



SELF CARE IN RECOVERY

Sue Diamond, M.A.
Founder/Director Good Life Recovery
www.goodliferecovery.ca

The Impact of Emotional Neglect

We don't learn to take care of our basic needs:

1. Eat when we are hungry.
2. Drink water when we are thirsty.
3. Sleep when we are tired.
4. Go to the bathroom as soon as we have to.
5. Reach out for contact when we are lonely.



**According to Jonice Webb, Phd,
there are 4 areas where lack of
self care show up.**



Learning to Nurture Yourself

- ❖ How were you nurtured as a child?
- ❖ What things nurture you?
- ❖ How much time do you spend doing these things?
- ❖ What is one nurturing thing you would like to do more of?



Improving Self-Discipline

- ❖ How disciplined was your household as a child?
- ❖ How do you define self-discipline now?
- ❖ Can you do things that are healthy even when you don't want to?
- ❖ Can you stop yourself from doing things that are not good for you?



Self-Soothing

- ❖ In what ways did you learn to soothe yourself as a child?
- ❖ When you are distressed, exhausted or overwhelmed now, what behaviors help to soothe you?
- ❖ What can you say to yourself that will help you to calm down and know you are ok?



Having Compassion for Yourself

- ❖ How was compassion shown to you as a child?
- ❖ At what times do you most need compassion as an adult?
- ❖ What are the most effective ways you can show compassion to yourself (think of what you would say to your child or a friend who was hurting).



How was your Addiction Related to a lack of Self Care?

- ❖ Our healing comes full circle when we can become the nurturing parent to the child we once were that was lonely, scared or sad.
- ❖ Are you willing to replace your addictive behaviors with healthy self care, as a way to let that child know that you truly love, appreciate and value all that you have endured and survived?


