

# LEARNING TO LOVE YOURSELF

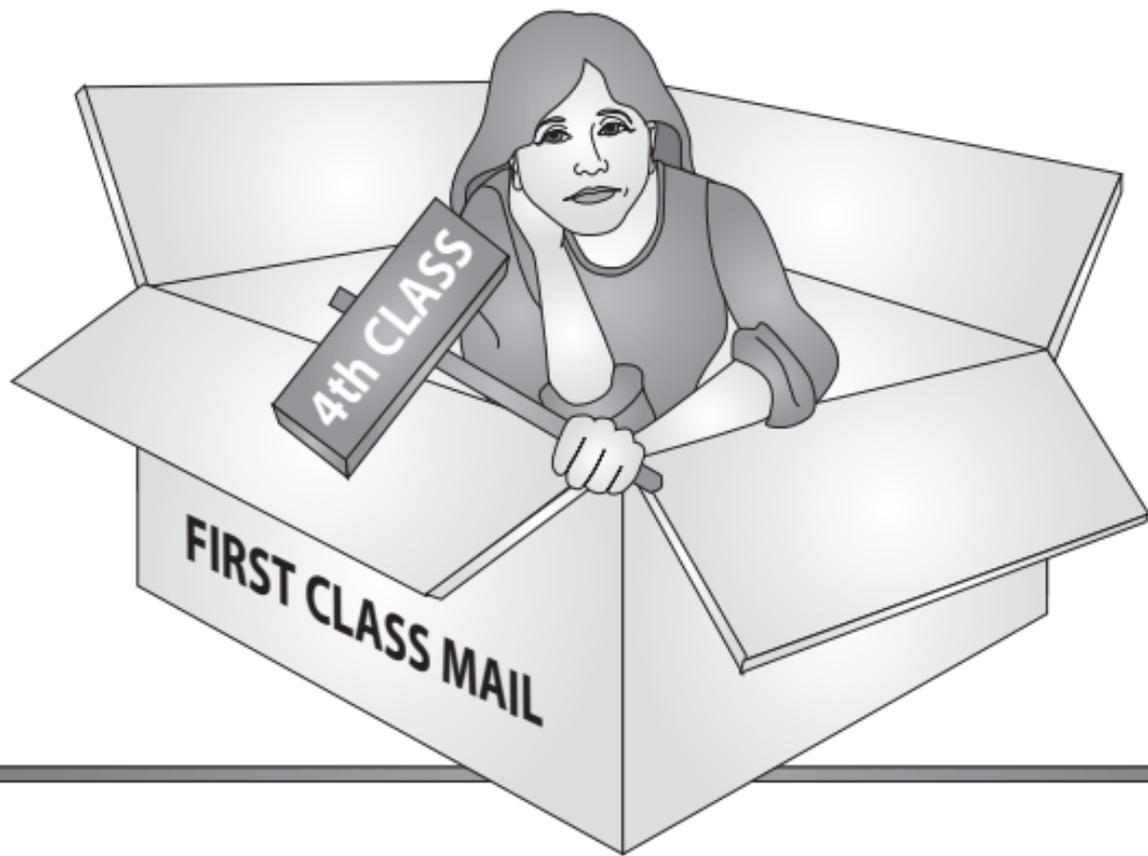
*Finding Your Self-Worth*

Sharon Wegscheider-Cruse



Health Communications, Inc.  
Deerfield Beach, Florida

*[www.hcibooks.com](http://www.hcibooks.com)*





**more and more of the**  
**worsens:** drinking, smoking,  
overspending, acting out  
**hurt, sadness, guilt,**  
**lead to more** drinking,  
overeating, using drugs,  
acting out sexually **increased**  
**guilt, shame,** and  
**more** drinking, smoking,  
overworking, overspending,  
feelings of hurt, sadness,

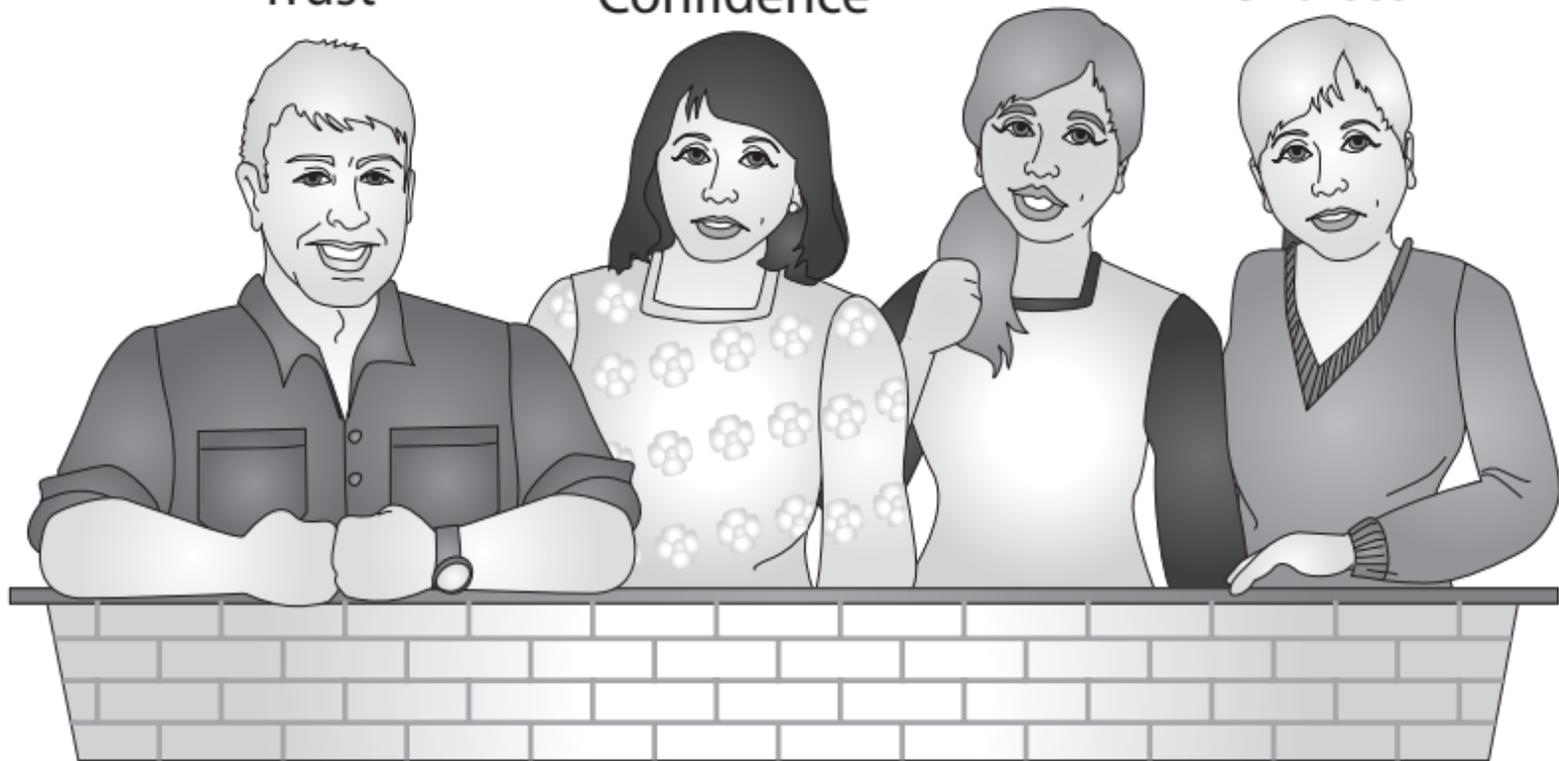
**same pain increases and behavior**  
overeating, using drugs, overworking,  
sexually, **increased feelings of**  
**shame,** and **inadequacy**  
smoking,  
overworking, overspending,  
**feelings of hurt, sadness,**  
**inadequacy lead to**  
overeating, using drugs,  
acting out sexually, increased  
guilt, shame

Trust

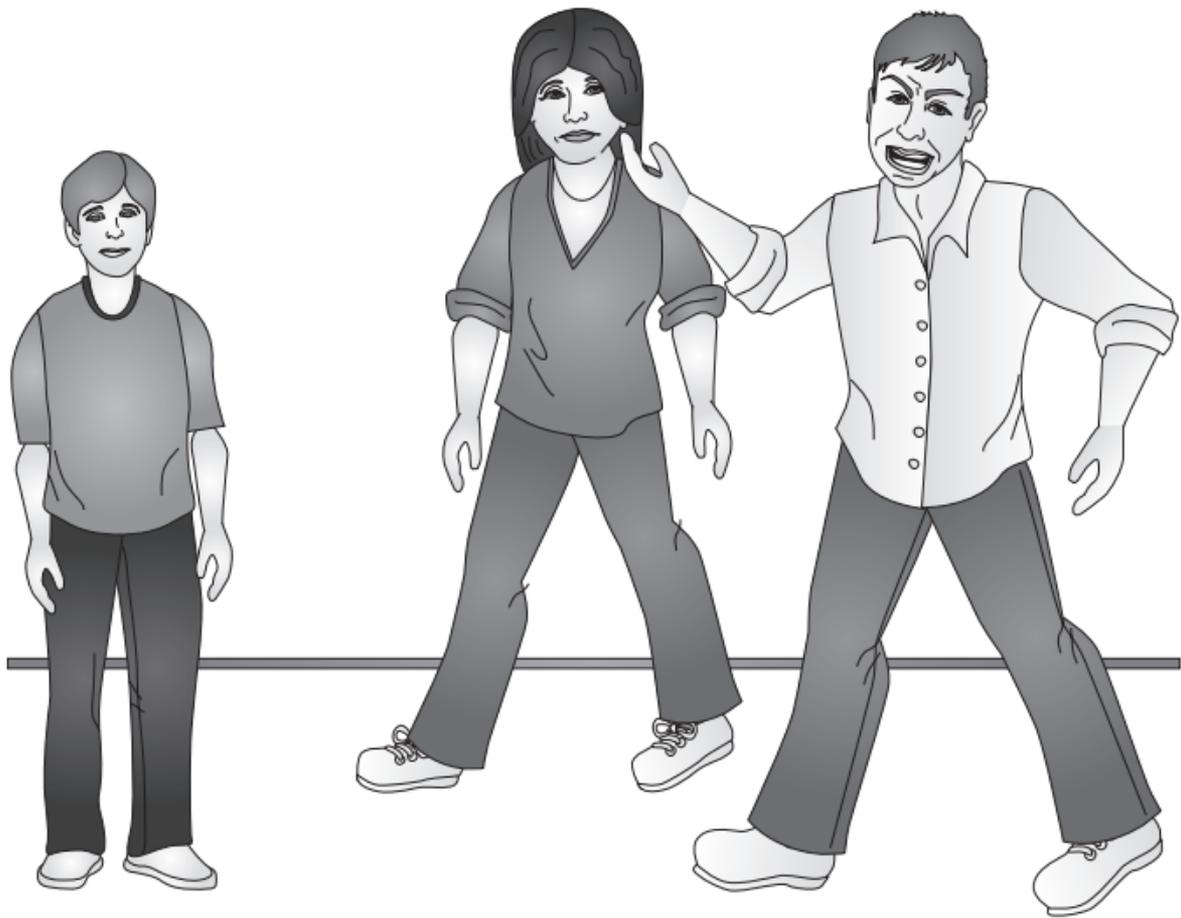
Confidence

Joy

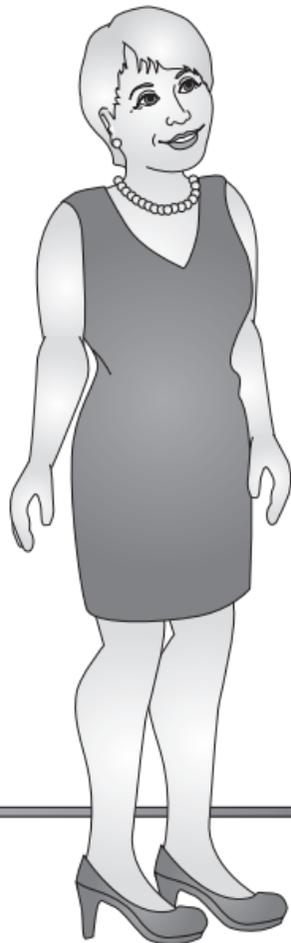
Choices







I hurt inside ...  
But I won't show it!

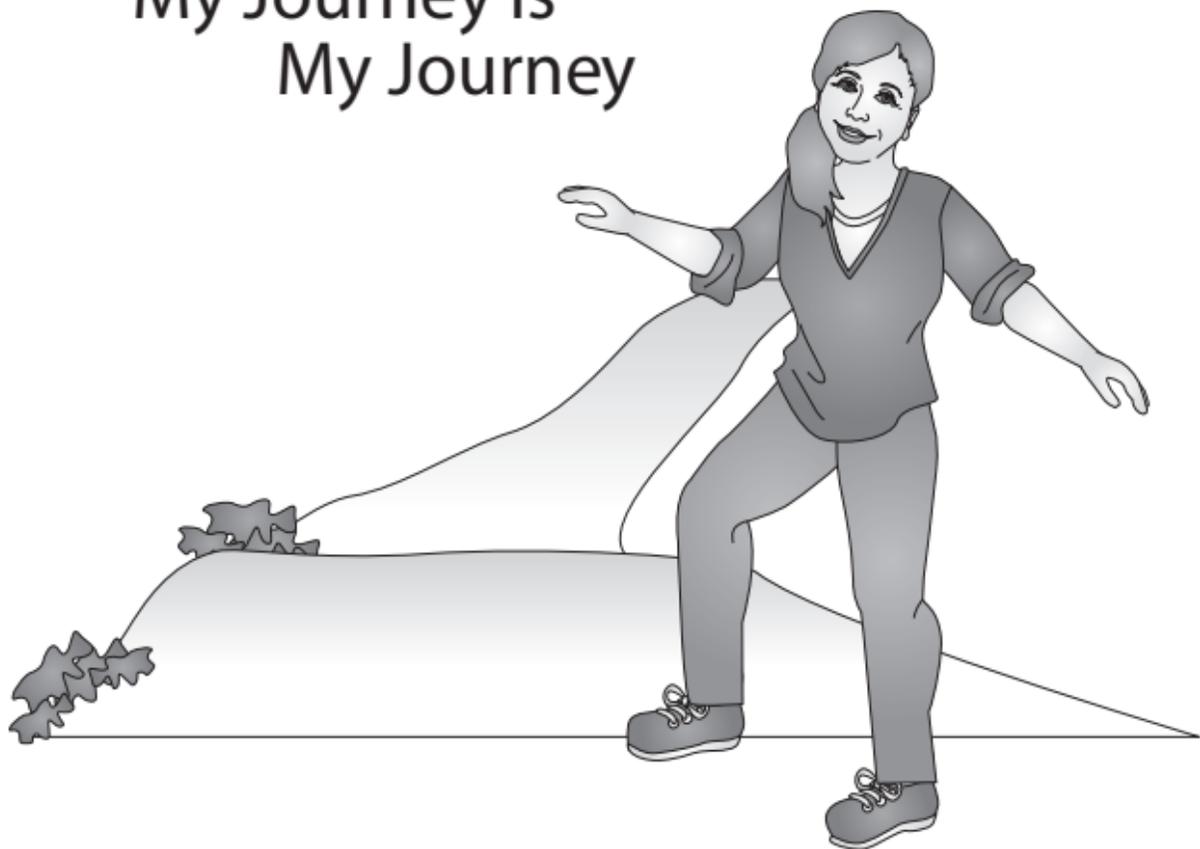


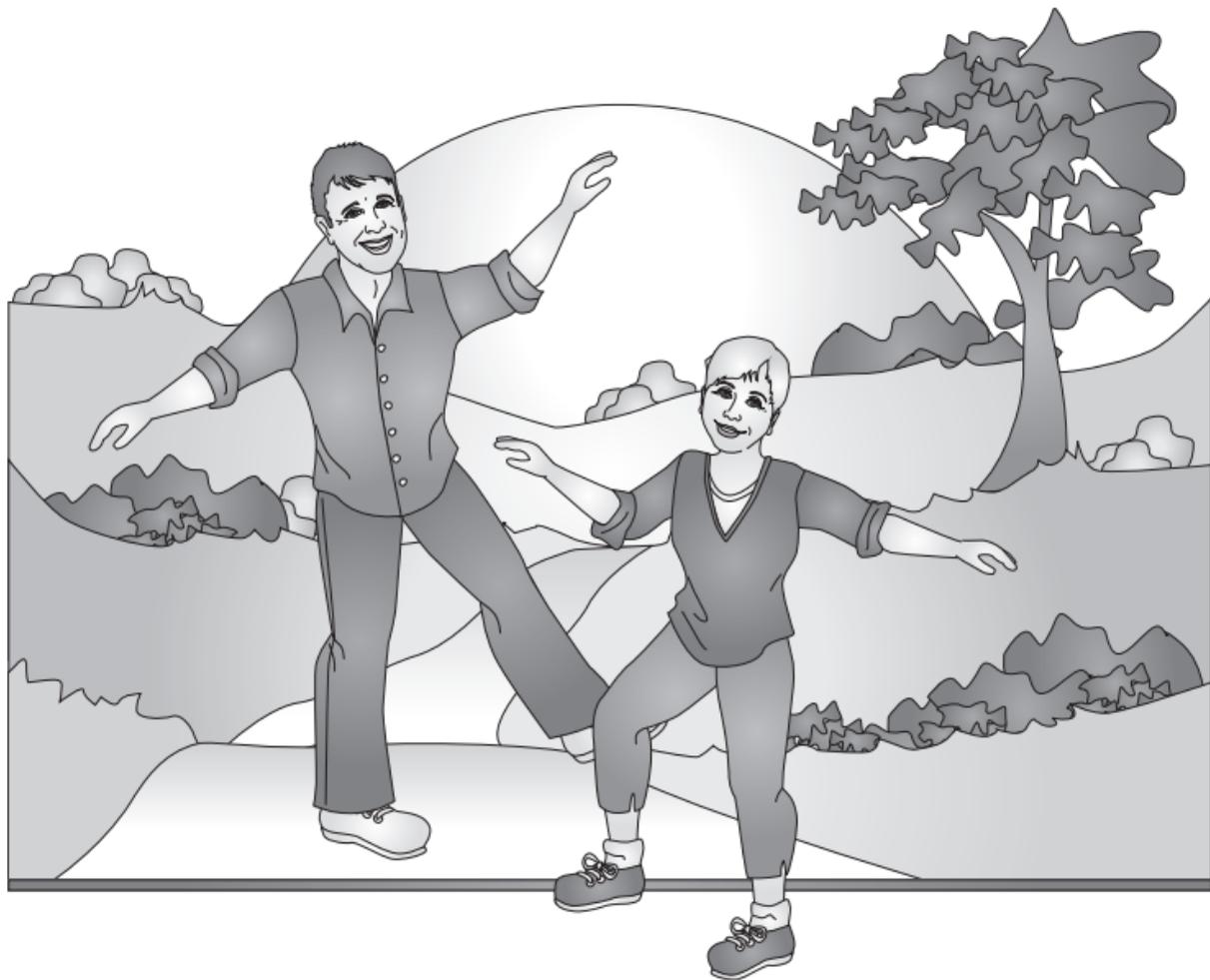
I'M  
FURIOUS!

I'M @#&%  
FURIOUS!!



# My Journey is My Journey







I feel angry!

I feel worried.

I feel discouraged.

I feel hurt.

I feel jealous.

I feel embarrassed.



Break The Chain of Addiction



## Alternatives to Compulsive Busyness

- Listen to music
- Go for a walk
- Go swimming
- Dance
- Read a fiction book
- Listen to the trees rustle
- Write a letter
- Take a bath
- Talk with a friend
- Play with your children
- Tell secrets with someone you love
- Watch a candle burn
- Pray
- Make love with your special partner
- Make homemade bread
- Build a birdhouse
- Look at old pictures
- Plan a party
- Go to a movie, eat popcorn, and hold hands
- Play an instrument
- Sing

- Write down important thoughts to you
- Explore a new town
- People-watch
- Introduce yourself to three people
- Call an old friend
- Plant a garden or a flower pot
- Make presents and give them away during the course of a year

Separation



Withdrawal



Dependent  
Relationship  
Fear  
Self Worth



Fear  
Anxiety  
Tension  
When Alone





**I am worth it!**

# The Changes I Need to Make

## HEALTH "SAMPLE"

<b>What</b>	<b>When</b>	<b>How</b>
1. Weight/Diet	Now	Join Overeaters Anonymous
2. Smoking	In two weeks	Go to treatment or join a support group
3. Exercise	Now	Walk a mile a day
4. Drugs	Now	Stop
5. Sleep	In one month	Quit second job
		Finish school
		No late-night TV

## ME

<b>What</b>	<b>When</b>	<b>How</b>
1. Weight/Diet		
2. Smoking		
3. Exercise		
4. Drugs		
5. Sleep		

# HOME

## What do I like?

1. Colors

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2. Lots of light

---

3. My use of good music

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4. Beauty

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## What do I want to change?

1. Paint bedroom with favorite color

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2. Change curtains to blinds

---

3. Buy myself new music

---

4. Buy a fresh flower each week

---

# Make a List Now . . .

Letters I Want to Write

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

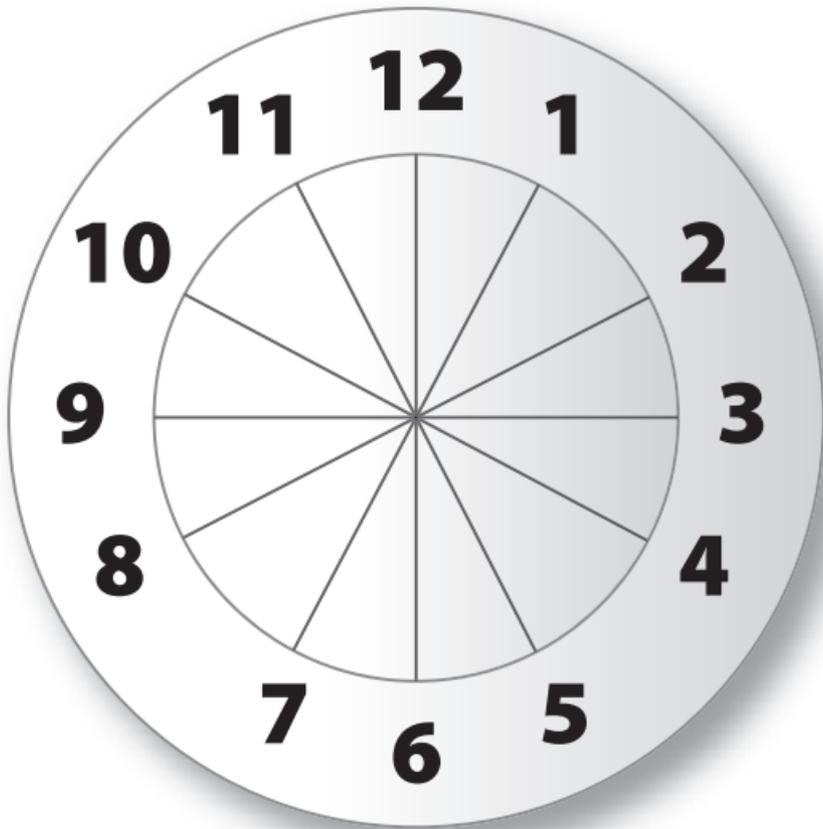
8. \_\_\_\_\_

9.

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10.

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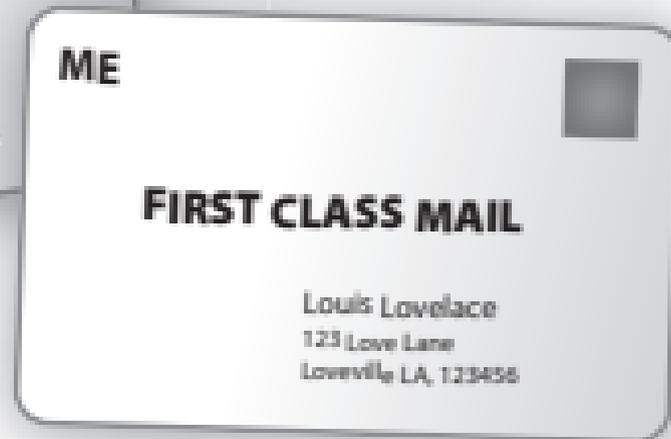
## My Creativity

Where	What I Like	What I Want to Change
Job		
Home		
Personally		

Excitement! Hope **CURIOUSITY**

*Guilt* Sadness *Joy*

*Silliness* **ANGER** Hurt



## Sample:

- I like my eyes.
- I like the way I wake up with energy.
- I like my skills in music.
- I like the fact that I'm nice to cab drivers and waitresses.
- I like my sense of humor.
- I like my body.
- I like my laugh.
- I like the fact that I have friends.
- I like my cooking.
- I like my independence.
- I like the way I drive.
- I like my ways of handling money.
- I like doing my Christmas shopping in September.



Good morning  
me! Another great  
day today!!

**THIS WEEK'S  
AFFIRMATIONS**

**I am Great!  
I am Smart!**

## Self-Worth Memories

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

*(Make 51 copies of this page and continue for 365 days.)*

**Rule:** Boys shouldn't cry or share feelings.

**Affirmation:** *Healthy men cry and share their feelings when they choose.*

**Rule:** Women shouldn't display anger.

**Affirmation:** *It's important that women share anger in healthy ways.*

**Rule:** Anything worth doing is worth doing well.

**Affirmations:** *Some things are worth my time and energy. Other things are not. I will choose.*

**Rule:** Work first, play later.

**Affirmation:** *A good balance between work and play is good for me.*



Wow, that's  
a relief,  
I have time  
to think!





**Lost**

**Found**

**1** \_\_\_\_\_ → \_\_\_\_\_

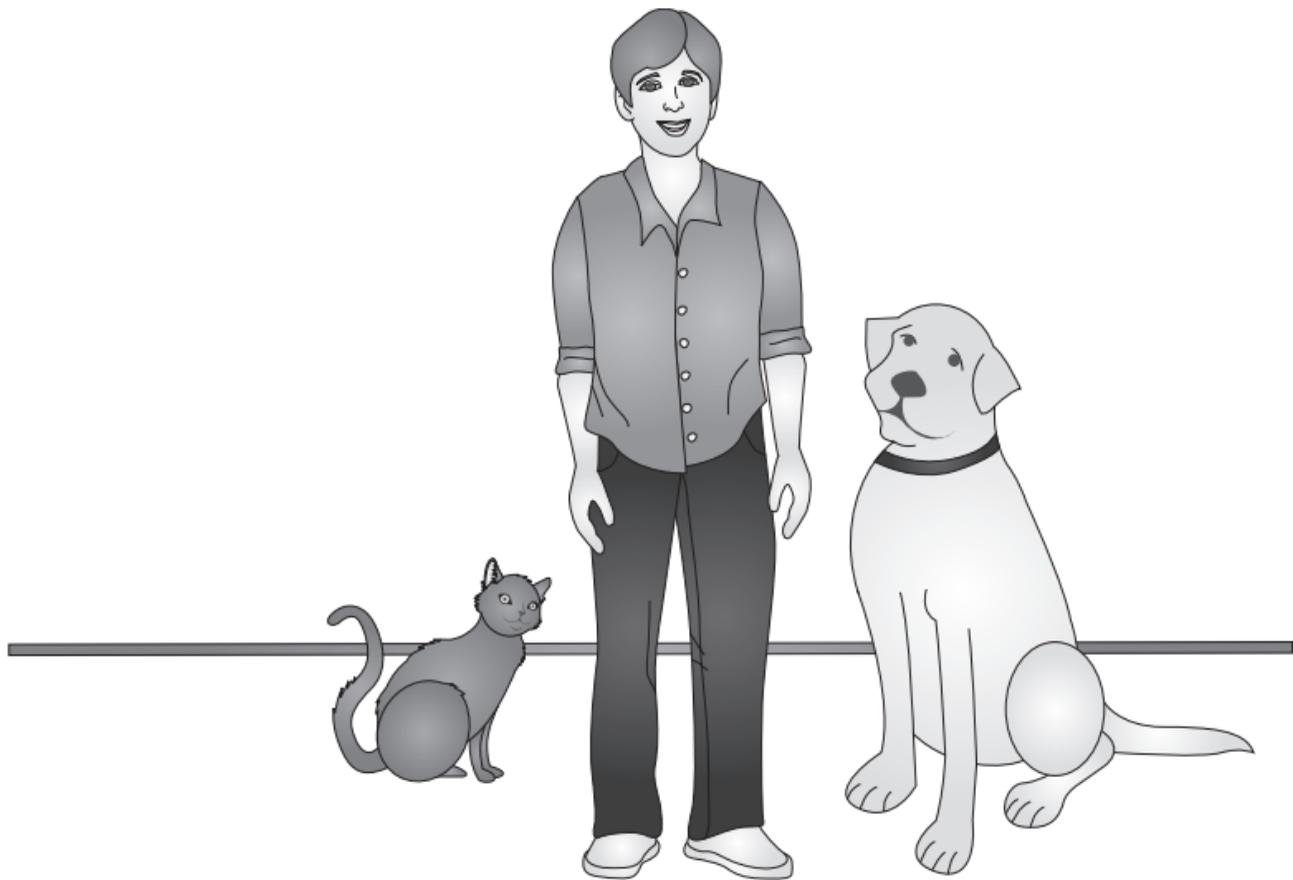
**2** \_\_\_\_\_ → \_\_\_\_\_

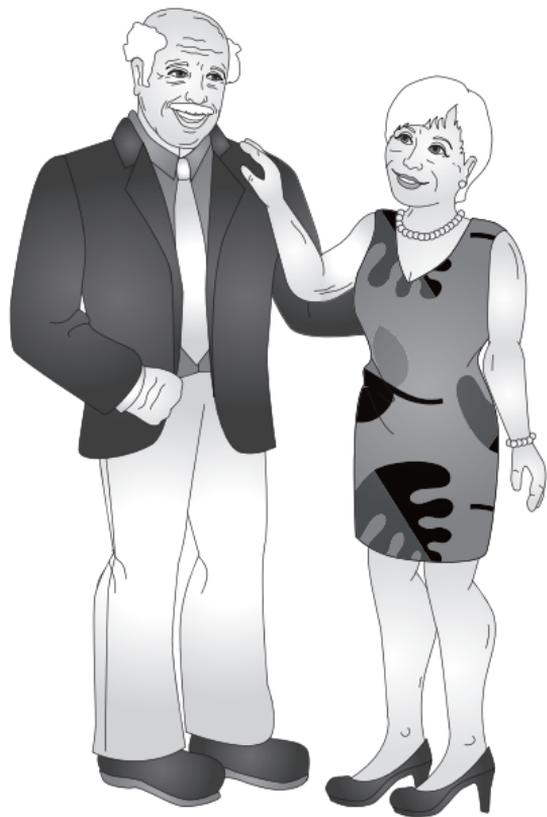
**3** \_\_\_\_\_ → \_\_\_\_\_

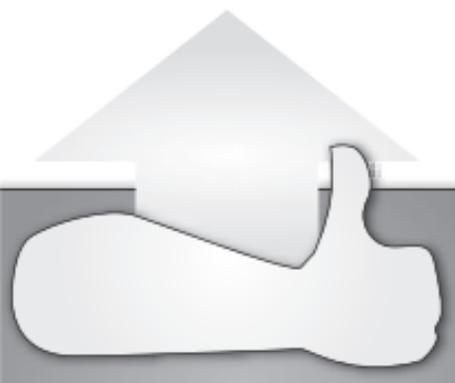
**4** \_\_\_\_\_ → \_\_\_\_\_

**5** \_\_\_\_\_ → \_\_\_\_\_





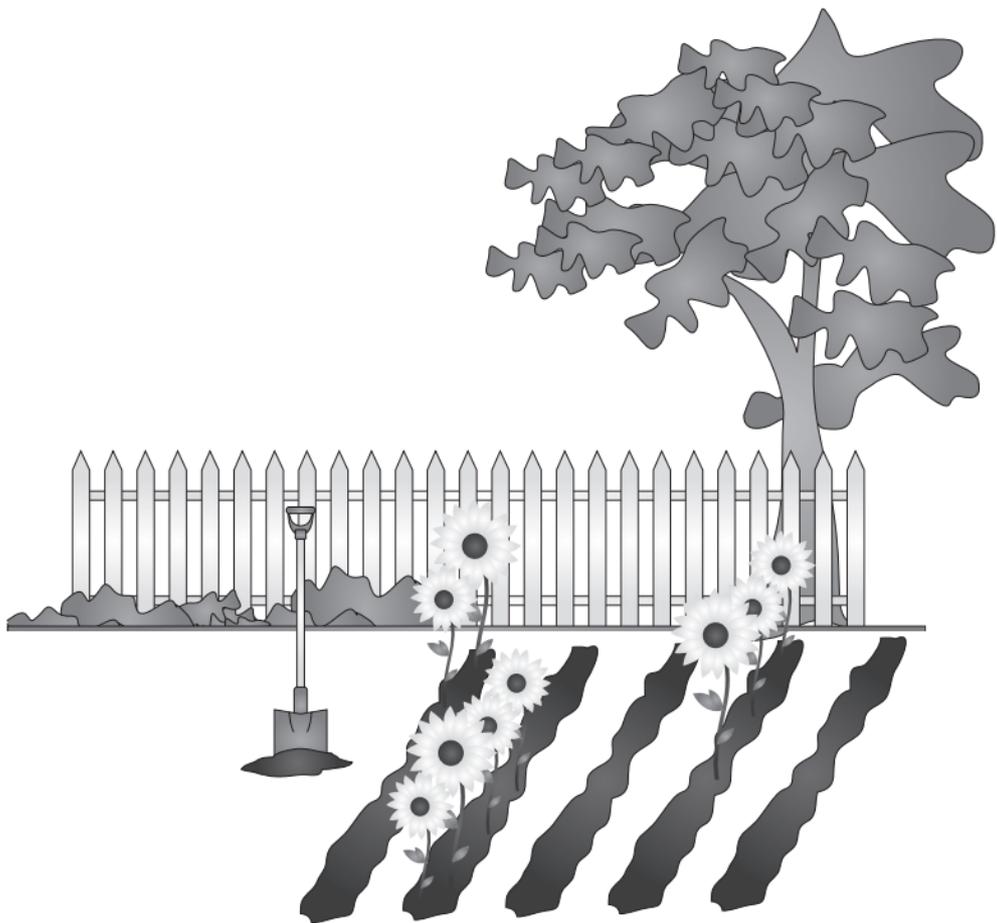


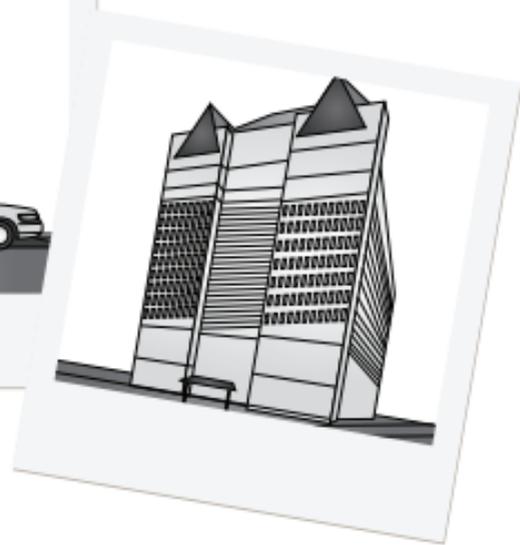
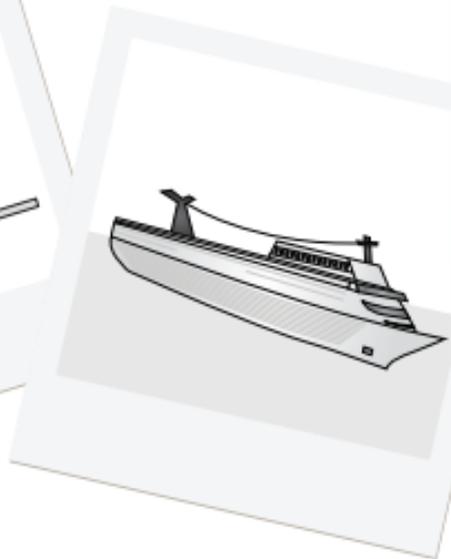
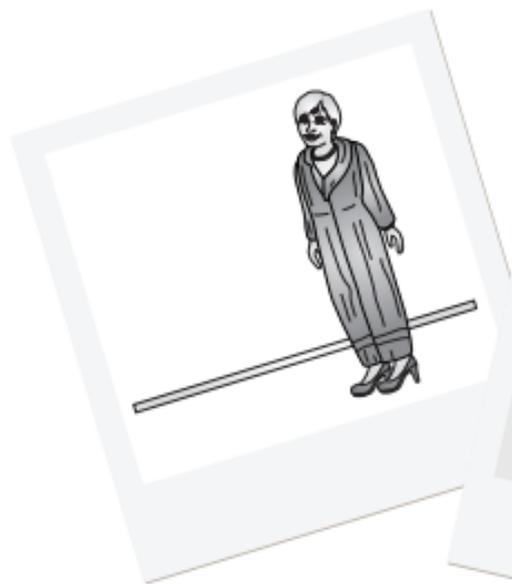


You Are Hired!  
**CONGRATULATIONS**

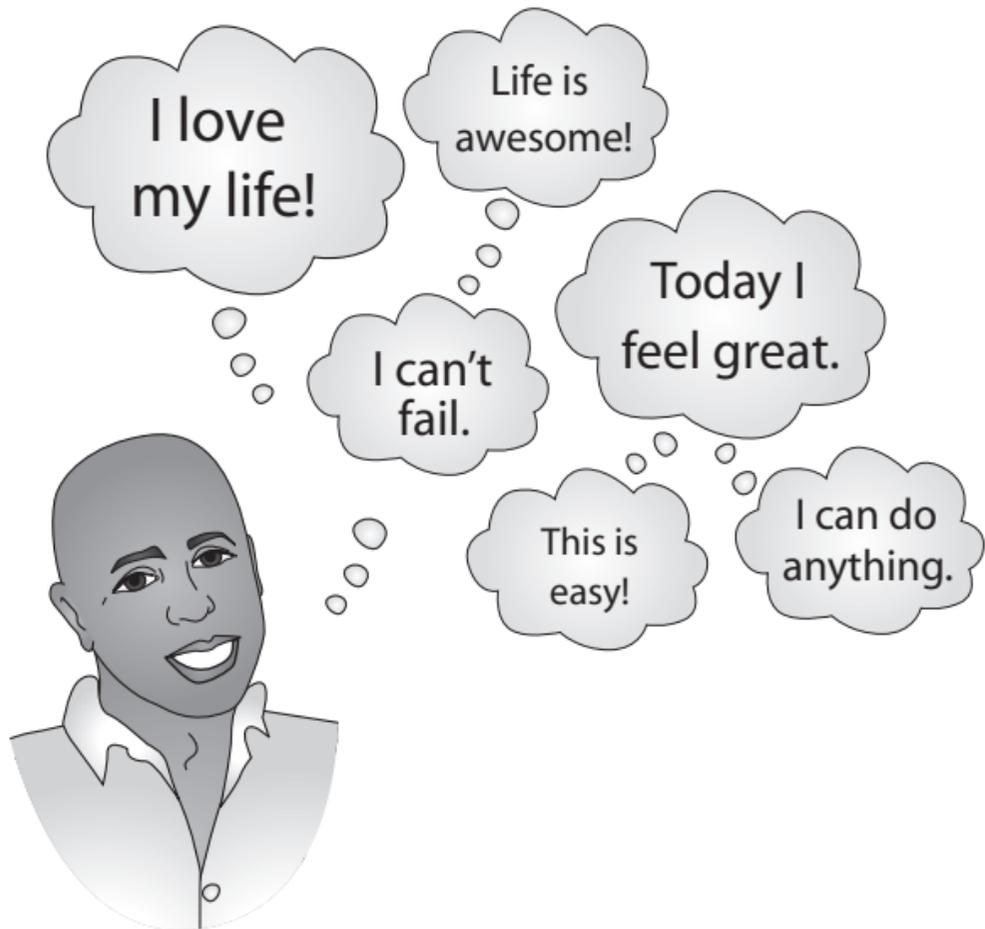
I'm **SORRY** But We  
**ARE DOWNSIZING**











I love  
my life!

Life is  
awesome!

Today I  
feel great.

I can't  
fail.

This is  
easy!

I can do  
anything.







