
REWARDS

Most people struggling with addictive behavior are self-critical and blow most of their resources on their addiction. It's very important to begin rewarding yourself by being supportive of yourself verbally, and by giving yourself rewards to encourage yourself and put your resources to good use.

Examples of Material Rewards:

1. Go to a massage school and get an inexpensive massage.
2. Put money in a jar for positive behaviors and then use it once a week to buy yourself clothes or a gift.
3. Rent a video for each day you don't act out addictively.
4. Take a dance class or a class you have an interest in.
5. Treat yourself to a sports or theater event.
6. Put a gold star on the calendar for each day you are abstinent.
7. _____
8. _____

Examples of Positive Self-Statements:

1. Compliment yourself on something you did.
 2. Tell yourself you're a capable person.
 3. Recite your gratitude list.
 4. Tell yourself you're making choices and that you deserve good things.
 5. _____
 6. _____
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