



EXPLORE:

Create a positive identity

For individuals living with behavioral health conditions, to be considered a parent is a much more positive identity than to be labeled a patient. Yet many of the unique qualities of an individual can get lost as he or she navigates the service system, treatment and recovery. It may help you to think of questions to pose to parents by asking yourself some of the same questions. Below are some samples to guide a conversation about what is important or meaningful, to begin to define a more positive identify and inspire hope and optimism for change. Try them out yourself and add other questions you think might be helpful. When you have negative thoughts about yourself, try replacing them with positive thoughts drawn from this list, or perhaps with positive statements or affirmations you identify through this exercise.

- How would you describe yourself?
- What do you like about yourself?
- Name three things you do well.
- What kind of food do you like? Music? Television shows?
- Other?