Who Am I Outside of Survival?

Session 11 / Adults 18+ / Recovery Has to Survive Tuesday
Use the fictional example, your own safe situation, or pass. Keep pages private.

01 Today I choose: fiction / my situation / listening / a pass.

02 What would make this topic more manageable today?

03 Something I am curious about, or a neutral example I could use:

Quinn’s blank answer

Someone asks Quinn what they do for fun. Quinn thinks of work, appointments and keeping things from falling apart, then feels blank. Quinn used to enjoy fixing small household items but worries that trying again will be embarrassing. Money and time are limited. No emergency is described.

A part to explore

Quinn’s interest in working with their hands can have room even without a confident answer about hobbies.

A small version

Ten minutes sketching a simple idea with existing paper. No tool use or purchase needed.

What counts as learning

Interest, boredom, a barrier, or a wish to try something else. The activity does not grade talent or worth.

More than the hardest chapter

Use Quinn, a chosen role, an interest or an ordinary quality. No personal history required.

01 One part of a person that could have more room:

02 An ordinary action that shows or explores it:

03 A label or expectation I can leave undecided today:

An experiment small enough to try

You do not need to buy anything or prove a talent. Use a safe accessible version.

01 One interest or quality to explore, and why it is worth a little room:

02 A small version using actual time, energy and resources:

03 What access, guidance or practical support would it need?

My first experiment

Use fiction or a private plan. Make learning, rather than performance, the point.

01 What will I try, and when?

02 What would I like to notice afterward?

03 If it does not fit, what could I change or try instead?

Words beyond the whole story

Use a willing partner or write privately. No recovery disclosure required.

01 A simple introduction: Lately I am interested in ___, or I am trying ___.

02 One question I would welcome, or a topic I would rather keep private:

03 My revised introduction, or a private sentence for myself:

A page with room to be unfinished

Creative alternative. Write, sketch or collect words for an interest or ordinary quality. No collage supplies or art skill needed.

01 A rough sketch, words, or a small idea I might explore:

02 What could be the smallest safe version? What can stay undecided?

What I learned

Optional follow-up. Keep this page; returning it is not required. Seek appropriate support when an activity is not enough. Existing care plans remain in place.

Progress is progress

Trying something small can count without proving talent, productivity or a whole new identity.

U.S. support

For an immediate medical or safety emergency, call 911. For suicidal crisis or emotional distress, call or text 988. Verify local support options with the facilitator. www.progresscounselingprograms.com

01 What did I try, practice or learn?

02 What still needs help or adjusting? What is one next useful step?