**The Impact of Addiction on Identity: Rediscovering Who You Are**

**Purpose:**  
Addiction has a way of distorting identity, like a fog that blurs the edges of who you are. It often disconnects you from your values, dreams, and sense of purpose, leaving behind feelings of shame, confusion, or even a sense of being lost. Yet, recovery is an invitation to rediscover yourself—a journey of peeling back the layers of addiction to uncover the truth of who you were, who you are, and who you are becoming.

Identity is more than a collection of habits or labels. It is the essence of your being—the unique combination of your values, passions, and beliefs. While addiction may have overshadowed parts of your identity, it has not erased them. In recovery, you have the chance to rebuild, piece by piece, a self that is authentic, resilient, and aligned with your deepest truths.

This worksheet is designed to help you reflect on the impact of addiction on your sense of self, explore the elements of your identity you want to reclaim, and create a vision for the person you are becoming. By embracing this process, you can reconnect with your core and build a life that reflects the fullness of who you truly are.

**1. Reflecting on the Impact of Addiction on Identity**  
Addiction can leave you feeling disconnected from your true self, masking your identity beneath habits, behaviors, or labels.

How has addiction impacted the way you see yourself or how others see you?

What aspects of your identity feel most distant or diminished because of addiction?

**2. Reclaiming Lost Parts of Yourself**  
Recovery offers the opportunity to reclaim parts of your identity that addiction overshadowed, whether that’s your creativity, your relationships, or your sense of purpose.

What parts of yourself do you miss and want to reconnect with?

What activities, values, or relationships could help you rediscover these parts of yourself?

**3. Redefining Yourself Beyond Addiction**  
While addiction is part of your story, it does not define you. Recovery is a chance to create a new narrative about who you are.

If you were to describe yourself in recovery, using only positive and empowering words, what would you say?

What values or qualities do you want to be at the core of your identity moving forward?

**4. Exploring the Role of Strengths in Recovery**  
Your strengths are the tools that can help you rebuild your identity and overcome challenges.

What personal strengths have you discovered or relied on in your recovery journey?

How can you continue to use these strengths to support your growth and healing?

**5. Letting Go of Shame and Embracing Self-Compassion**  
Shame often distorts how we see ourselves, while self-compassion creates space for healing and acceptance.

What self-critical thoughts or beliefs about your identity do you want to let go of?

How can you practice self-compassion as you work to rebuild your sense of self?

**6. Envisioning the Person You Are Becoming**  
Recovery is not just about returning to who you were but about growing into the person you want to be.

What does the best version of yourself look like? How do you act, think, and live?

What steps can you take today to align your actions with this vision of yourself?

**Conclusion:**  
Your identity is not defined by your struggles—it is shaped by your resilience, your values, and your ability to grow through adversity. Recovery is a chance to reconnect with the truth of who you are and to create a life that reflects your authentic self. With every step forward, you are not just rediscovering yourself—you are creating a new foundation for the person you are becoming. Embrace this process with patience and courage, and trust that your true self is always within reach, waiting to be reclaimed.