

Improve your self-esteem

Come join us for a 6 week introductory journey through the highly acclaimed workbook Ten Days to Self-Esteem by Dr. David Burns. In this group, you'll learn:

- if you are a perfectionist, what you can do to lighten up on yourself!
- if you are a procrastinator, how you can become more productive!
- how to understand the way you feel-how you measure your self-esteem
- how to correctly label your feelings and thoughts (we often confuse them)
- different ways to examine and challenge your thinking about yourself. You will most certainly find some areas that you'll decide need to be changed!
- **different ways to *change how you feel!***

By the end of the group you will have a whole new way to begin thinking and feeling about yourself! It will take continued practice for it to become natural for you, but you'll be well on your way and will have the workbook for your continued use.

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CLINICAL SERVICES, LTD.

Stenzel Clinical Services is a private counseling practice in Wheaton, IL. We have 16 therapists on staff, each with their own areas of expertise. Our goal is to help individuals and families live their lives well.

When: Weeks of April 4—May 9, 9:30-10:30 Tue/Wed/Thurs to be determined based on participants' majority preference.

Where: Stenzel Clinical Services 1616 E. Roosevelt, Wheaton

Cost: \$120. (\$12 workbook required as separate purchase)

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