



Building Self-Belief when Recovering from Addiction

TIPS REPORT

By Alan Simberg

This report includes powerful tips related to
building self-belief.

It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those who are looking for additional **information.**

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TOP TIPS

Regardless of your stage of recovery I think it would be helpful for you to know that I believe you are worthy and capable of achieving all your life goals. No matter what you are going through right now it's important for you to believe in yourself or, at first, believe in my belief about you.

Self-belief will help get you through the tough times and facilitate you to accomplish your goals. If you have trouble believing in yourself realizing your hopes and living the life you truly deserve is still possible! You can begin to experience joy and fulfillment by following these tips:



Identify Your Self-defeating Feelings

It is important to recognize and acknowledge the self-defeating feelings you have about yourself. If you try to ignore them they can still affect you. Think about them, write them down and say them out loud. Make a mental note to catch yourself when you start thinking these things and then identify an uplifting thought. For example, this feeling won't last forever and then do something to take your mind off that feeling.



Keep Track of Your Wins

Take some time to write down a list of your "wins". These can be successes you've had in your life, relationships that matter to you, and anything else you are grateful for. Anytime you are feeling like you aren't good enough, read the list to remind yourself that you are.



Ask Others for Positive Feedback

Very often we can be our own worst critics. Take some time to reach out to people you trust and ask them what they think your strengths are or what they like about you. Do your best to accept what they say.



Work on Your Competence

Competence breeds confidence. Identify and write down your accomplishments. If you are lacking self-belief, one of the best things you can do is commit to increasing what you know about the things that matter to you. Passion coupled with knowledge will contribute to your feelings of self-worth and overall competence.



Focus on Your Strengths

Stop beating yourself up over what may have prevented you from doing or not doing certain things in the past. Instead of focusing on those things, identify the things you do well and want to do.



Stop Comparing

Comparing your-self or your circumstances to others has the least likely chance of resulting in an acceptable conclusion. Everyone is an individual each with his/her own lessons to learn. Also you have no idea what other people have experienced or what they are currently facing. Others give their perspective which doesn't necessarily apply to you.



Take Care of Yourself

If you are lacking self-belief, don't let that hold you back from taking care of yourself. Commit to eating right and exercising. You will naturally feel better about yourself if you are actively working towards a healthier lifestyle and be able to manage stress more effectively.



Visualize A Confident You

If you don't feel confident remember the phrase "fake it until you make it". Take time each morning (or night) to visualize what you would be like with limitless self-belief. Be bold and think big. Imagine yourself with everything you want as if you already have it – including a new confident attitude.



Set a Goal

The mere act of setting a goal (or a few) can instantly help you feel more confidence. Identify the steps you need to take in order for you to achieve the goal. Keep track of your progress until you accomplish the goal. Then give yourself credit and reward yourself by doing something that will help you to celebrate that sense of accomplishment. For example, go to a movie or out to dinner either alone or with someone.

ACTIONABLE STEPS

Start to keep a list of all of your successes and wins.

You can use a simple notebook if you want, or an app like Evernote.

The goal is to list all of your past successes, as well as track any new ones.

When you are lacking self-belief, you can refer to this list to see just how much you can (and have!) accomplished.

Take some time to list out your strengths.

If you are struggling to come up with enough, then reach out to loved ones and ask them.

They may come up with some strengths that you may not have considered strengths or maybe that you haven't recognized as strengths.

Now it is time to set a goal.

It doesn't have to be something major, or even big. In fact, starting small is a good way to boost self-belief.

Choose a simple goal that you could realistically accomplish in a week or two.

Write it down – and just go for it and remember all the information in Step 9!

FURTHER READING

Breaking The Stupid Mold: Overcoming Self-Sabotage And Limiting Beliefs

<https://www.amazon.com/Breaking-Stupid-Mold-Self-Sabotage-Extraordinary/dp/1999051009/>

Limitless: How to Identify Your Fears, Challenge Your Self-limiting Beliefs

<https://www.amazon.com/Limitless-Identify-Challenge-Self-limiting-Potential/dp/1532910118/>

The Unlimited Self: Destroy Limiting Beliefs

<https://www.amazon.com/Unlimited-Self-Destroy-Limiting-Greatness/dp/153527431X/>

The Self Confidence Workbook

<https://www.amazon.com/Self-Confidence-Workbook-Overcoming-Self-Esteem/dp/1641521481/>

The Self-Esteem Workbook

<https://www.amazon.com/Self-Esteem-Workbook-Glenn-Schiraldi-PhD/dp/1626255938/>

WHAT'S NEXT

If you are ready to discover more about building your self belief and achieving your life goals then the next step is the Action Based Recovery Program for Individuals.

This program by Dr. Alan Simberg is designed specifically for those recovering from addiction and it supports you to identify what it is you want to be different about your life and teaches you the different principles and strategies to achieve it.

Click the link below to find out all about it:

<https://www.lifemasterywithalan.com/action-based-recovery-for-individuals/>