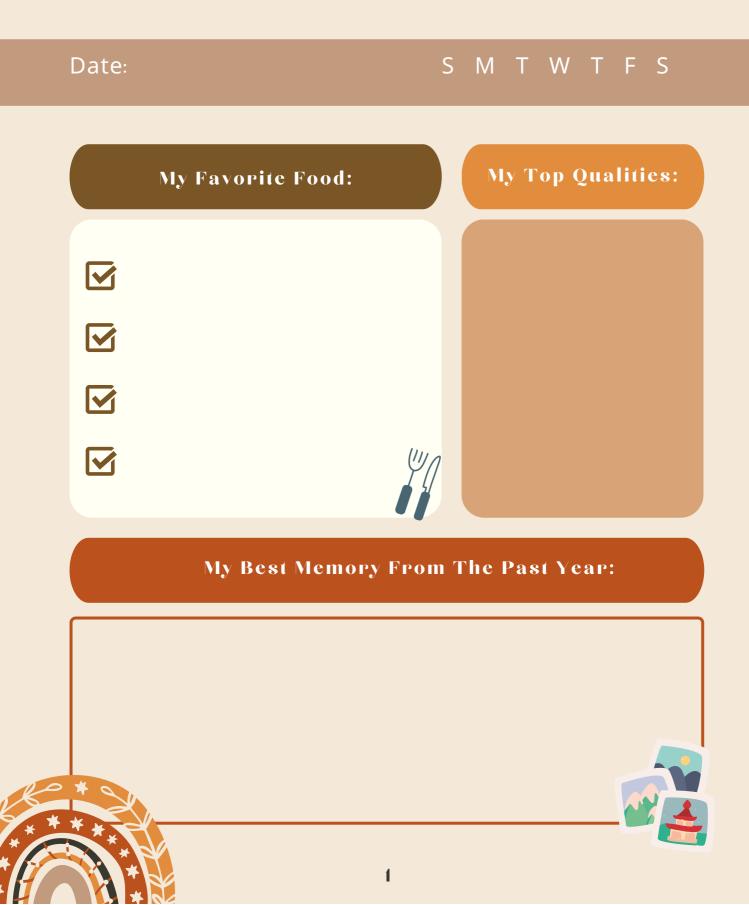


Peoliscover Yourself

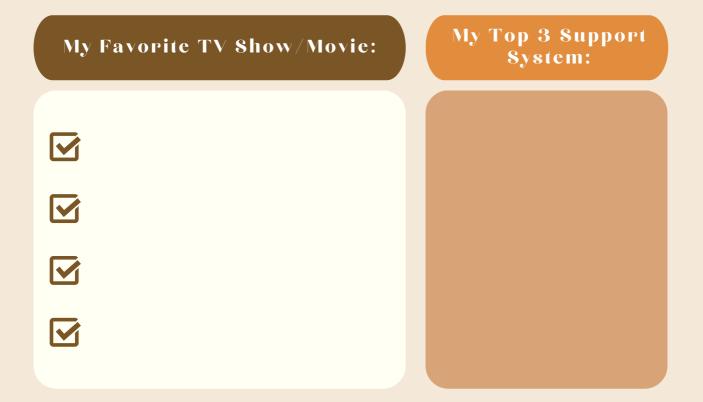
We sometimes need to remind ourselves, of who we are. Unpleasant emotions and challenging circumstances may lead us astray, causing us to lose touch with our identity. This worksheet serves as a tool, reminding you of the unique person you are and helping you rediscover yourself.





Date:

5 M T W T F S

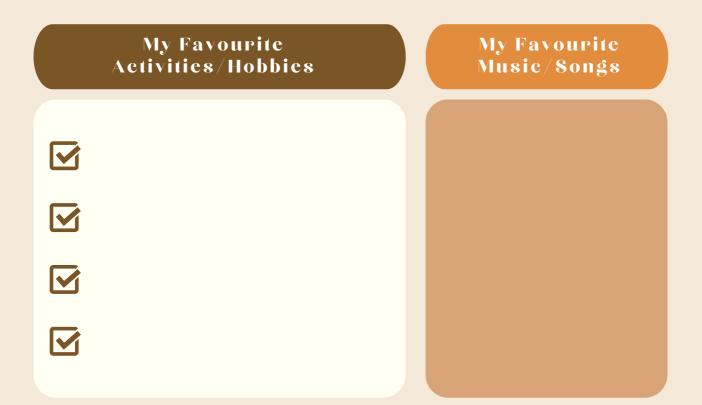


My Safe Place Or Favorite Place To Go:



Date:

S M T W T F S



My Favorite Physical Trait Of Me:

Rediscover Nourself

Created by a Licensed Social Worker and Certified Addiction Informed Professional, this resource is designed to enhance self-awareness, offer valuable coping techniques, and aid in setting personal goals. Embrace its valuable insights and proactive methods to unlock your potential for effective mental health management.



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