

8 Making a 'cookie jar'

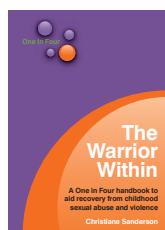


If you are working through *The Warrior Within*, this exercise and further useful information to help you in your recovery can be found on pages 42-43.

Central to your recovery is celebrating your achievements. This is crucial in validating your courage, and in restoring self-confidence and self-esteem. It also reminds you of your sense of purpose and your progress. A good way of rewarding yourself as you achieve your goal is to make a 'cookie jar'.

To make a 'cookie jar', write down positive things about yourself on small strips of paper. These could include your positive qualities, compliments people have paid you or your accomplishments and achievements. Find a nice jar or container, or customise an old jam jar. Next roll each strip into a ball and place inside your 'cookie jar'.

Whenever you want to reward yourself, or remind yourself of positive things in your life, take out a ball of paper and read out loud what it says.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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