NEW DAY RECOVERY

Session 31 Handout

My Identity Statement

From Session 31. Identity first, biography second. Identity is the deepest layer — a person in recovery, in the present tense.

Name: _____ **Date:** _____

History is real: what happened and what we did belong in the testimony. Roles are many and changeable: parent, worker, participant, leader, student. Identity is the deepest layer, and this program settles it in the present tense.

My identity statement, in my own words:

Becoming sentence: "I am a person in recovery, learning to _____."

The old label I am hardest to stop leading with:

My ordered introduction — present first, past at the right depth:

For example: "I am a person in recovery, building a life that helps other people." A job interview, a church testimony, and a group session get three different depths of the same true story.

Homework: use your identity statement once a day (mirror or a trusted person). In one real setting, practice the ordered introduction — present first, past at the right depth.