

Recovery Identity: Who Am I Beyond This?

A lot of people in recovery get stuck thinking their past defines them. It doesn't. This worksheet is about figuring out who you actually are — apart from the labels, apart from the mistakes, apart from what other people say about you.

1. What Do I Actually Value?

Circle up to 5 that feel true for you:

Honesty	Loyalty	Freedom	Family	Respect
Hard work	Creativity	Humor	Faith	Fairness
Courage	Independence	Kindness	Growth	Peace

One value not on this list: _____

2. What Are My Actual Strengths?

Not what you wish you were. What are you genuinely good at or known for?

Something I'm good at: _____

A hard thing I've survived: _____

Something people trust me with: _____

A skill I have (even small): _____

3. The Story vs. The Truth

People — including yourself — may tell you a story about who you are. Sometimes it's wrong.

What people (or I) say about me	What I know to be true

4. My Decision-Making Check

When you're about to make a decision under pressure, run it through this:

Is this safe?	Yes / No / Not sure
Will I regret this tomorrow?	Yes / No / Not sure
Does this match my values?	Yes / No / Not sure
Want to, or being pressured?	Want to / Pressured
What's the next right step here?	_____

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5. Letter to My Future Self

Write 2-3 sentences to yourself, one year from now. What do you want that version of you to know?

You are not your past. You are what you choose next.