



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 36 Action Guide: Adapted Identity

Adapted Identity: How you adapted to defend yourself in an unsafe world.

List 3-5 adjectives that describe your Adapted Identity.

What are your unhealthy behaviors of coping with or overriding discomfort?

What are the limiting beliefs that are holding you back?

Where did the messages that fuel this identity come from?



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What area of life does this identity show up most (relationships, vocation, finances, health, etc.)?

How does that impact this area of your life?

What is the defining narrative of this layer of identity? I am...

What's one next step you can do to let go of management strategies, coping mechanisms, unhealthy behaviors and limiting beliefs?