Tendency towards blaming
- * Hypercritical attitude
- * Feelings of persecution
- * Negative feelings about competition
- * Tendency toward exclusiveness, shyness, and timidity

Self-esteem directly relates to our concept of how we see ourselves. Our self-concept involves many different aspects of us as a person.

Different Areas of Self-Concept:

1. **Identity:** Your identity involves having direction for your life and how you see your place in the world. It involves answering such questions as "Who am I?" and "What's my purpose in life?"
2. **Self-acceptance:** Self-acceptance involves knowing and accepting your strengths and weaknesses; having an inside feeling that you are OK.
3. **Self-satisfaction:** Self-satisfaction involves being satisfied with who you are and where you are on the road of life. It is OK to have *some* areas of dissatisfaction, because this unease motivates people to strengthen their weaknesses or change their situations.
4. **Behavior:** Behavior involves feeling okay about yourself in terms of how you act in situations. Do you feel that you act according to your beliefs or do you act how you think others want you to act? This could involve how you behave toward your children, spouse or friends.

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5. **Moral, ethical self:** Moral, ethical self relates to how you feel about yourself in relation to being ethical in dealing with others and in doing what you feel is right or wrong. Some individuals are motivated by their spiritual values that encourage honoring and respecting others as well as being fair. Who taught you what was right from wrong? Who taught you about ethical or moral behavior?"
6. **Physical self:** Physical self involves how you feel about your physical appearance, your body, and your health. Do you like and accept your body, or are you constantly finding fault with something about it? Do you take care of your health and hygiene? Your physical appearance is how you represent yourself to the rest of the world. How you treat your body is often a good clue as to how you will treat others.
7. **Personal self:** Personal self relates to how you feel you present yourself to others. This might involve the use of gestures, facial expressions, and nonverbal expressions.
8. **Family self:** Family self relates to how you feel about yourself in relation to your family, spouse, children, or parents. It could involve whether or not there are problems in the relationship, or whether you feel your "family" likes you or thinks you are okay.
9. **Peer self:** Peer self relates to how you feel about yourself in relation to those outside your family. This could include friends, co-workers, or employers. Do you feel generally liked or disliked by others?

Fill in the following boxes as a way to look at your self-concept and some areas where you can build your self-esteem:

Your self-esteem depends to a large degree on YOU. Take care of it and build it, and your self-esteem will protect you in times of challenge. It is important to work on your self-esteem each and every day. The stronger it is, the more resilient you'll be to stress, difficulties, and challenges.

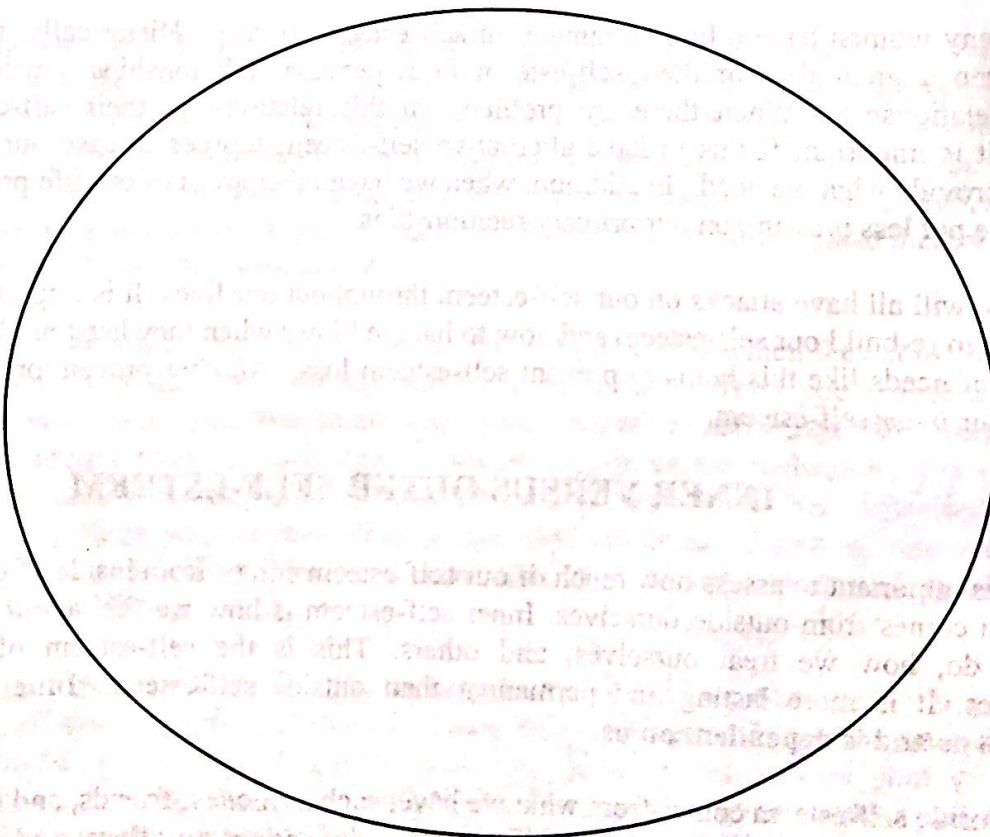
Do something positive for yourself every day, and make sure to give yourself credit for all of your daily accomplishments.

Use the space below to list things you can do on a daily basis to feed and strengthen your self-esteem.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Take the circle below and divide it into sections that represent the sources of where you get your self-esteem. Make the size of the sections represent how much of your self-esteem comes from each source. For example, if you get a lot of self-esteem from your job, make that section larger than some of the others.

Self-Esteem circle



Now, look at your self-esteem.

Do you have a lot of places to get your self-esteem from, or are you dependent on a few areas?

Do you like the way you are parceled out?

Would you like to change anything? If so, what?

Would you like to add or delete anything? If so, what?

Please answer the following questions.

How well balanced is my self-esteem wheel? What do I need to do to make it more balanced?

How much of my self-esteem comes from inside of myself, and how much comes from outside?

What do I need to do to make it stronger?

Where in my life is my self-esteem enhanced and increased? Where is it attacked and lessened?

How does my significant relationship help/hurt my self-esteem?

What do I do on a regular basis to build and nurture my partner's self-esteem? What does my partner do for me to build and nurture my self-esteem on a regular basis?

What can I do to change/help this?

Remember!!! It is good to have several sources of self-esteem. A larger number of sources gives us a buffer when one area is having trouble. For example, suppose a person had a large amount of self-esteem coming from work and small amounts coming from other areas such as friends, family, and accomplishments. What is going to happen to that person if the job is lost, or if it changes in a negative way? Most likely they will have a difficult time with their self-esteem because they don't have enough buffers to fall back on.

Many women have a limited number of self-esteem sources. Historically, women have often gotten a great deal of their self-esteem from personal relationships, particularly their primary relationship. When there are problems in this relationship, their self-esteem often suffers. It is important for us to have alternative self-esteem sources in case our relationship does not provide what we need. In addition, when we have other areas of our life providing self-esteem, we put less pressure on our primary relationships.

We will all have attacks on our self-esteem throughout our lives. It is important for us to know how to re-build our self-esteem and how to handle blows when they happen. Being able to take care of needs like this helps to prevent self-esteem loss. Another prevention method is to build up our *inner* self-esteem.

INNER VERSUS OUTER SELF-ESTEEM

It is important to assess how much of our self-esteem comes from inside of ourselves and how much comes from outside ourselves. Inner self-esteem is how we feel about who we are, what we do, how we treat ourselves, and others. This is the self-esteem of values and experiences. It is more lasting and permanent than outside self-esteem. **Inner self-esteem belongs to us and is dependent on us.**

Outside self-esteem comes from what we have, such as money, friends, and status. This is the self-esteem of possessions. **Outside self-esteem is dependent on others and can be taken away at any time.**

One way to help develop your self-esteem is to have an idea of who you want to be and how you want others to view you. How do you want the people in your life and the people you interact with to remember you? One way of setting up this goal in your life is to write your eulogy and to use it as a benchmark to live up to.

Things to think about as you build your self-esteem:

- We must feel love inside ourselves before we can give it to others.
- Our reward in life depends on the quality and amount of the contributions we make.
- A touch is worth a thousand words.
- Life is a self-fulfilling prophecy. You won't necessarily get everything you want in life, but in the long run you will usually get what you expect.
- The reason so many individuals fail to achieve their goals in life is that they never really set them in the first place.
- The good old days are here and now.
- Winners work at doing things that the majority of the population is not willing to do.
- How we see life (our perspective), makes all the difference.
- Look for the positives -- wisdom, purpose, and faith -- and have the courage to adapt to change and persevere when the odds seem overwhelming (Waitley, 1984).

Give Yourself the Winner's Edge

Anyone can learn to be more self-confident. The process of building self-esteem is a game of skills which can be learned and polished with practice. Take these practical 10 steps to self-assurance and become a doer, not a doubter.

1. **Shoot down "self-killer" phrases:** Insecure people riddle their speech with lines that raise doubts about their competence. For instance, by saying "I know this relationship could be better" or "I know we are making a mistake here", you are turning a gun on yourself. You may be fishing for compliments or validation, or fending off criticism, but you're also creating a mindset. You may be asked to defend your approach or position. Avoid subtle and wishy-washy phrases like "I guess", "maybe", "I don't know" and replace them with phrases like "I'm sure", and "It seems to me".
2. **Don't be a downer:** many people have a litany of put downs which they constantly chant to themselves: "I'm fat, silly, stupid, clumsy, a failure...." When you're preoccupied with self-criticism, you risk communicating your negative self-image to others through self-demeaning remarks or demeanor. If we tell people we are inadequate, they may believe us, which could negatively influence our interactions with them. Self-depreciation, even in jest, may spotlight your shortcomings or persuade others of something untrue before they have a chance to form an independent impression. Don't advertise your inadequacies; it's just not good press (Butler, 1992).
3. **The "con" in confidence:** if you label yourself, you limit what you will attempt. For instance, if you're "unathletic" you may never take up skiing. Your self-evaluation (or labels from parents, peers, etc.) has influenced your behavior and stunted your growth. The solution: put on some counterfeit confidence. Pretend you can do it, relax and give it your

Observe the way self-assured people stand, speak, dress and behave. Then dress, stand, speak and behave like them. Even if you're quaking inside, you will seem confident if you act assured. Look people in the eye, smile frequently, shake hands firmly, stand tall, speak clearly, wear flattering clothes. Not only will you feel better, but, others will see you in a favorable light. Your self-esteem will soar as you respond to their encouraging reactions/perceptions.

4. **Work on your weaknesses:** Assess your weak spots honestly. The point is to recognize, not exaggerate short comings and then apply a little elbow grease. Take a lesson or attend a self-improvement seminar to help you overcome an inadequacy. Don't let a poor self-concept predict how you will perform. **Remember, only practice makes perfect.**
5. **Try, try again:** Only by overcoming difficulties can you become a winner. Keep in mind three trite truisms: a) winning takes effort, or "no pain no gain", b) you can't win at every game, and c) the road to success is paved with failures. Expect stalls, learn from setbacks, and don't consider yourself a failure at something. As the song says, "Just pick yourself up, dust yourself off and start all over again." **Tip:** If you make your goals reasonable and manageable, you're more likely to reach them. Try doing things in small steps rather than leaps. Success isn't how far you've gotten; it's the distance you've traveled from where you started.
6. **Be your own cheerleader:** To improve your self-image, start saying good things about yourself. Rehearse your good points. Make a list of positive things about yourself (appearance, intelligence, interests, achievements, etc.). Repeat these statements (I have pretty eyes, I'm a good tennis player, I write well, etc.). Every day when you're brushing your teeth, or doing something ordinary, take a break, compliment yourself and convince yourself of how good you really are.
7. **Rewrite your script:** Try some personal propaganda by reversing the negative, self-defeating statements you make about yourself. Repetition of a message drives it home unconsciously so that it becomes a subjective truth of your belief system. Instead of saying, "I am easily discouraged" think, "I will be persistent." Change "I can't" to "I can."
8. **Bounce ups for put-downs:** You don't have to put on the gloves when someone tries to take you down a notch. Try deflecting a dig with a quip or changing the subject. Brush off an off-the-wall remark; if there's some truth in the criticism, agree to the truthful part. Put a put-downer on the spot and ask, "Why did you say that about me?"
9. **Paint a pretty picture:** Fantasizing is a creative, constructive way to boost your confidence and chances for success. Visualization techniques can polish skills. Experiments with golfers indicated that visualizing a perfect swing improved their physical technique. When you envision doing something, you're really practicing. The body responds -- the nervous system reacts and the blood starts pumping. If you consistently visualize peak performances, whether skiing or giving a speech, then you're going to perform. To become a daydream believer, think of your mind as a computer with a TV screen. You can use your visual imagination to project pictures of the way you want yourself and your life to be. Then, program in positive information and thoughts, which will be played back to you. **Positive in, positive out.**

10. **Take a bow:** Confident people take credit when they've done a good job. Don't brush off compliments by saying, "it was nothing." People might believe you! Tell your boss, "I gave it my all". When you've completed a tough assignment, remember, if you hide your light under a bushel basket, the only thing the rest of the world is going to see is a dim bulb.

Happy Homework

Read these statements every day, until they become part of your thinking. Do not memorize them. Really hear the words as you say them out loud. You will find that you will feel great! They will really help you build your self-esteem.

1. I am a unique and precious human being, always doing the best I can, always growing in wisdom and in love.
2. I am in charge of my own life.
3. I take responsibility for my own growth and well being. The better I am to me, the better I will be to others.
4. I refuse to be put down by the attitudes or opinions of others.
5. I make my own decisions and assume the responsibility for any mistakes. However, I refuse to feel shame or guilt because of them.
6. I am not my actions. I am the actor. My actions may be good or bad.
7. I cannot control all of the things that will happen to me. But I have 100% freedom over the attitude I have towards those things. My personal well-being or my suffering depends upon my attitude.
8. I do not have to prove myself to anyone. I need only to express myself as honestly and effectively as I am capable.
9. I am free of animosity or resentment.
10. My emotional well being is dependent primarily on how I love myself.
11. I am kind and gentle towards myself.
12. I live a day at a time, doing first things first.
13. I am patient and serene for I have the rest of my life in which to grow.
14. Every experience I have in life (even the unpleasant ones) contributes to my learning and growth.
15. No one in the world is more important than I as a person.
16. My mistakes and non-successes do not make me a louse, a crumb, or whatever. They only prove that I am imperfect, that is, "human". And there's nothing wrong with being human.
17. Every experience I have, either good or bad, provides me with an opportunity to grow and to know myself better.
18. Once I have reconciled with god and my neighbor, I am totally free of guilty feelings or remorse.
19. I choose to give love and good will to all those who are around me. They can choose to accept it or not.

TECHNIQUES FOR CHANGING SELF-ESTEEM

I. Make small, positive goals for the future.

Example: If you want to lose weight, make a goal to lose a pound a week. Continue to try to do this every week until you reach your desired weight. This is much more realistic than a goal to lose 25 pounds in one month. With small realistic goals you will be successful and motivated to reach your end goal.

II. Modify unrealistic standards:

- A. Rational thinking.** You are influenced by your view and perception of the world. This often takes precedence over reality. How you see things is often more important than what really happened. Your beliefs about yourself influence how you feel and what you do.

Example: Your boss tells you that you made a mistake in your last project (**event**). You tell yourself, "I am worthless" (**belief**). You then become depressed and feel horrible about yourself (**emotion**).

The point is that bad things happen. Acknowledge that this is a fact of life. Do not give yourself additional blows by a belief system that hurts you. Adopt a healthy belief system, and you will be happier and more successful.

- B. What you expect of yourself.** Remember to be realistic and to allow yourself to live with "wants" not "musts." Enjoy what you have and do not evaluate yourself.

- C. Are your expectations reasonable and obtainable?** Again set your expectations and goals so that they are obtainable. Do not place obstacles in your way by making goals that demand perfection or that are impossible to reach. Make small goals along the way to your end goal. Reward yourself when you reach each goal.

- D. Admit when you are expecting too much. Don't expect perfection in yourself or others.** This sets you up for failure. Enjoy your uniqueness and that of others. Learn to appreciate yourself and others. Again, stop rating yourself or others. Give yourself freedom to make mistakes and still like who you are. Extend this freedom to others also.

III. Develop positive fantasies

- A. List positive attributes and characteristics.**

- B. List positive things or events. Treat yourself to some of these.**

- C. Lie down, relax, think about occasions in the past when you felt very good.**

- D. Mentally project yourself into the future. Picture yourself enjoying pleasant events.**

E. Work at always staying relaxed.

IV Develop positive scanning skills.

A. Have a positive approach to life.

B. Do not insist on perfection.

C. Think about positive and humorous events.

D. Do not let others get you down with negative conversations and negative remarks.

V. Create better social support reinforcement.

A. Seek people who give you positive reinforcement

B. Be pleasant to others. Talk and act in a positive manner.

C. Be nice, even when you do not feel like it.

D. Do not expect everyone to like you.

E. Do not expect everyone to be perfect.

F. Do not talk about your problems all the time. Others do not like to hear negative things constantly.

G. Be assertive, not aggressive. Let people know what you want and need in an appropriate way. Do not expect them to know what you need.

VI. Learn to meet your own needs (concentrate on the following needs):

A. To love and to be loved. Giving up unrealistic demands on yourself and others allows you to love and be loved more generously. Having a loving relationship with at least one other person may be crucial to your well being.

B. To feel worthwhile. Doing something that feels useful and worthwhile is important for everyone. Give yourself credit for anything you are doing which makes you feel worthwhile.

C. To have fun. Allow yourself to have fun. Do something which you find enjoyable every day. If there is something that is particularly fun to you which you have not done for some time, make it a point to indulge in this activity very soon.

(Example: have your hair done, have a manicure, go roller-skating, go to a ball game, go bowling, play tennis, or call your best friend from high school.)

D. To be free. Keep in mind at all times that you are free to make choices. Forget the past and live in the present. Accept responsibility for making meaningful choices in your life. You are free to choose how to live your life.

HOMEWORK ASSIGNMENT:

Thirty Day Self-Esteem Builder

I Make a written list of the following about yourself:

A. 10 Character assets

B. 10 Physical assets

C. 10 People who love you

D. 10 Things you are grateful for

II. Think about and write on paper:

A. What kind of higher power you have, if this is important to you

B. What your higher power wants for you

C. What is your higher power willing to do for you?

**Remember! Work on positive thoughts only! Progress, not perfection.
You are somebody unique!**