More than a Recovery Label - Shared Pattern Map

You may write, draw, think quietly, use fiction, observe, or pass. Share only what you choose. This educational activity is not a test.

Fictional example: A member wants to be known as a musician and parent.

1. What is known in the fictional example, and what needs checking?

2. Build a fictional identity map with roles, interests, culture, strengths, and desired participation beyond substance-use history. My notes, drawing, or possible response:

3. Which part of identity needs more space?

4. One optional next step, support, or reason to revise the idea:

You can pause or stop. Ask your facilitator for an alternative if this does not fit. No identifying information belongs in shared copies. Independent clinical review pending.