

Course Information Sheet

Building Self-Esteem (3 education hours)

Course Description: This course provides information on how to increase your self-esteem. Included is a discussion of negative thoughts and how to change those that are deemed unwanted or troubling. Several practical self-esteem building activities are suggested, as a means of helping you feel better about yourself.

Course Objectives:

1. Define the term “self-esteem”
2. Explain how an individual’s level of self-esteem can contribute to addiction
3. List and explain the five things you can do to improve your self-esteem
4. Describe how improving your self-esteem will facilitate the process of recovery

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view?id=7>

