

Who I Am Without It

Substance use doesn't make you who you are — but it can make it hard to remember who you were before, and who you are underneath. This exercise is about separating you from the thing. You existed before it. You exist now. Let's find that.

Part 1 — What Do You Actually Care About?

Circle or check everything that matters to you — even if you haven't lived it out lately.

<input type="checkbox"/> Honesty	<input type="checkbox"/> Family	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Freedom
<input type="checkbox"/> Respect	<input type="checkbox"/> Having fun	<input type="checkbox"/> Being trusted	<input type="checkbox"/> Sports / fitness
<input type="checkbox"/> Music / art / creativity	<input type="checkbox"/> Faith / spirituality	<input type="checkbox"/> Helping others	<input type="checkbox"/> Animals / nature
<input type="checkbox"/> Learning / school	<input type="checkbox"/> Making money	<input type="checkbox"/> Being a good friend	<input type="checkbox"/> Independence
<input type="checkbox"/> Having a future	<input type="checkbox"/> Being seen / heard	<input type="checkbox"/> Laughter	<input type="checkbox"/> Not hurting people

From the list above, my top 3 are:

1. _____
2. _____
3. _____

Part 2 — What Are You Actually Good At?

Not what you think you should be good at. What do people actually come to you for? What have you pulled off that surprised even you?

With people:

Are you funny? Loyal? Easy to talk to? Good at reading a room?

In hard situations:

Do you stay calm? Problem-solve? Push through when it's bad?

Skills or abilities:

What can you actually do? Build things? Cook? Lead? Listen?

Things you know:

What do you understand that most people don't?

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Part 3 — Story vs. Truth

The story is what you've been told, or what you've told yourself. The truth is what's actually real. Fill in both sides.

The story I've been carrying:	The truth I'm starting to see:
<i>About who I am</i>	
<i>About my future</i>	
<i>About what I deserve</i>	
<i>About whether I can change</i>	

One sentence about who I am without it:

You are not what happened to you. You are not what you used to do. Start from what you know is true.