

# Self-esteem & Assertiveness

Mapping your recovery

**Assertiveness is not about being aggressive or even about getting your own way, instead, it's about communicating effectively so that others know how you feel and what you want.**

**The map on the next page will ask you to think of a time where you haven't behaved as you would have liked, what happened and how it made you feel.**

# Situations where I didn't behave assertively

**What happened?**

**What emotions were you feeling?**

**How intense were those emotions?  
(0-100)**

**What were your thoughts at the time?**

**What could I do differently next time?**

**What have I learnt from this?**

**One reason we might not act assertively is because we don't think highly of ourselves, which is called low self-esteem.**

**Sometimes, this feeling comes from how others have treated us before, but many times, we are actually the ones causing it by doubting ourselves.**

**In the upcoming exercise, consider a challenging and ambitious goal you desire to achieve within the next year, something you've had doubts about.**

**The Inner critic is that negative voice in your head casting doubt on your goals. It's a destructive force that can hold you back from what you want.**

**Some ways that the inner critic might operate include:**

**Making generalisations: It's the voice that claims, "You'll never succeed, just like always." Challenge it with your achievements, such as starting your recovery journey!**

**Turning minor issues into major hurdles: It's the voice that insists, "I can't even find the phone number - I'm hopeless." Combat it by finding solutions for small problems without exaggerating them.**

**Illogical Leaps: Like saying "I can't handle any of it," or blowing up problems. Step back, reflect on your strengths, and find ways to overcome this pattern!**

**Too Harsh: Inner critic neglects your strengths and magnifies weaknesses.**

**Fight Back: Embrace positives, find joy in success. Practice, learn from it. Spot the INNER CRITIC, silence it!**



**Your self esteem will take a long time to re-build and this involves you starting to learn your worth as a person. learning to appreciate yourself can involve:**

**Practising self care like eating healthily, getting enough sleep and exercise**

**Doing fun or relaxing things to unwind when you find something frustrating**

**Getting help from others**



# Things I can do to improve my self-esteem

Things I can say back to my inner critic:

Ways I can look after myself:

Who I can talk to for support:

Things I can do to treat myself when I'm feeling down: