



Getting to Know Yourself After Recovery

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Introduction

You've struggled and made it. You've quit using. The first few days, weeks, even months haven't been easy. Between facing the past, surviving the present, and taking on an unknown future, sobriety can be overwhelming. A big part of recovery is creating a sober identity. Who are you without drugs and alcohol? This booklet takes on just this question. It delves into your past, present, and future with hopes to better understand the recovering you. This is a first step. It's an important step. Take a deep breath and turn the page.



How to use this book

First, print the booklet and staple it together. You'll notice there are 6 worksheets: 3 devoted to the past, 2 about the present, and 1 for the future.

Next, grab a pen and work your way through the handouts one at a time. Answer the questions. Circle what must be circled. Draw what needs drawing. Give each worksheet a whole day. That means you'll need seven days to complete the booklet.

If you're a provider, just the opposite: use the worksheets in any order. They can be used individually, in class, or as homework to supplement your curriculum.



The Past: Who were you?



To understand recovery, you need to look at the past and make sense out of it. Who were you when you were still using? Why does it matter? This worksheet is devoted to exploring just that.

Back when you were using or drinking, how'd you feel about yourself?

Back then, what were your goals and dreams?

Apart from drugs, what was important to you?

Rest of book not available
in free preview