



## Self-Discovery

**Intro:** Self-discovery refers to the process of gaining insight and understanding about oneself, including one's beliefs, values, interests, strengths, weaknesses, and motivations. It involves exploring one's emotions, thoughts, and behaviors to develop a deeper awareness of one's identity and purpose in life. This process often involves introspection, reflection, and sometimes seeking external perspectives or experiences.

Self-discovery can lead to personal growth, improved self-esteem, and a greater sense of fulfillment and purpose. In the context of substance use and mental health, self-discovery can be a crucial aspect of the recovery journey, helping us understand the underlying factors contributing to our challenges and building inner strength and motivation to make positive changes.

Here are some ways to enhance self-discovery with group questions **in bold**:

**1. Self-reflection:** Set aside regular time for introspection and self-awareness building. Reflect on your thoughts, emotions, values, beliefs, and experiences to gain deeper insights into yourself. Ask yourself questions and be prepared to think honestly about the answers.

***How do I engage in self-reflection? Do I need to improve in this area and if so, how?***

**2. Explore interests:** Engage in activities that genuinely interest and excite you. Try new hobbies, read books on various topics, travel, or experiment with different forms of art. Exploring new experiences can help you uncover hidden passions and aspects of your personality.

***What are some interests that I could investigate and try?***

**3. Seek feedback:** Ask trusted friends, family members, or mentors for feedback about your strengths, weaknesses, and areas for growth. Their perspectives can provide valuable insights into your qualities and help you better understand yourself.

***Do I have people who I can trust and listen to for feedback? If not, where is a good place to look?***

**4. Practice self-compassion:** Be kind, patient, and understanding towards yourself. Treat yourself with the same empathy and care you would offer to a loved one. Embrace your imperfections, forgive yourself for mistakes, and practice self-acceptance.

***Specifically, how can I increase self-compassion?***

**5. Challenge limiting beliefs:** Identify and challenge any negative or limiting beliefs you hold about yourself. Replace them with positive affirmations and empowering beliefs that support your growth and self-discovery.

***What are some things that I think about, or I say in my head that hold me back?***



**6. Seek new experiences:** Step out of your comfort zone and try new things. Travel to unfamiliar places, meet new people, and engage in activities that push your boundaries. These experiences can help you discover new aspects of yourself and expand your perspective.

***What are some new positive experiences I can reach out and try?***

**7. Therapy or counseling:** A therapist can guide you through the process of self-discovery and help you gain deeper insights into yourself.

***Am I using this group and (if applicable) other therapy sessions I am having to honestly dig deeper and learn about myself?***

Remember, self-discovery is an ongoing process that takes time and patience. Embrace the journey, be open to growth and change, and trust yourself to uncover your truest self.

### **MORE– Self Discovery Sentence Completion Examples...**

One thing that motivates me...	One thing I truly value about myself is...
I will stand up for (or defend) ...	When I'm at my best, I am...
One of my core values is...	I am determined when it comes to...
I feel alive when...	I feel fulfilled when...
One of my greatest strengths is...	I am at my happiest when...
One of my biggest passions is...	A skill I'd like to develop further is...
One of my greatest fears is...	I am proud of myself for...
I believe in...	I am drawn to...
One of my most important goals is...	When I reflect on my past, I realize...
One way that I handle setbacks is...	A challenge I've overcome that has shaped me is...
When I am faced with adversity, I...	I feel most connected to others when...
The kind of person I strive to become is...	A fear I want to conquer is...
A quality I admire in myself is...	My ideal day would involve...
A quality I admire in others is...	One thing I've always wanted to learn is...
Something that brings out the best in me is...	I feel most confident when...
A situation or environment I thrive in is...	I trust myself that I can excel at...
For me, success is...	I am unique because...
I feel inspired by...	Something I want to let go of is...
One way I handle stress is...	I feel lost or confused when...
I cope by...	A book that has had a significant impact on me is...
One thing that drains my energy is...	I am most proud of my ability to...
One thing that makes me unhappy is...	I am grateful for...
One thing that brings me joy is...	I feel a sense of purpose when...
One of my natural talents or gifts is...	I am most creative when...
One thing I have developed skill in is...	A place that holds special meaning for me is...
One of my biggest accomplishments is...	I feel a deep sense of belonging when...
When I am faced with criticism I...	A lesson I've learned recently is...
One dream I have for myself is...	I am working towards...
I feel nurtured or cared for when....	I find peace and calm when...