Recovery Identity beyond Labels - Review journal

Review an attempt at recovery identity beyond labels and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. A person is more than substance-use history or a treatment label.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which part of you needs more room in your current plan? My optional adjustment or support request:

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-A17-5