

capsa

ABUSE ENDS HERE.

Help, Hope & Healing



(435)753-2500



info@capsa.org



facebook.com/CAPSAservices

FREE and **CONFIDENTIAL**
services for individuals
impacted by domestic violence
and sexual assault.

- 24 Hour Live Support Line
- Mobile Crisis Team
- Emergency Shelter
- Transitional Housing
- Individual and Group Counseling
- Trauma Recovery
- Therapy Services
- Advocacy in Legal and Medical Procedures
- Protective Order Assistance
- Multilingual and Culturally Specific Services
- Prevention Education Presentations

What is
confidence?

- What does it **sound** like?
- What does it **look** like?
- Where can you **get** it?
- What can you **do** with it?



What does it
sound like?



What
does it
look like?

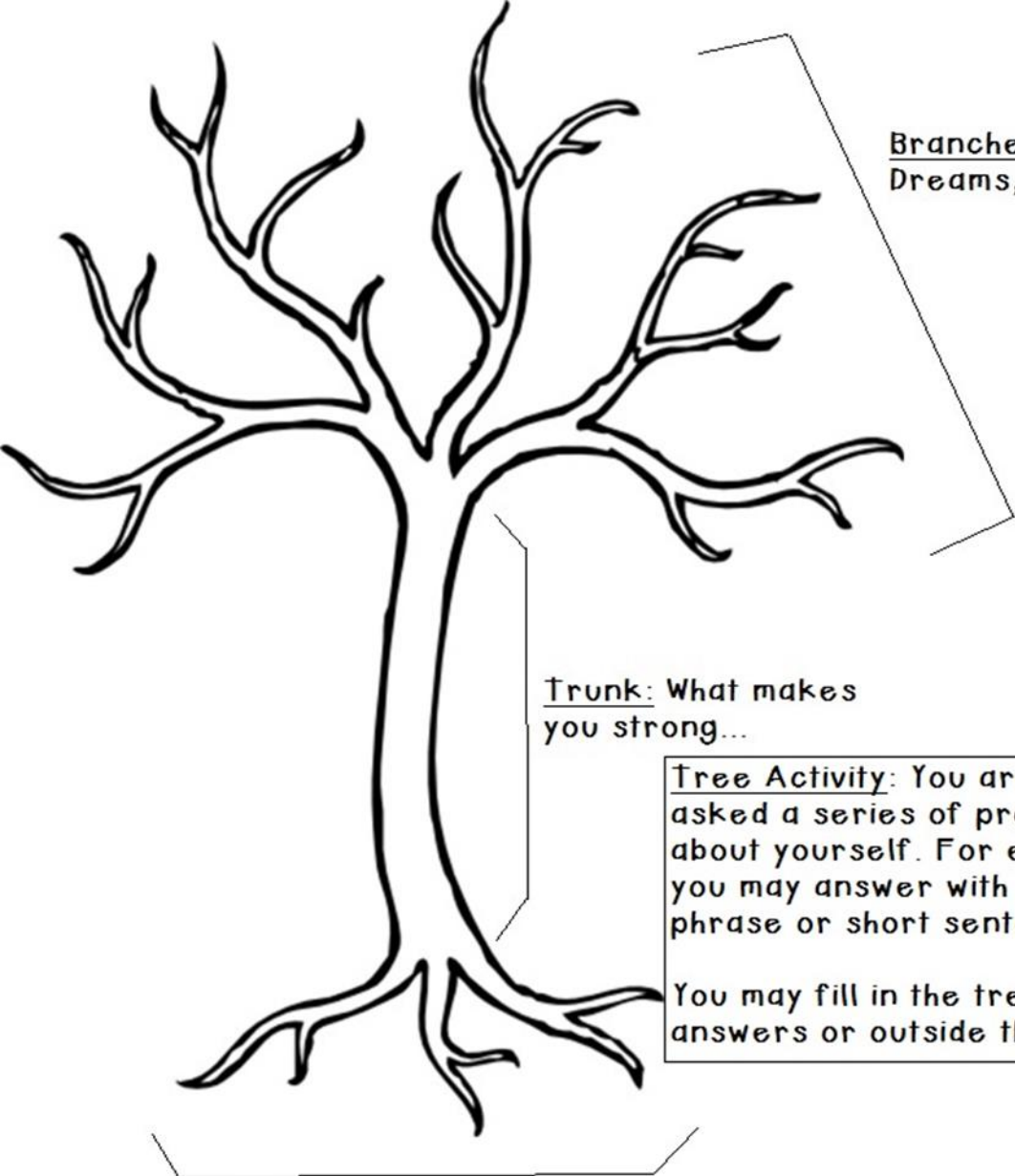


A long, straight asphalt road stretches into the distance, flanked by vibrant green fields. The road has a white dashed center line and solid white edge lines. The landscape is rolling, with green hills and a dense line of trees in the background. The sky is a deep blue with scattered white clouds. The overall scene is bright and clear, suggesting a sunny day.

Where can you get it?

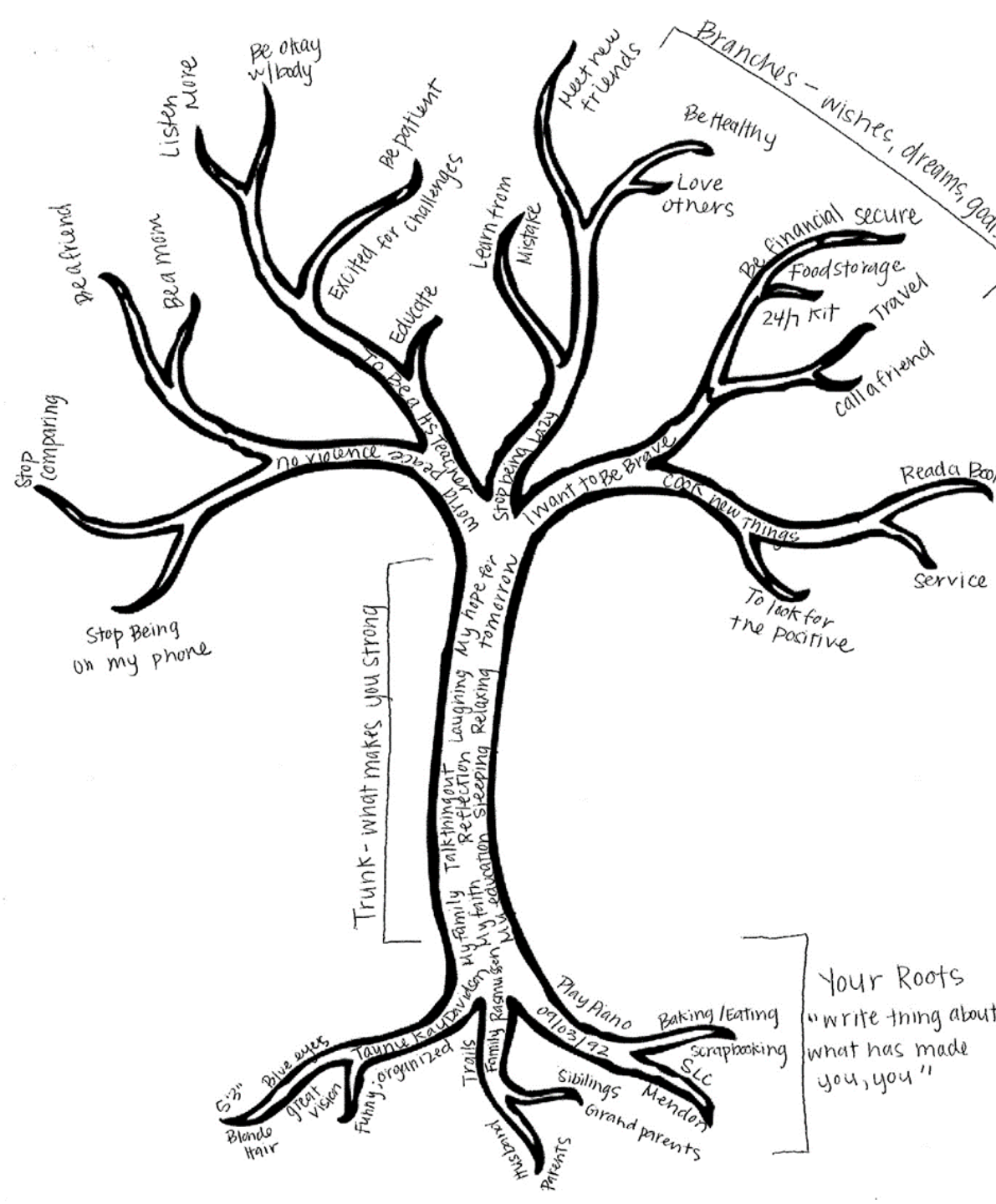
SHOW OFF



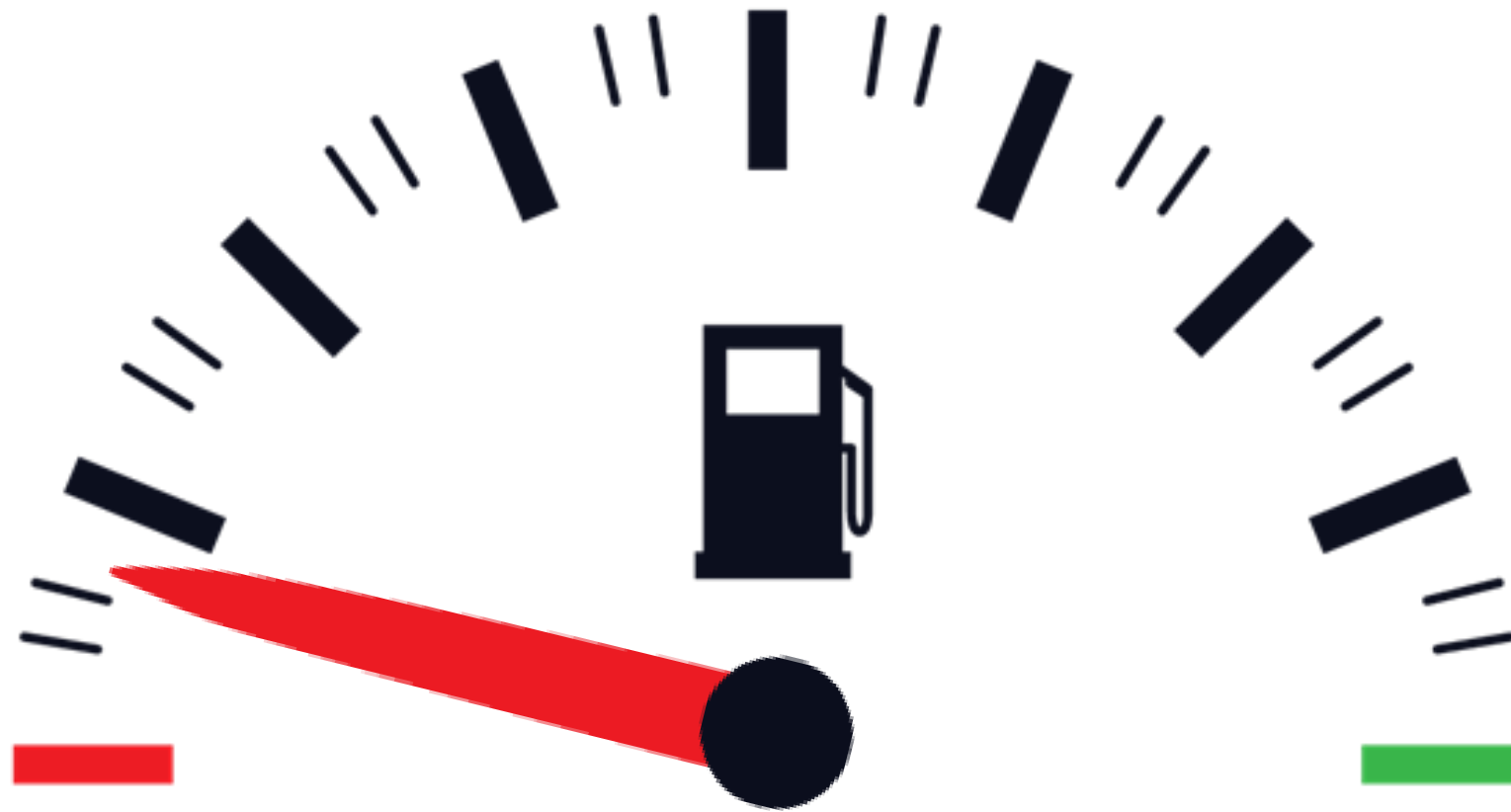


Tree Activity: You are going to be asked a series of prompt questions about yourself. For each question you may answer with a simple word, phrase or short sentence.

You may fill in the tree with your answers or outside the tree.



Self-esteem



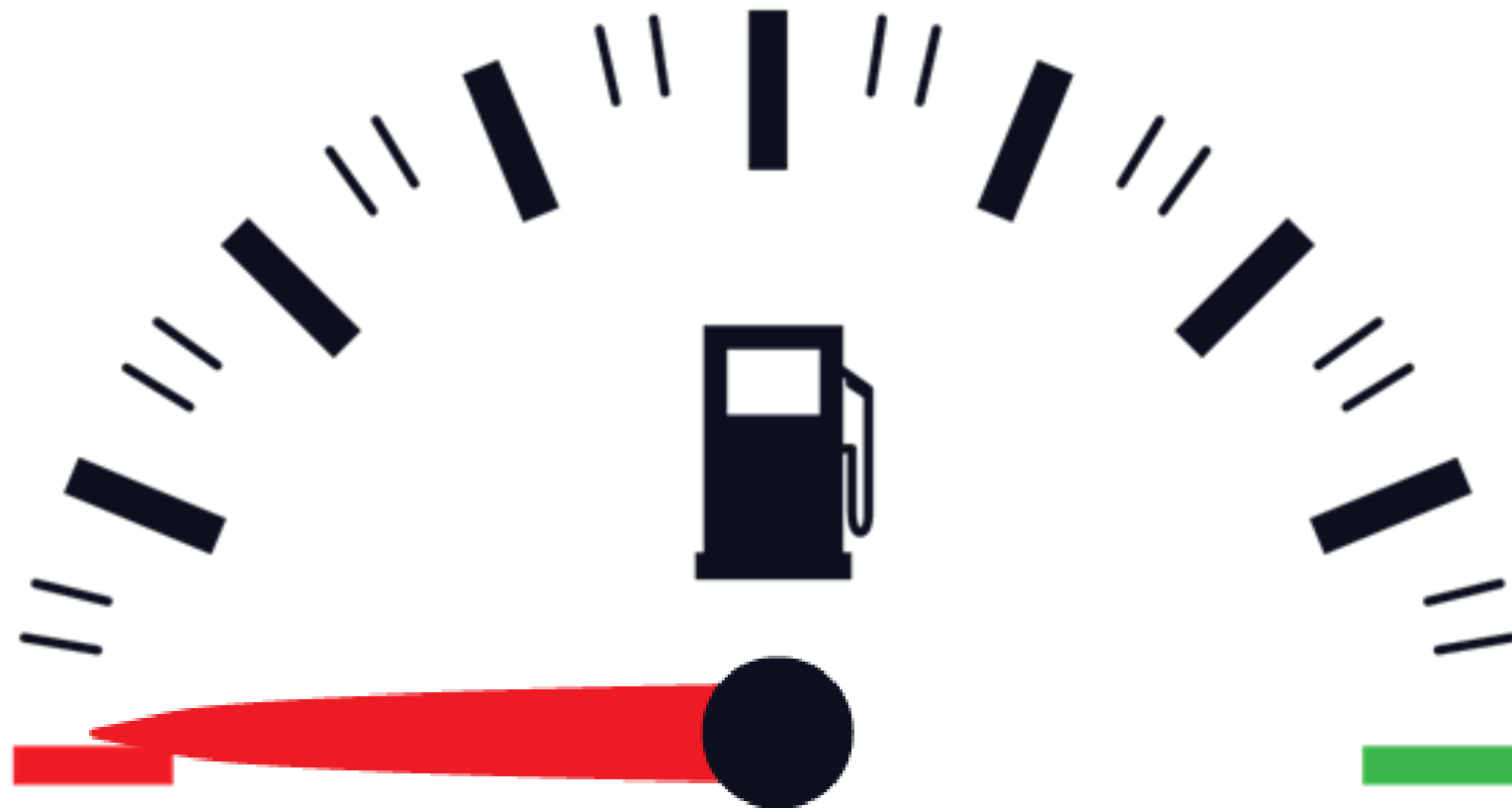
Low Self-Esteem

E

F

High Self-Esteem

Self-esteem

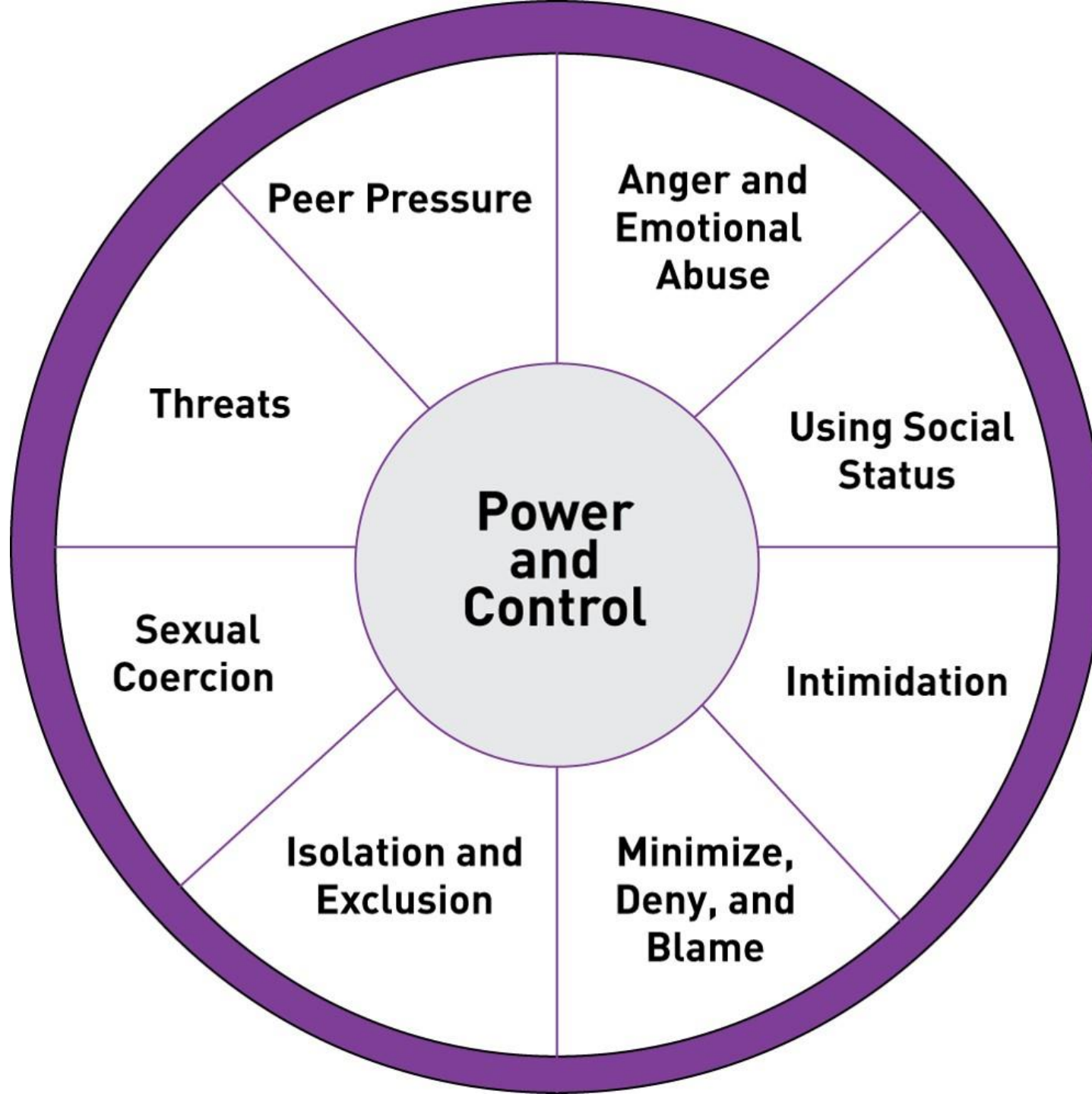


Low Self-Esteem

E

F

High Self-Esteem





Steps to Improving Self-Esteem

1. Positive self-talk
2. Don't compare yourself to others
3. Exercise
4. Don't strive for perfection
5. Don't beat yourself up when you make a mistake
6. Focus on the things you can change
7. Do things you enjoy
8. Celebrate the small stuff
9. Be helpful and considerate
10. Surround yourself with supportive people



STOP HATING
YOURSELF FOR
EVERYTHING YOU
AREN'T AND START
LOVING YOURSELF
FOR EVERYTHING
YOU ALREADY ARE.

We are what we
believe we are.

C. S. Lewis

It's not your job
to like me, it's mine.

- Byron Katie

I CAN
AND
I WILL

Watch me.

You're allowed
to scream,
you're allowed
to cry,
but do not give up.

HEY YOU
DON'T GIVE
UP, OKAY?

I can.
I will.
End of story.

What does confidence look like?



What do you do with it?

they told me i could be anything

...

ANYTHING!!!



so I became a tank

capsa

ABUSE ENDS HERE.

Help, Hope & Healing



(435)753-2500



info@capsa.org



facebook.com/CAPSAservices

FREE and **CONFIDENTIAL**
services for individuals
impacted by domestic violence
and sexual assault.

- 24 Hour Live Support Line
- Mobile Crisis Team
- Emergency Shelter
- Transitional Housing
- Individual and Group Counseling
- Trauma Recovery
- Therapy Services
- Advocacy in Legal and Medical Procedures
- Protective Order Assistance
- Multilingual and Culturally Specific Services
- Prevention Education Presentations