

SHARING *Sheet*

Self-Care

**When should I put myself first and then others?
How has this helped my self-esteem?**

"For a long time, I have taken care of everyone around me. The only person I didn't take care of was me." "Now I'm learning a new way of life. I'm learning that it is acceptable to say no, to set boundaries, and to put my welfare first. I used to think this was selfish. Now I see it as self-love."

Living Today in Alateen (B-26), page 163

Use additional paper if needed.

Your Name or Anonymous: _____ Your Age _____

Your Group's Name _____ State/Province: _____

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