

Positive Words Discussion Guide for Recovery

ACCEPTING- By accepting your illness, you can begin steps toward recovery. Also accept other people as they are and remember that each of us is different.

AFFIRMING- Giving each other a “stamp of approval” with an “I’m OK, you’re OK” attitude. Appreciating each other.

ASSERTIVE- Being able to state your rights or needs positively without violating the rights of others. Using open, honest communication to meet your personal needs. Assertiveness makes you stronger and helps you gain confidence and respect.

AWARE- You need to know “what’s going on” with you, your illness, and others around you. “Knowledge is power”. Things that affect your family, your community, and your world also affect you. And you affect others. Realize that when a trusted person says you need to get help, they may have more insight than you. It’s hard to make decisions when you are in a crisis.

CARING- Loving feelings and behaviors toward yourself and others. Doing what needs to be done to help make things better.

COURAGE- Being strong enough to keep trying, even when the situation is difficult and it may seem hopeless. This strength is very important to recovery. Some people without enough courage may attempt suicide.

CREATIVE- Having unique, individual ways, knowledge, and talents, can be very helpful in coping and problem solving.

EMPOWERED- Being “strong from within” and involved in your own plan for recovery. “Knowledge is power”. Trying to stay in control of things and communicating needs to your health care team.

FRIENDLY- Showing kind, happy responses to others can easily brighten another person’s day. They say it takes fewer muscles to smile than to frown, so it might help us be more energetic and to make new friends.

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GENTLE- Having soft, tender feelings toward yourself and others.

GRATEFUL- Being thankful and “counting your blessings”. Focusing on the positive, by thinking of what you have instead of what you don’t have..

HAPPY- Being joyful or glad. Usually other people can tell when you are happy.

HELPFUL- Wanting to be doing something for others. Even if you are not physically able to help someone, you may be able to help by calling them on the phone or praying for them.

HOPEFUL- Feeling trusted, loved, understood, in control, etc. (as discussed)

HUMOR- Seeing or doing funny things can actually help change imbalances in brain chemistry and help people with illnesses feel better.

RELAXED- Having a calm, quiet mind. People who learn how to relax can cope with stress and anxiety better.

RESPECT- Feeling and acting like someone is very valuable. Being treated with courtesy, esteem, and dignity. Recognizing our differences and being sensitive to them is part of learning to respect ourselves and others.

RESPONSIBLE- Being accountable for your own actions and expressions. Making efforts to solve problems and improve things, rather than depending on others to do everything.

SINCERE- Using honest communication “from the heart.”

SPIRITUAL- Feeling your purpose and meaning in life “from the soul”

TRUST- Having faith and confidence.

WARM- Connecting to other people by communicating in an open way. (Warmth allows development of affection and emotion, but cold does not.)