

The Identity I Inherited, Built, and Can Rebuild

My past explains parts of me. It does not get final authority over me.

Name the old identity below without romanticizing it, shaming it, or letting it decide what happens next.

You are more than the worst thing you did, the label someone gave you, or the coping skill that once kept you alive. Behavior is hard to sustain when the story underneath still says “I am broken.” Identity work starts with a different question: who did you become in order to survive, and who do you choose to practice becoming now?

THREE WORKING SECTIONS

1

The label I carry

What names, labels, or beliefs about myself have I accepted as permanent?

List the exact words. Note which ones you still defend or repeat to yourself.

2

What that identity protected

What pain, fear, loss, or danger did this identity help me survive?

Name the function, not the story. What did it keep away or make feel inevitable?

Grounding note: name the function in a few words — you don't need to tell the whole story here. If this brings up more than you expected, pause and bring it to session rather than writing through it alone.

3

The identity I practice now

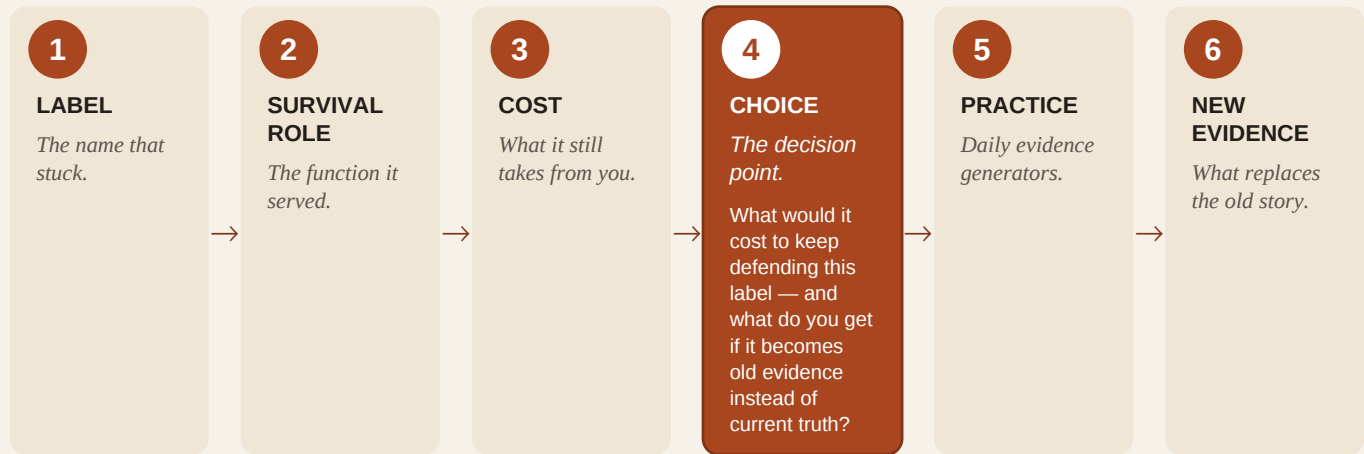
What values and daily actions would prove I am becoming someone different?

Choose 1–2 values. Attach 1–3 small, repeatable actions that create new evidence this week.

Bridge prompt: for each value, name one action that a person who still believed the label in Section 1 would NOT do. That contrast is the evidence.

Progression · Label → New Evidence

A simple sequence, not a before-and-after. Agency sits in the middle. Evidence closes it.



WHAT CHANGED IN THIS VERSION

- Added a grounding note before Section 2 so naming what the identity protected doesn't turn into unsupervised trauma processing.
- Gave the CHOICE step its own guiding question — it's the actual pivot point and previously had none.
- Added a bridge prompt in Section 3 tying each new value back to the label in Section 1, so the exercise stays identity work instead of drifting into generic goal-setting.