Recovery Identity beyond Labels - Concept brief

Understand the idea behind recovery identity beyond labels and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Jordan wants to be seen as a parent and musician as well as a person in recovery.

The idea

A person is more than substance-use history or a treatment label.

An ordinary example

Jordan wants to be seen as a parent and musician as well as a person in recovery.

What this can look like

Create an identity map that includes roles, strengths, culture, interests, and desired relationships.

Check the fit

Which part of you needs more room in your current plan? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

Which part of you needs more room in your current plan?

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A17-1