

IOP Group Plan: Who Am I?

Group Topic: Who Am I?

Duration: 90–120 minutes

Vibe: Reflective, uplifting, gently spiritual

Focus: Identity transformation, self-compassion, present moment awareness

Clients: Substance misuse & mental health (mixed diagnoses)

Objectives

By the end of group, clients will be able to:

- Reflect on their personal growth since entering recovery
- Recognize emerging strengths and positive identity traits
- Begin separating their true self from pain-based identity
- Practice present-moment awareness and self-compassion

Tools Needed

Clients need paper or their journal and a writing utensil. If this is unavailable, it's ok!

Group Structure

1. Centering Moment (5 min)

Invite clients to sit quietly for one minute, breathe deeply, and simply notice the present moment.

Optional: Use a quote to set the tone:

"Realize deeply that the present moment is all you ever have." – Eckhart Tolle

2. Warm-Up (10 min)

Prompt (go around): "Describe yourself in 3 words—no explanation needed."

3. Psychoeducation: Growth Beyond the Struggle (15 min)

Explore identity shifts in recovery:

- We often form identities from pain: 'the black sheep', 'the addict', 'the tough one'.
- Recovery allows reconnection with our *true self* - the version of us not defined by trauma or coping.
- Identity is not fixed. It's dynamic, shaped by intention and awareness.

Facilitator statement: "You are not here to become someone new—you're returning to the parts of you that were never lost, just covered." – Shining light on the darkness

4. Reflection Prompts with Examples (15 min)

Invite journaling or open discussion:

- What roles or labels have you outgrown? (e.g., screw-up, caretaker, escape artist)
- What parts of your 'old self' do you want to carry forward? (e.g., loyalty, humor, creativity)
- What strengths are emerging? (e.g., patience, resilience, willingness to ask for help)
- What does your emerging self value? (e.g., peace, connection, truth, stability)
- What would the 'Old Me' say to the 'Emerging Me'? What would they say back?

5. Creative Activity – Old Me / Emerging Me (30 min)

Use paper or journals:

LEFT SIDE: Draw or describe 'Old Me' (habits, thoughts, feelings, labels).

RIGHT SIDE: Draw or describe 'Emerging Me' (strengths, values, intentions, emotions).

Encourage expressive freedom—stick figures, color, words, lists, anything that helps them connect to the transformation.

6. Group Sharing & Integration (30 min)

Invite voluntary sharing of reflections or drawings. Normalize small wins and identity evolution.

Reflection prompts:

- What are you most proud of in your shift?
- What surprised you about the emerging self?
- How does it feel to let go of an old story?
- How is your energy different now?

7. Integration of Presence (Optional – 10–15 min)

Introduce a short quote and reflect as a group.

Quote: "You are not the voice in your head, but the one who is aware of it." – Eckhart Tolle

Prompt:

- What stories have I believed that aren't actually me?
- What does it feel like when I'm truly present?
- When have I glimpsed the calm, aligned version of myself?

8. Wrap-Up: Guided Stillness + Tolle-Inspired Closing (10 min)

Lead the group in a 1-2 minute moment of stillness:

"Imagine meeting your Emerging Self not as a future goal, but as someone who is already here—peaceful, patient, and alive inside you now. You don't have to chase them. Just let yourself become still and listen."

Final reflection quote:

"You don't have to know who you are becoming. You only have to be present with who you are now. From that space, everything unfolds." – Eckhart Tolle



Closing Reflection – Presence in the Now

You've done the deep work on reflecting on who you've been and who you are becoming, but the real you – the quiet awareness behind all of that – is already here.

As we close, take a breath, get still, and choose a sentence below that feels true to you in this moment. Complete it with whatever arises from your awareness – not your thoughts or expectations, but your present knowing.

- In this moment, I am _____.
- Today, I give myself permission to _____.
- The part of me that is always present is _____.
- What matters right now is _____.

Sit with your response. You don't have to fix or change anything. Just notice.

As Eckhart Tolle says:

"You don't have to know who you are becoming. You only have to be present with who you are now. From that space, everything unfolds."