

THE RECOVERY DESK

PREMIUM GUIDED WORKBOOK

Who Am I Without Substances?

A guided exploration of strengths, roles, interests, values, and an identity that can keep evolving.

Five topic-specific chapters, worked examples, guided exercises, reusable planning pages and source notes.

PRACTICAL TOOLS FOR RECOVERY

Educational resource • Choose what fits • Seek professional support when needed

START HERE

How to use this resource

Choose one page that matches your circumstances. You can skip questions, take breaks, work privately, or invite a trusted support person. These exercises are for education and planning; they cannot diagnose, provide individualized treatment, or guarantee an outcome.

BEFORE YOU BEGIN

If there is an immediate medical or personal safety emergency, contact emergency services (911 in Canada). For suicide-crisis support in Canada, call or text 988. Withdrawal from some substances can require urgent medical care; ask a qualified professional rather than using a workbook to decide what is safe.

YOUR CHOICES

You may change your mind about an exercise, leave a question blank, and ask for assistance. Sharing personal experiences is optional; confidentiality cannot be guaranteed in group or shared living settings.

MAKE THE RESULT USABLE

At the end of each chapter, keep one specific next step: who, what, where, when, and your backup if the preferred option is unavailable.

CHAPTER 1 / 5

Start with a wider story

Substance use or recovery status can be one part of a life without defining the whole person. List roles, interests, skills, cultural connections, and qualities visible in ordinary actions. You do not need a dramatic new identity before taking a small step.

FICTIONAL EXAMPLE

Ari describes themselves as a cook, an aunt, a curious reader, and someone rebuilding trust—not only as “a person in recovery.”

GUIDED REFLECTION

1. Which role has mattered to you outside substance use?
2. What skill has helped you through a difficult time?
3. Which identity label feels too narrow?

YOUR PRACTICAL NEXT STEP

Make an identity map with at least five non-substance-related areas.

WORK IT THROUGH

Start with a wider story

Keep answers specific to your circumstances. Write a few words, draw a plan, or discuss the prompts with a trusted person. You do not need to fill every line.

1 Which role has mattered to you outside substance use?

2 What skill has helped you through a difficult time?

3 Which identity label feels too narrow?

PRACTICE / TAKE-HOME ACTION

Make an identity map with at least five non-substance-related areas.

My next action, who can help, and when I will review it

CHAPTER 2 / 5

Find evidence for your strengths

Use specific experiences rather than forced affirmations. A strength can appear in survival, asking for help, caring for others, solving a problem, or returning after a setback. Recognizing a strength does not mean minimizing harm.

FICTIONAL EXAMPLE

Jordan notices persistence in attending an appointment after a missed bus, rather than calling themselves “bad at follow-through.”

GUIDED REFLECTION

1. Which recent action demonstrates effort or care?
2. What obstacle did you adapt to?
3. What strength might another person recognize in that action?

YOUR PRACTICAL NEXT STEP

Complete three evidence-based strength statements.