

## Hope

On some days, hope is all I have.

I will fight to live a better life because I want to be happy and successful and because I deserve it.

No one else can tell me that I can't have a better life in which I am happy and healthy.

We decide if we want to live a good and healthy life.

We must reject negative and unhelpful thinking.

Each of us has the power within us to change for the better.

Each of us has the responsibility to work as hard as we can to improve our lives.

We are in control of our lives. Allow yourself to be in control of your life.

We will rise above stigma and be all that we can be.

It will be your victory.

# Hope WORKSHEET

1. What are five things that I am proud of in my life?

2. What are five things that I most want to improve in my life?

3. Recovery is .

## **Doing What's Right**

I am a person who sometimes experiences extreme feelings.

These feelings cause me to feel excellent and sometimes not so good.

I struggle with knowing what to do with my feelings when they feel so strong.

Sometimes I react to things I experience in exaggerated ways.

Often, when I am feeling intense emotions, this happens.

I must never forget that I am a human being.

My life will continue moving forward even if I overreact at times.

We can learn from this and find some peace in our lives.



## **Self-Advocacy**

Throughout much of my life, I can remember that I have had many times that I needed someone to help me and speak up on my behalf. I had so many needs that were not addressed. Even to this day, I am aware of the extreme damage that has been done to me after years of not having my needs met. As a teenager growing up in many unnatural situations, no one spoke up and advocated for my personal and intimate needs. I was just another troubled teenager living in a group home.

One thing that I wish I learned those many years ago was the act of self-advocacy. After living through some extremely dreadful and horrendous life situations, I have learned how to better advocate for myself. Most everything that I have in my life, I have as a result of my self-advocacy.

When we are able to effectively speak up about our needs, then our lives will be better. Self-advocacy is our tool – Use it!

