

Relationship Support Network

Worksheet

Identity Rewrite

Rediscovering and Uncovering Who I Am Becoming

Identity rewriting is not about erasing your past. It is about recognizing that who you learned to be for survival is not the same as who you are designed to be. This worksheet helps you reflect on old identities, clarify present values, and practice daily actions that move you toward your true self.

Part 1: Noticing the Old Identity

Many shame-based identities were formed early and quietly. They often sound like “truth,” even when they are outdated.

What labels or beliefs have I carried about myself

Examples

“I’m not enough.”

“I have to earn love.”

“I’m too much.”

“I don’t matter unless I’m useful.”

How have these beliefs shaped my relationships or choices

What have these beliefs helped me protect myself from

Part 2: Separating Who I Am from What I Learned

Unworthiness and shame are strategies, not identities.

Complete the statements below.

What I learned to do to stay safe or accepted

Who I actually am beneath those strategies

What feels true about me when I am calm, grounded, and present

Part 3: Clarifying the Identity I Want to Live From

Identity rewriting focuses on direction, not perfection.

The kind of person I want to be moving forward

The values I want to guide my choices

- ☐ Honesty
- ☐ Self-respect
- ☐ Compassion
- ☐ Growth
- ☐ Responsibility
- ☐ Calm
- ☐ Integrity
- ☐ Connection

Other values

How I want to treat others when I am living from my true self

How I want to treat myself

Part 4: Choosing the Path, Not the Outcome

We cannot control outcomes, but we can choose direction.

What choices are within my control right now

Where can I practice responding instead of protecting

What would alignment look like in one small situation this week

Part 5: Daily Identity Rewrite Practices

Choose one or two practices to repeat daily.

☐ Begin the day with a grounding affirmation
Write it here

☐ End the day by naming one action that reflected my values
Action

☐ Pause during emotional moments and ask
“What choice aligns with who I am becoming?”

☐ Practice one boundary or honest expression daily
What might that be

☐ Replace self-criticism with self-compassion
What phrase helps

Part 6: Reflection and Reinforcement

At the end of the week, reflect.

When did I act from my new identity

What felt different in my body or relationships

What old pattern tried to return, and how did I respond

What does this teach me about who I am becoming

Closing Reflection

Identity rewriting is a practice, not a decision you make once. Each choice to act from self-respect instead of shame strengthens the path forward. You are not late. You are not broken. You are uncovering the person you were designed to be by choosing, again and again, to live in alignment with your values rather than your fears.

These worksheets and exercises are part of the book, **Your Relationships can Change: The Self-Help Workbook**, by Dr. John Slate Ph.D.

The book is part of additional resources found at <https://RelationshipSupportNetwork.com>.

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