Recovery Identity Collage

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants to be known beyond a substance-use label.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Show interests and roles that exist alongside a person's recovery story.

3. Which part of identity needs more room?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.