Session 31: A New Identity

PHASE 4 — LIVING FREE: PREVENTION AND PURPOSE (WEEKS 6–8) · WEEK 7 — NEW IDENTITY AND PURPOSE

Date: _____ **My craving today (0–10):** _____ **One word for my week:** _____

Handout for this session: the Session 31 handout (My Identity Statement) — in the Handouts Packet.

What we're learning

We collect labels across a life — from family, courts, charts, the street, and our own shame at 3 a.m. This session sorts them. History is real, and we do not edit it. But history is not identity. Roles change, and a person is not required to answer to the worst chapter forever. Today each person writes an identity statement — who I am now, in the present tense — practices saying it out loud, and learns to introduce themselves present first, with the past shared at the right depth and the right time.

- Identity first, biography second Introductions, applications, and self-talk all follow the order: who I am and where I am going, then — as needed, at the right depth — where I have been.
- The past tense belongs to the past The old labels include the identity shame built from them (Session 13). A new identity is not earned across the 12 weeks; it is built and lived into, session by session, with evidence.
- Recovery is an argument people can read How a person lives now — steady, honest, making repair — is evidence other people can see. Week 7's service work takes this literally.
- Honesty scales by setting A job interview, a family gathering, and a group session get three different depths of the same true story. Discernment about depth is wisdom, not hiding.

Goals for this session

☐ I can write an identity statement in my own words, grounded in who I am now

☐ I can distinguish identity (settled), roles (many), and history (real, not erased)

☐ I can practice introducing myself in recovery settings without leading with addiction or hiding it

Check-in

When someone asks 'so who are you?', what do you usually lead with — and how much of your answer is still written by the worst chapter?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. If you choose whole-group delivery, say your identity statement aloud to the group — one or two sentences, present tense, no labels you are retiring. (Sharing with a partner only, or passing, is honored without comment.)

2. Which old label is hardest to stop leading with, and who keeps handing it back to you?

3. Where does your history genuinely belong in the story (it warns, it witnesses) — and where has it been sitting in identity's chair?

4. What decision this week would 'a person with a new identity and a real past' make differently from 'my past with good days'?

Session 31 — Skill Practice

Identity Statement workshop: Draft (5 minutes, Workbook page). Model and partner revision (4 minutes): the facilitator models first, reading one identity statement aloud; partners revise for truth and brevity. Deliveries (remaining time; whole-group choosers only, others with partners): each person who chooses whole-group delivery stands or sits, as they prefer, states their name and identity statement to the whole group, and is answered by the group in unison: 'We see it. Welcome to the new.' You may instead share your statement with a partner only, or pass entirely, without explanation — passing is honored without comment, and the unison response is only for those who choose whole-group delivery. If more than two choose the whole group, deliveries continue in pairs so the session ends on time. If your roles are thin yet, start with a becoming sentence: 'I am a person in recovery, learning to _____.' A becoming sentence is a full statement.

My identity statement (present tense — who I am now, not only what I did):

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ This week, use your identity statement once a day (mirror, morning routine, or a trusted person). In one real setting, practice the ordered introduction — present first, past at the right depth. Log both in your workbook.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.