

My Positive and Negative Emotions

We all have positive and negative emotions. These emotions can help us achieve our goals, but they also can get in the way if they're too negative for too long. As you think about your recovery and setting goals, it's helpful to review your good and bad feelings, and how they may help and hurt your progress. Use the back of this form or attach blank sheets as needed.

1. How do you describe yourself when you're feeling well? How do you feel and behave when you're well, happy, and on-track?

2. What are positive and negative ways you tend to describe yourself?

Positive (think here about feelings/traits that will help your recovery):

Negative (think here about feelings/traits that might hinder your recovery):

3. How would you like others to see or describe you?

4. What are feelings that you carry in your every day life? Which are helpful and which can be limiting to your progress?

5. What specific behaviors or actions show that you're headed towards a setback in your recovery and probably need help?

(List as many as you need. An example is: "I and others know I'm starting to feel depressed when I won't pick up the phone and I miss support group meetings.")

Are you interested in making an Advance Directive to describe how you want others to help you when you aren't able to help yourself? If so, talk to your SDC Advisor today!