

How We Support Self Love & Positive Mental Habits In Women

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Self-love and having positive mental habits is something that is so important when dealing with addicts and treating addiction. Some of the reasons for addiction could be because of low self-worth and having negative mental habits, which is why looking deeper into this is so important. These areas teach patients how they can improve their lives and help them to put themselves in a positive mental state which ultimately will help them to recover and avoid temptation. At the Robert Alexander Center for Recovery, we support women and support the need for self-love and positive mental habits.

How we support self love & positive mental habits in women

One of the first things that we will do, as part of the initial detox, is to look at the negative core belief system that our patients have. This is based on how you feel about yourself, which usually starts in childhood, which means that women can feel that they are unwanted, unloved, and even dirty and worthless. It gets planted in your mind as a child and can be reinforced through adolescence and then adulthood. As a result of this, women can reach for behaviors that lead to addiction, which reinforces what they think about themselves even further. The self-loathing and hating can elevate as a result, but what we do is help to challenge that belief system and help you to have positive mental habits. We can help you through our therapy and treatments to show you that you are inherently a good person, and through this can guide you down a path of being able to forgive yourself and learn to love yourself.

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Combating self-sabotage to support