

# **PUT ON A “NEW SELF”**

<b>Core Beliefs</b>	<b>receive and live God’s view of you</b>
<b>Painful Thinking</b>	<b>develop a system to keep reality in focus</b>
<b>Rituals</b>	<b>develop nurturing rituals</b>
<b>Hopelessness</b>	<b>establish relapse strategies</b>
<b>Loss of Control</b>	<b>establish back-up plan for relapse</b>