

Self-Imaging in Recovery

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Women for Sobriety, Inc.

Who am I now?



Self-Image



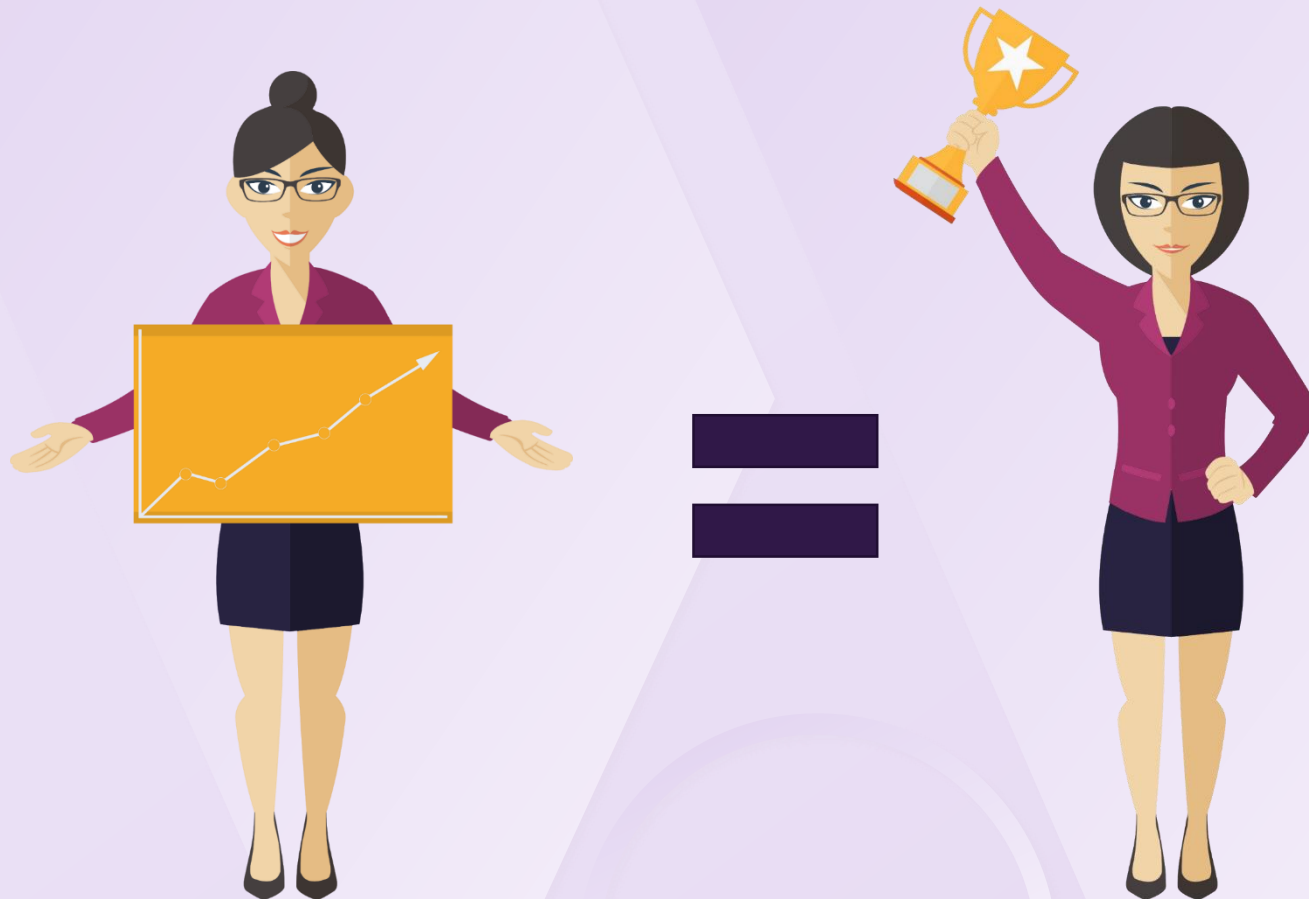
Looking Glass Self

“I am what I think you think I am”



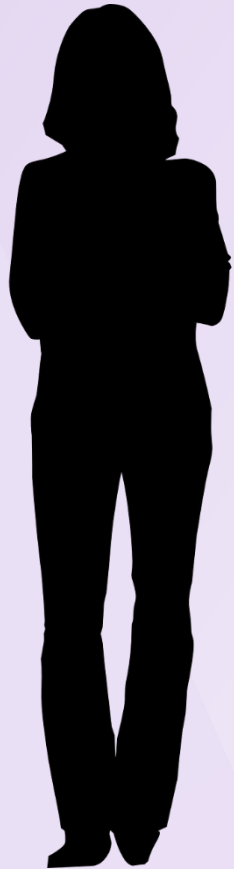
Self-Perception Theory

“I am my decisions”



Self-in-Relation Theory

“I am my connections”



Distorted Self-Images



Multiple Roles



Mixed Messages

When are you having kids?

Look at those ugly stretch marks

Don't you care about your health?

Too thin, eat a burger

What kind of mom lets a daycare raise her kids?

Don't you have your own career goals?

101 ways to be more productive

Relax, have a glass of wine

Don't let people walk all over you

Nobody likes a bossy woman

So cold

So emotional

What a helicopter mom

Let the baby cry it out



Stigma

WHY CAN'T YOU JUST
DRINK LIKE A LADY?

disgrace

guilt

anger

manipulative

doesn't care

alcoholic

hurts
others

HUMILIATION



no self-control

ADDICT

SHAME

choice

liar

bad mom

tragic



I am what I think.



WFS New Life Program Statement #5:

I am what I think.

I am a capable, competent, caring, compassionate woman.



Self-Image Quick Assessment

Part I: List 50 words that describe you:

1.

2.

3.

4.

5.

...



Self-Image Quick Assessment

Part I: Reflection Questions

- Did you describe yourself correctly?
- Do you like this woman?
- Would you like to meet her?
- Would you like her to be your friend?
- Is she someone you could admire?



Self-Image Quick Assessment

Part II. List 50 words that others would use to describe you:

1.

2.

3.

4.

5.

...



Self-Image Quick Assessment

Part II. Reflection Questions

- Does this second list accurately represent the opinions of others? If you are feeling brave, ask a friend!
- Think about things that others have said about you in the past – for example, “you’re so _____” or “why can’t you stop _____”. Does your list reflect those?
- Compare the first and second lists and note the differences.



Johari Window

Known to Self

Not Known to Self

Known to Others

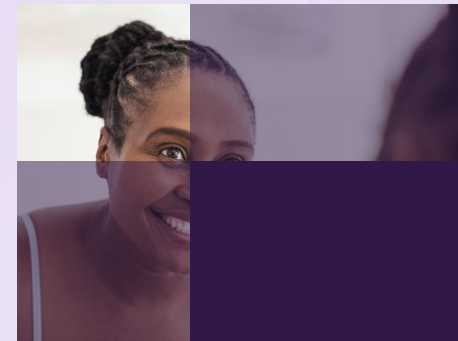
Arena

Blind Spot

Not Known to Others

Façade

Unknown



Basic Self-Imaging Exercise



- Turn to a blank page in your journal.
- Draw a picture of yourself at the top.
- Fill the page with positive things about you!
- If you accidentally write something negative, simply cross it out.
- Do daily for at least 3 months.



Rewriting the Script

- Wait until your sobriety has stabilized (6 months)
- Read back through prior Basic Self-Imaging Exercise entries to find negative/critical statements *or* create a new entry with some of your more common negative self-talk. Then, consider:
 - What is your first memory of feeling this way about yourself?
 - Did somebody give you this image through something they said? If so, who? What was their importance to you at this time of your life?
 - If you were able to transport back in time and be with your younger self in that moment, what would you say to comfort her or help her understand in a different way?



Ideal Self

- Write a page about your ideal self. Try to address all areas of life, including:
 - Physical
 - Psychological
 - Intellectual
 - Skills
 - Morals
 - Social/Relationships
 - Sexuality
- Read the page every day



“4C” List

- I am capable of...
- I am competent at...
- I am caring about...
- I am compassionate toward...

The 4 C's come from the Thought-Action portion of the WFS New Life Acceptance Statement #5:

“I am a capable, competent, caring, compassionate woman.”



Other Ideas

- Monitor self-talk
- Practice affirmations
- Daily gratitude lists
- Guided visualization
- Deep appreciation
- Helper/helpful
- List your accomplishments – and remind yourself of them often!





New Life Program

13 Acceptance Statements 6 Levels of Recovery

Promotes Behavioral Change By:

1. Positive reinforcement
(approval and encouragement)
2. Cognitive strategies
(positive thinking)
3. Letting the body help
(diet, meditation, physical exercise,
and relaxation techniques)
4. Dynamic group involvement



WFS New Life Acceptance Statements

1. I have a life-threatening problem that once had me.
*I now take charge of my life and my well-being.
I accept the responsibility.*
2. Negative thoughts destroy only myself.
My first conscious sober act is to reduce negativity in my life.
3. Happiness is a habit I am developing.
Happiness is created, not waited for.
4. Problems bother me only to the degree I permit.
I now better understand my problems. I do not permit problems to overwhelm me.
5. I am what I think.
I am a capable, competent, caring, compassionate woman.
6. Life can be ordinary or it can be great.
Greatness is mine by a conscious effort.



WFS New Life Acceptance Statements

7. Love can change the course of my world.
Caring is all-important.
8. The fundamental object of life is emotional and spiritual growth.
Daily I put my life into a proper order, knowing which are the priorities.
9. The past is gone forever.
No longer am I victimized by the past. I am a new woman.
10. All love given returns.
I am learning to know that I am loved.
11. Enthusiasm is my daily exercise.
I treasure the moments of my new life.
12. I am a competent woman, and I have much to give life.
This is what I am, and I shall know it always.
13. I am responsible for myself and for my actions.
I am in charge of my mind, my thoughts, and my life.



Contact Us

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WFS Online Peer Support Forum:

<https://wfsonline.org>



Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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