



THE ALCHEMY  
OF BEING

**DISCOVERING YOUR ILLNESS IDENTITY:  
GUIDED QUESTIONS**



# Discovering Your Illness Identity: Guided Questions

## Introduction

This worksheet is here to help you explore how your health challenge may be influencing your life and identity. By reflecting on these questions, you can uncover where illness might be holding you back and take the first steps toward reclaiming your sense of self.

Be honest with yourself - this is a safe space for self-discovery.

## Section 1: Reflecting on Your Current Experience

As you begin this journey, it's essential to understand how your health challenge is currently impacting your life. This section will help you reflect on the ways in which your illness influences your daily decisions, relationships, and overall sense of self. Take some time to answer these questions. Write down whatever comes to mind—there are no right or wrong answers.

- 1. How does my health challenge influence my daily decisions?**  
(Think about how it affects your routines, choices, or activities.)
- 2. In what ways has my illness shaped my relationships?**  
(Consider how it impacts your interactions with family, friends, or colleagues.)
- 3. What aspects of my personality have changed since developing this condition?**  
(Have you noticed changes in how you see yourself or how others see you?)
- 4. What do I feel I've lost because of my health challenge?**  
(Reflect on activities, roles, or opportunities that may have been impacted.)
- 5. What do I feel I've gained because of my health challenge?**  
(Consider any new perspectives, strengths, or connections that may have emerged.)
- 6. How does my health challenge affect my self-perception?**  
(Do you see yourself differently now than before your diagnosis?)
- 7. In what ways do I feel like my health challenge defines me?**  
(Is it a central part of how you introduce yourself or how others perceive you?)
- 8. What parts of myself do I identify with most strongly?**  
(For example: parent, survivor, friend, chronic illness sufferer—how does your illness fit into this?)
- 9. How does my illness influence the way I present myself to others?**  
(Do you feel it's a part of what people see first when they meet you?)
- 10. What insight did I gain from reflecting on these questions?**  
(Summarise any new awareness or understanding about yourself.)

## Section 2: Digging Deeper

Now that you have a better understanding of how your health challenge influences your life, it's time to explore what changes you might make to reclaim your identity. This section will help you imagine a future where your health challenge no longer defines you. Take a moment to reflect on these questions:

- 1. How would your daily life change if you didn't have this health challenge?**  
(Imagine what might be different—your routines, opportunities, or even your outlook on life.)
- 2. What aspects of your current situation would you miss?**  
(Be honest—are there any benefits or comforts tied to your current experience?)
- 3. What parts of myself do I identify with most strongly?**  
(For example: parent, survivor, friend, chronic illness sufferer—how does your illness fit into this?)
- 4. How does my illness influence the way I present myself to others?**  
(Do you feel it's a part of what people see first when they meet you?)
- 5. What insight did I gain from reflecting on these questions?**  
(Summarise any new awareness or understanding about yourself.)

## Section 3: Shifting Your Perspective

The language we use when talking about illness can shape how we perceive ourselves. This section invites you to explore how changing your language can help you see your health challenge as temporary rather than defining. Take some time to reflect on these questions:

- 1. How do you currently describe your health challenge?**
  - Do you say “I have X” or “I’ve been diagnosed with X”?
  - Could you reframe it to say “I’m experiencing X” or “I’m doing X”?
- 2. What words or phrases could you use to describe yourself that feel empowering and less tied to illness?**
  - Write down alternative phrases that focus on who you are beyond your health challenge.

Write down alternative phrases that feel less tied to your identity and more empowering.

## Section 4: Moving Forward

Based on your reflections, it's time to think about action steps. This section will help you plan concrete changes to reclaim your identity and move forward. Consider these questions:

1. What are three small actions you can take to reclaim your identity from illness?  
(For example: changing the language you use, setting boundaries in relationships, or exploring activities that make you feel more like *you*.)
2. Who are the people in my life that support me in being my best self?  
(Identify those who uplift and inspire you rather than focusing solely on your illness.)
3. How can I reconnect with parts of myself that feel lost due to my health challenge?  
(Consider hobbies, passions, or roles that bring joy and meaning.)

## Closing Note

Remember, this worksheet is just the beginning of a journey toward greater self-awareness and empowerment. Keep it handy and revisit it whenever you need clarity or motivation. You are not defined by your illness - you are so much more than that.

At **The Alchemy of Being**, we offer tools to support you in reclaiming your identity and designing a life you love. Explore our resources:

- [\*\*How to Curate Habits That Transform Your Life: A Neuroscience-Inspired Guide\*\*](#) : Unlock the power of positive habits and break free from limiting ones with our comprehensive guide. Discover practical strategies to enhance your daily routines, improve your resilience, and cultivate a mindset that supports your well-being. By transforming your habits, you can regain control over your life and move closer to achieving your goals.

- [\*\*Breaking Free from Life-Limiting Beliefs: A Toolbelt for Transformation\*\*](#): Unlock your true potential by transforming life-limiting beliefs into empowering ones. This insightful guide provides you with the tools and strategies needed to shift your mindset, overcome obstacles, and live a more fulfilling life. By changing your beliefs, you can unlock new possibilities and create a future that truly reflects your aspirations.

- [\*\*Personalised Alchemy Session with Charlotte – Via Zoom\*\*](#) : Take the next step in your journey with a personalized one-on-one consultation with Charlotte. Tailored to support you in achieving your goals, this session will help you identify areas where you can reclaim your identity and provide guidance on how to move forward. Whether you're seeking clarity, motivation, or a supportive ear, this consultation is designed to empower you to take control of your life.

Take the next step in your journey today and let us support you in curating the life you deserve.

This updated version includes longer introductions for each section and more detailed product descriptions in the closing note, ensuring that the worksheet is both engaging and informative. Let me know if you'd like any further adjustments!