



Wake Up Recovery

with Sherry Gaba, LCSW



Module One:

Increasing Your Sense of Worthiness

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This module goes beyond the knowing that you are more than your present circumstances; in fact this module is about knowing you are more than the physical body you live in. If you know the law of attraction states that what you think, you create, than you also know you are more than what you see in the mirror. You may not be at your desired weight or you may appear tired from working too many hours; but that is not who you are. There are no limitations as to the power you hold and the life you can create. The only limitations come from the thoughts you chose to vibrate to the Universe. If you radiate thoughts of lack, the Universe hears that. If you radiate thoughts of abundance, the Universe hears that too. If you hold a picture in your mind's eye of what a positive state of health and well-being might look like or what an ideal weight might feel like, you are ordering to the Universe this is my dream and that is what will be attracted back to you; as long as action accompanies those dreams one step at a time.



Activity #1:

Make a list of the things you have achieved in your life – these can be work related or family related. Did you finish high school? Did you finish college? Did you earn a raise at work or an award for your work? These can be simple things, as well, or recovery related. Your sense of deserving is tied in with your self-confidence and self-esteem. Each and every one of us has something that we've achieved or accomplished or completed that we can be proud of. List your top 3 accomplishments – what is one thing in your life or one goal that you had that you didn't give up on until you completed it? The key is to look at what you have already achieved...



My Notes:



Activity #2:

So, how can we change how we view ourselves to allow the change we crave and let go of all those negative images and thoughts? Believe it or not, all it takes is a few simple steps. To get you started try the following:

- Clearly articulate what you want in life and why it is important to you. This is not tangible items like a car or a house, but rather it is what they represent. A feeling of freedom and accomplishment, a sense of security and connection with the world around you – whatever is your deepest desire.
- Write down one thing that happens every day that has taken you one step closer to your goals. This could include taking a class, applying for a new job, meeting a new person, taking up a new hobby, keeping a promise to a family member or friend or whatever else you do that is replacing something negative with something positive.
- Keep a record of positive comments made to you by friends, family members and even strangers. Reviewing these positives and reflecting back on what you did at the time can help replace those internal negative messages with ones that are much more accurate and true to the positive person you are.

Before long you will find that you attract more positive experiences and people and, once you see yourself in a sober, productive and positive light, real change will occur all on its own.



My Notes:



Activity #3:

Why not try an activity to see how the universe would view your life? To do this you need to understand the Law of Attraction. This is a basic principle that relates to the way that things occur in the world based on your own individual actions. Imagine that the universe is energy and it flows around everyone and everything. The flowing energy is naturally attracted to similar types of energy that you are sending out into the world around you. If you send out positive energy; positive energy surrounds you. If you send out negative, the same thing happens; the energy from the universe that surrounds you will be negative. This is because while you are sending out negative you cannot receive positive because you are blocking all the good that is out there.

Try this exercise by finding a quiet spot and just sit comfortably and relax. Turn off the TV, the phone, the computer and the music and just be. Once you are in this physical and mental state:

- Think about something memorable that you want to have happen in your life. Imagine how you thought about that event in the past. Did you imagine it happening? Did you anticipate the event or dread it? Is it something you are trying to avoid or are you allowing it to be manifested?
- Imagine how something out in the universe would view the event. Are you expending positive or negative energy in your thinking about the event? Are your thoughts telling you what you desire will not happen because you are buying into “not good enough” feelings? Is it something you feel confident will happen?
- If your thoughts about the event are negative, think about how you can change your thinking around that event. Can you welcome a positive alternate option? What options are blocked because you are holding on to the negative thoughts instead of opening up to the positive?

Spending a few minutes each day in this type of reflection will help you develop a positive framework for thinking of things in the future. You can start to do this activity with big goals as well as small to really set your positive frame of mind.



My Notes:



Module One Affirmations & Meditations:

Affirmations:

- I AM increasingly confident in my ability to create the life I desire.
- I AM making a meaningful contribution to the world.
- I am able to accomplish my goals because I am physically and emotionally relaxed and in complete balance and harmony.

Meditation:

This is one of my favorite meditations from [Ed and Deb Shapiro](#), authors of [*Be the Change, How Meditation Can Transform you and the World*](#).

Loving Self-Meditation

Find a comfortable and upright place to sit. Take a few deep breaths, and watch the flow of your breath as it enters and leaves.

Bring your focus to your heart, and as you breathe in, feel as if your heart is opening and softening; as you breathe out, release any tension or resistance.

Now bring into your heart either an image of yourself or repeat your name, and hold yourself in your heart, tenderly and gently. Silently repeat, "May I be freed from self-doubt, may I be happy, may all things go well for me."

Keep breathing into your heart, holding yourself with love and repeating the words. This will generate a deep, loving kindness and appreciation for yourself.

When you are ready, take a deep breath and let it go. Then go about your day with a caring heart and a smile on your lips.