

Day 5: REWIRE

Rewriting Your Story and Identity

Today's Focus

You are not your addiction. Today, we begin to rewire your identity and reclaim who you really are.

Exercise 1: Your Old Story

What story have you been telling yourself about who you are? (e.g., 'I'm broken,' 'I'm weak,' 'I always fail')

Exercise 2: Your New Story

Who do you want to become? Write a new story about yourself in the present tense. (e.g., 'I am resilient,' 'I am worthy of love')

Exercise 3: Evidence of Your New Identity

List 5 pieces of evidence that prove your new story is already true:

Today's Action Step

Read your new story out loud every morning this week. Repetition rewires the brain.
