




KCB Recovery

Defining You



Sometimes we get so caught up with the negative perception that we easily forget how to positively identify ourselves and the environment around us. We are quick to call ourselves ugly, fat, stupid, unappealing but what about the other adjective such as we are beautiful, brilliant, smart?

For example, from the list below I can say I am beautiful, kindhearted person that is brilliant, intelligent that is strong. With this, we can start the process of changing the negative perception with the correct description that truly defines us.

For each of the categories below, select the adjectives that best describes you.

Self Description

Nice

Charming

Kind

Gentle

Assertive

Reserved

Calm

Affectionate

Shy

Compassionate

Empathetic

Serious

Physical Appearance

Beautiful

Handsome

Pretty

Muscular

Slim

Thick

Medium- Built


Round

Stunning

Cute

Elegant

Radiant



Classy

Polite

Pleasant

Emotional

Hunky

Glamorous

Ravishing

Appealing

Active Behavior Description

Hard working

Dedicated

Ambitious

Committed

Judicious

Focus

Attentive

Diligent

Industrious

Determine

Productive

Steadfast

Unrelenting

Environment Description

Brilliant

Sunny

Rainy

Tranquil

Inclement

Cloudy

Gloomy

Frigid

Dry

Dewy

Vista

Breathtaking

Unyielding



Behavior with Others

Fun

Loving

Caring

Accommodating

Welcoming

Awesome

Supportive

Generous

Amicable

Cordial

Neighborly

Faithful

Loyal

Helpful

Civil

Engaging

Respectful

How I Sound

Melodic

Rough

Sweet

Angelic

Harmonious

Soulful

Rhythmical

Noisy

Quiet

Raspy



Reflection Questions

Based on the adjectives that you selected above, write a 1 or 2 sentence statement that defines you.

After doing this exercise, how do you now see yourself or think of yourself (that you hadn't seen before)?