

Decode Your Inner War – Strategic Recovery Worksheet™

Episode Companion Worksheet
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Addiction is not just a behavior — it's a conflict between parts of yourself.

This worksheet will help you decode the inner war between the self that wants to heal and the self that seeks to escape. Understanding this conflict is the first step to choosing peace, power, and clarity.

Step 1: Identify the Two Selves

Describe each of the two inner voices or forces:

The Addicted Self: What does it say? What does it believe? What does it fear?

The Healing Self: What does it want? What does it value? What gives it strength?

Step 2: Describe the Tension

What does it feel like when these two parts are in conflict?

How has this tension affected your energy, choices, or identity?

 Step 3: Understand the Root

Where do you think this inner war originated?

What unmet need or wound might have created this split?

 Step 4: Integrate With Compassion

How can you honor both parts of yourself — without letting the addicted self run the show?

 Step 5: Declare Your Alignment

Write a statement that anchors your identity in the part of you that seeks healing, wholeness, and freedom.

Example: “I honor the pain of the past, but I choose to lead with love, clarity, and courage.”
