

# Write Your Story

A Guided Workbook for Reflection, Healing, Growth and Recovery

"Your past is part of your story, not the end of it."



Name: \_\_\_\_\_  
Date Started: \_\_\_\_\_  
Support Person / Counselor: \_\_\_\_\_  
My Intention for this Workbook: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 1

### Early Life

Childhood, Family, Values, Strengths, Foundation, and Experiences



**1. My Early Memories**  
Write about some of your earliest memories.  
\_\_\_\_\_  
\_\_\_\_\_

**2. Important People in My Life Growing Up**  
List the people who had the biggest impact on you.

Name	How they impacted me
_____	_____
_____	_____

**3. Values I Was Taught**  
Circle the values that were important in your home.

Honesty	Respect
Hard Work	Faith
Responsibility	Loyalty
Kindness	Family
Discipline	Love
Other:	

**4. Strengths I Had Then (and Still Have)**  
List your strengths.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**5. What Shaped Me**  
What experiences, both good and hard, shaped who you are today?  
\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 2

### Challenges

Offense, Arrest, Progression, Consequences



**1. When Things Began to Change**  
When did you start making choices that led to problems?  
\_\_\_\_\_  
\_\_\_\_\_

**2. My Progression**  
How did your choices or substance use progress over time?  
\_\_\_\_\_  
\_\_\_\_\_

**3. My Offense(s)**  
What offense(s) did you commit?  
\_\_\_\_\_  
\_\_\_\_\_

**4. Consequences I Faced**  
List the consequences you have experienced because of your choices.

- Legal: \_\_\_\_\_
- Financial: \_\_\_\_\_
- Relationships: \_\_\_\_\_
- Emotional: \_\_\_\_\_
- Physical: \_\_\_\_\_
- Other: \_\_\_\_\_

**5. Who Was Impacted?**  
List the people who were hurt by your actions and how.

Person	How they were impacted
_____	_____
_____	_____

## CHAPTER 3

### Turning Point

The Moment Things Began to Change



**1. My Wake-Up Moment**  
What happened that made you realize something had to change?  
\_\_\_\_\_  
\_\_\_\_\_

**2. What Gave Me Hope?**  
What gave you hope that change was possible?  
\_\_\_\_\_  
\_\_\_\_\_

**3. People Who Helped Me**  
Who supported you or believed in you?  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

**4. My Motivators for Change**  
What are your reasons for wanting a better life?  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

**I Am No Longer Willing to Lose:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. A Letter to My Past Self**  
Write a short letter to your past self.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 4

### Recovery Journey

Healing, Growth, and Learning



**1. What Recovery Means to Me**  
What does recovery mean to you?  
\_\_\_\_\_  
\_\_\_\_\_

**2. Tools That Help Me**  
List coping skills or recovery tools you use.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**3. My Triggers**  
What situations, people, places, or feelings trigger old behaviors?  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

**4. My Coping Toolbox**  
Fill your toolbox with things that help you stay on track.

**5. How I'm Different Today**  
How are you different than you were before?  
\_\_\_\_\_  
\_\_\_\_\_

**6. What I Am Learning About Myself**  
What are some important things you are learning?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## CHAPTER 5

### Future Self

Legacy, Goals, What You Want Life to Look Like, and Who You Want to Become



**1. My Goals**  
What are some goals you want to achieve?  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

**2. What I Want My Life to Look Like**  
Describe the life you want to build.  
\_\_\_\_\_  
\_\_\_\_\_

**3. Who I Want to Become**  
What kind of person do you want to be?  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

**4. My Legacy**  
What do you want to be remembered for?  
\_\_\_\_\_  
\_\_\_\_\_

**5. I Will...**  
List actions you will take to create your future.  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_  
• \_\_\_\_\_

**6. A Letter to My Future Self**  
Write a letter to your future self. What do you hope they are proud of?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_