

WHO AM I?

No matter what has happened in your life, you are a whole person with strengths, personal traits, and abilities that go along with your struggles. Your diagnosis or disability is only one part of who you are. It may not always feel like this, especially when you're most bothered by your mental or physical health problems. But, many people say that a key part of recovery is learning to see yourself as whole, and embracing your mental health struggles as a part of who you are, but not all of who you are.

With this in mind, make a list here of your positive characteristics and social roles. Some examples are being funny, creative, smart, easy-going, compassionate, loyal, caring, a friend, a planner, a helper, a sister/brother, a wife/husband, a parent.

Remember to look at this list often, especially when you feel discouraged.