
Sober Tools – What’s Your Proof Profile

Although the idea that some form of emotional discomfort awaits every recovering addict appears to be axiomatic the way in which the emotional discomfort manifests itself may be different for different people. One of the ways in which the discomfort can be identified is in the examination of a process referred to as negative self-talk. Negative self-talk is negative internal dialogue we use to view the world, explain situations and communicate to ourselves in a manner that focuses our attention on what we believe to be wrong with us or our life.

Whether you are new to recovery or have struggled with relapse it is likely that you have experienced negative self-talk and if you have indulged yourself in it then you undoubtedly understand the power it has to diminish hope, evaporate self-esteem, and threaten your resolve to remain sober. Negative self-talk can be quite seductive when we begin embracing statements such as “I have nothing to offer in this relationship”.

Therefore it is important to act quickly when the negative self-talk begins or risk succumbing to the seduction it offers. The therapeutic assignment, *What’s Your Proof?*, is designed to address the seductive elements of negative self-talk. The tool will help you to recognize that the behaviors or people who might have contributed to your catalogue of self-talk were themselves hurting and that you were a victim of their pain or suffered from collateral damage – but you were not the cause of it.

The tool is broken into four tasks and they are outlined below.

Task 1: Describe a name you call yourself or a tendency that you seem to have to view a situation or an event in a particularly negative light.

Task 2: Who was the first person to call you the name you have listed? Who else in your life would have used or agreed with the name you have used or held the negative perception that you have.

Task 3: Describe the evidence that he or she would have had for calling you that name or instilling in you the negative perception of yourself.

Task 4: Examine the author’s story and identify what experience/s in his/her life could influence the way that person sees you. You will be looking for harms or failures he or she may have endured or wrongs he or she might have perpetrated on others.

Sober Tools - What's Your Proof Profile (Continued)

~ Task 1 ~

Describe a name you call yourself or a tendency that you seem to have to view a situation or an event in a particularly negative light:

~ Task 2 ~

Who was the first person to call you the name you have listed? Who else in your life would have used or agreed with the name you have used or held the negative perception that you have:

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~ Task 3 ~

Describe the evidence that he or she would have had for calling you that name or instilling in you the negative perception of yourself:

~ Task 4 ~

Examine the author's story and identify what experience/s in his/her life could influence the way that person sees you. You will be looking for harms or failures he or she may have endured or wrongs he or she might have perpetrated on others:
