



Attitude Antonym Answers

✚ **Attitude** - a complex mental state involving beliefs, feelings and values and dispositions to act in certain ways

✚ **Antonym:** An **antonym** is a word that has the opposite meaning of another word

Intro: Attitude change is a huge part of recovery related to substance use and mental health issues. No one has a perfect attitude, so everyone can benefit from looking at negative attitude traits and then considering ways to change in a positive manner. This group exercise looks at some common negative attitude traits and the opposite, more positive attitude traits to strive for.

Directions: As a group, go through this list of some potentially negative attitude traits and try to come up with the antonym or opposite positive attitude trait. Everyone in the group should take note of some of the items on the list that they may be working on personally or need to start working on. *Answers are provided in the second column, but the group leader should not reveal them until the group has come up with their own answers first*

<u>Negative Attitude Traits (READ)</u>	<u>Antonyms: Opposite Attitudes (GUESS)</u>
Dishonest/Deceitful	Honest, Truthful
Fake, Disingenuous	Real, Genuine, Sincere
Blaming, Finger-pointing	Accountable, Responsible
Procrastinating, Avoidant	Taking Action, Decisive
Toxic	Healthy
Selfish, Inconsiderate	Considerate, Caring
Self-indulgent	Controlled, Restrained
Cold, Callous	Warm, Friendly
Complaining	Grateful
Impulsive	Careful, Planning, Strategic
Aggressive, Angry	Assertive, Peaceful
Self-pitying, Sulking	Cheerful, Joyful
Chaotic, Dramatic	Structured, Stable
Lost, Directionless	Goal-oriented, Driven
In Denial, Rationalizing	Self-aware, Accepting
Resentful, Hateful	Forgiving, Loving
OTHER?	
1	1
2	2
3	3



PROCESS:

What are some strengths of this group (from the list)?

What are some things the group can work on? (Generally speaking - No naming names!)

What are some of your personal strengths from the list?

What are some you need to personally work on?

What are some specific things you start doing now or in the near future to improve your attitude?

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