

Four Strategies for Reducing Internalized Stigma

Know what Internalized Stigma is. Name it as a hazard to your health.

Knowing about internalized stigma helps you be conscious of how it can affect your thinking. That allows **YOU** to decide what you think of the myths and stereotypes rather than allowing them to seep into your thinking unexamined.

Don't Forget

Your Problems Don't Define You

You may be stressed, have an addiction, depression, anxiety, or experience any number of other challenges, but they don't define you.

You are a multi-layered person with many strengths, values, and qualities that can help you help yourself.

The 3 Cs

CATCH yourself thinking things you have absorbed without realizing

- ▶ All or nothing thinking or words
- ▶ Reflexively feeling ashamed or anxious

CHECK out the thought consciously

- ▶ Is it accurate?
- ▶ Is it helpful to me?
- ▶ Do I want to allow this in my thinking?

If not...

CHANGE the thought to something...

- ▶ more accurate
- ▶ more helpful, and
- ▶ more in keeping with your own values and priorities.

What would you say to someone you care about if they were stigmatizing themselves?

Name it



Interrupt it

"That's not accurate..."

With compassion

"Hold up, you are being really hard on yourself!"