**Fifteen Rules For Emotional Health**

1. Remain committed to recovery and personal growth.
2. Take care of yourself. Take time to relax, exercise, eat well, spend time with people you enjoy, and participate in activities you find pleasurable. When you are the best you can be for you, then you will be the best you can be in all other relationships.
3. Choose to find the positives in life experiences instead of focusing on the negatives. Most clouds have a silver lining of opportunity for personal understanding and growth. When you accept that things are difficult and just do what needs to be done, it no longer seems so hard.
4. Let go of the past. If you cannot change it, and you have no control over it, then let it go. Do not waste your energy on things that you cannot change. Forgive yourself and others.
5. Be respectful and responsible worry about other people and their choices. Do what you know is right is for you. When you take care of business it feels good. Do not get caught up in planning what other people should do.
6. Acknowledge and take credit for your accomplishments and successes. Avoid false modesty.
7. Take the time to develop close relationships in which you can be honest about your thoughts and feelings.
8. Talk positively to yourself. You may not be aware of it, but you talk to yourself all day long. If you are saying negative and fearful things, that is what you will feel.
9. Remove yourself from potentially risky or damaging situations. Walk away from a difficult or confusing situation and give yourself time to think about your choices for dealing with it.
10. Accept that life is about choices and that there is always change of some sort to deal with. Making positive adjustments means being clear about your values, but flexible to grow with new knowledge.
11. Have a plan for the future, develop long range goals for yourself, but work on them one day at a time.
12. Recognize that you will reexperience difficult situations until you learn to improve to improve your judgement. Make appropriate changes.
13. When you find yourself in a repetitive negative experience, ask yourself
    1. What am I doing?
    2. Why am I doing it?
    3. What do I need to do?
14. Clarify your values and live by them. They are your life rules. When people do not live according to their values, it makes them sick in some way.
15. Accept that making mistakes and learning from them is an ongoing life experience. Strive to get the most out of every learning experience.

Adapted from Johnson, S.L.(1997). “Therapist’s Guide to Clinical Intervention.” San Diego Academic Press.