Recovery Identity beyond Labels - Practice worksheet

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

Adults; supported use as appropriate | 15 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. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

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

4. An optional next step, support, adaptation, or reason to stop:

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-A17-2