



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 37 Action Guide: Wounded Identity

Wounded Identity: Your younger, tender, vulnerable Self. Also known as rejected or abandoned Self.

List 3-5 adjectives that describe your Wounded Identity.

What is your deepest fear?

Where did the messages that fuel this identity come from?

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



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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 move through fear, shame, letting go of the "victim identity", the fundamental flaw, and feelings of being unworthy of love and belonging?