

The Journal

This chapter is asking you to tell the truth about yourself. For years, you've probably underestimated the role you played in your own recovery. Let's put that right.

Looking back over your life, which single decision changed the direction of your future the most?

What happened because you made that decision?

Think about the five hardest moments of your life. What did you do that helped you survive each one? Not what other people did - what did you do?

Complete this sentence with ten different outcomes:

My healing moved forward the day I decided to:

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What qualities have you consistently demonstrated throughout your life - even when you didn't recognise them as strengths?

Where can you see the evidence for those examples?

Which chapter of your life are you still giving someone else too much credit for?

What part of that story belongs back in your hands?

If you removed every person who ever helped you from your story, what decisions would still have been yours alone?

What does that reveal about you?

Imagine someone you love had lived your life exactly as you had. Write down everything you would admire about them.

Re-read what you've just written. Every single word belongs to you too.

Finish these two sentences.

One thing nobody could have done for me was:

That proves that I am someone who:

And one final question: if I finally gave myself the credit I deserve, what would I stop doubting myself about?