

THE INNER MAP

[A DIGITAL WORKBOOK BROUGHT TO YOU BY THE RECOVERY BOX]

the RECOVERY Box

TANGIBLE TOOLS FOR EATING DISORDER RECOVERY

Our Story

The Recovery Box was founded to encourage a personalized, creative, and authentic approach to eating disorder recovery. We offer this support through the unique therapeutic tools that are available on our [online store](#). We create our products from a blend of research and our personal journeys, so we understand the gaps in recovery that people face far too often. Our tools aim to bridge the gaps by offering extra support in between the therapy appointments. From the [feelings wheel](#) that helps you find words for your feelings to [The Recovery Planner](#) that helps you keep recovery at the forefront, while still managing day to day life, our tools are something you can keep in your back pocket and pull out whenever you need.

In addition to therapeutic tools, we value building strong recovery communities. Struggling with an eating disorder can be an isolating journey, so we have made it a priority to create inclusive communities through our social platforms and community partnerships. On our social, we create space for The Recovery Box community to connect - from virtual gatherings that foster empowering conversations to gentle yoga flows and meditations that allow people to connect with their bodies in recovery focused ways.



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THE INNER MAP WORKBOOK



introduction

Who are you? Oof. What a question to tackle. Yet, the answer to this question impacts almost everything we do in our lives, whether we're conscious of it or not. The way that we view ourselves can impact not only how we see the world and other people, but also how we interact with them.

As humans, we can hold dozens, sometimes even hundreds of identities throughout our lives. Here's the catch: each identity that you hold might not make an impact on your sense of self. To make things even more complicated (yet beautiful), the identities that impact you are likely different than the identities that impact someone else, which just goes to show how undeniably unique we all are!

We have designed this workbook to help you explore your undeniably unique inner map. The Inner Map Workbook utilizes key research on Narrative Identity Construction. The activities that follow will help you better understand your identity and build a life that serves you and your values. As you dive in, remember to use your supports— this could be calling a friend to talk through discoveries or remembering to take space when you need it. Self-exploration can be exhausting, so be sure to give yourself some compassion on this journey.



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all of the identities

We must begin our journey by identifying the key aspects on your inner map - we'll call these landmarks. These landmarks are the identities that make the biggest impact on your sense of self. The beautiful piece? Landmarks are different for every single person! The challenging piece? This means we can't tell you what yours are. Not to worry, the activity below will help you uncover your landmarks, so grab a pen and fill in the blanks. Do your best to write down your initial response, and no need to do a full journal session on these (unless you're feeling it, then go get it sunshine). A few words are all we're looking for.

I value _____	Humans are inherently _____
I dream of _____	The world is _____
My emotions are _____	I find joy in _____
My thoughts are _____	I am the type of friend that _____
I fear _____	My hope in relationships is _____
I believe I am _____	What I hope for from others in relationships is _____
My body is _____	I want to feel connected to _____
My past self + my present self are _____	I want to be seen physically as _____
My time is _____	I want to be seen emotionally as _____
My purpose is _____	In social situations I am _____
I am capable of _____	I grew up in _____
I am incapable of _____	I am a member of _____
I want control over _____	I belong to a community of _____
I trust _____	I believe in _____
The impact I have on others is _____	I identify as _____

Reflect on your responses. Of the statements, identify five that have had the biggest impact on your sense of self. These are the most prominent landmarks on your inner map. Another way to think of these landmarks is that they are the aspects of your life that take up the most space in your brain. If you get stuck, talk it through with your supports! This is a point where we can tend to get judgmental (i.e. if you're thinking "this shouldn't be a part of my identity", try to let those judgments slide off you like water slides off wax.) Breathe in curiosity, breathe out judgment.

my five landmarks

A

B

C

D

E

let's map it!

List your five landmarks in the corresponding sections below. Then follow the prompts to break it down further by identifying an emotion that comes up when you think about each identity as well as an experience that has contributed to it.

Landmark A

Emotion: _____

Experience: _____

Landmark B

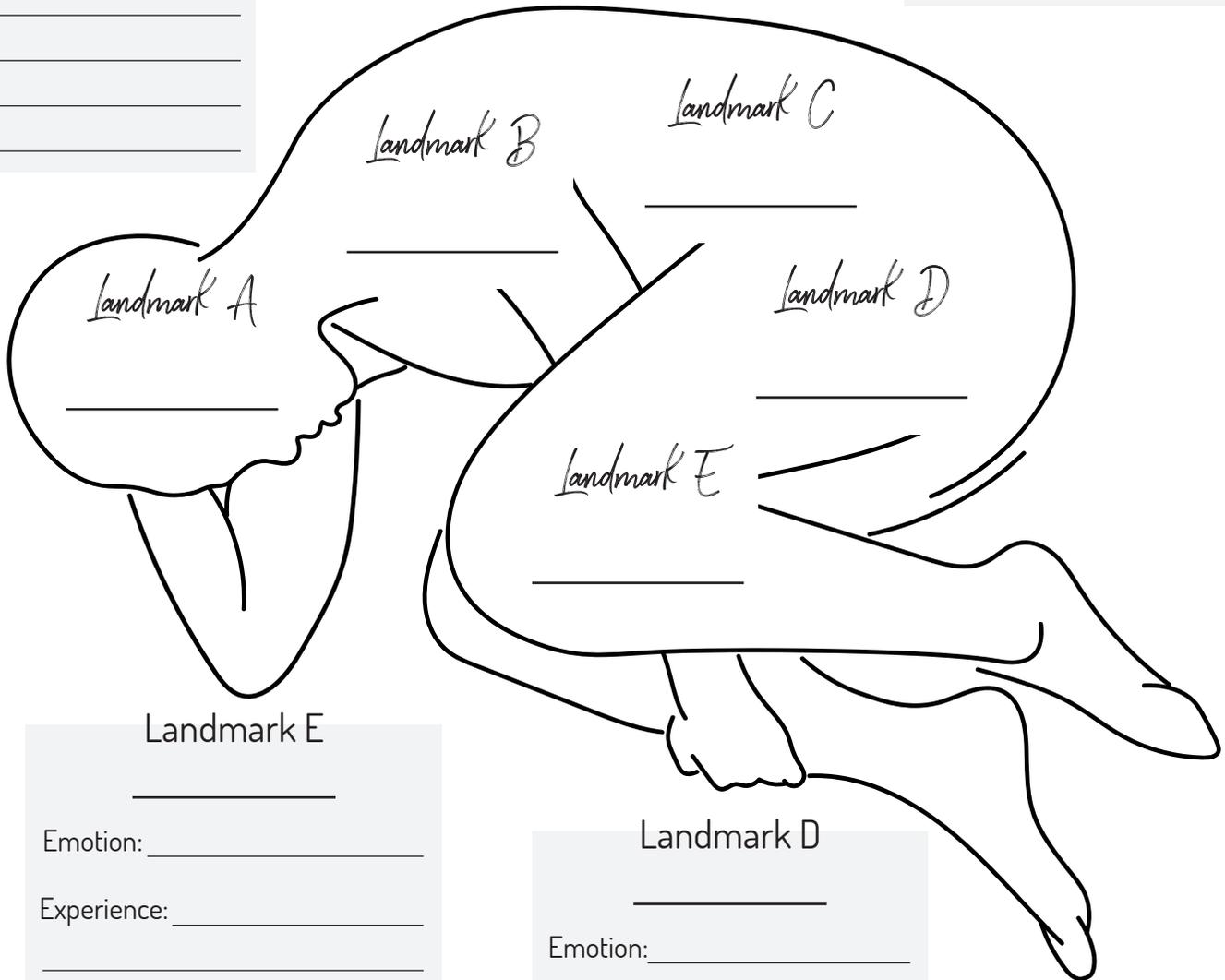
Emotion: _____

Experience: _____

Landmark C

Emotion: _____

Experience: _____



Landmark E

Emotion: _____

Experience: _____

Landmark D

Emotion: _____

Experience: _____

landmark A

Choose an experience that contributed to this landmark (or two if you're feeling up for it). Write them down below as objectively as you can and work to remove any judgmental language.

Now, let's do some reframing! Finish these prompts based on the story above. Keep in mind, you might not totally believe what you come up with right now, but this will come in due time.

I overcame _____

I learned _____

I will _____

I am _____

Now, rewrite your experience working in the statements you wrote above. Again, you may not *believe* it yet and that's ok. Sometimes we need to fully construct a narrative in order to start believing it.

landmark B

Choose an experience that contributed to this landmark (or two if you're feeling up for it). Write them down below as objectively as you can and work to remove any judgmental language.

Now, let's do some reframing! Finish these prompts based on the story above. Keep in mind, you might not totally believe what you come up with right now, but this will come in due time.

I overcame _____

I learned _____

I will _____

I am _____

Now, rewrite your experience working in the statements you wrote above. Again, you may not *believe* it yet and that's ok. Sometimes we need to fully construct a narrative in order to start believing it.

landmark C



Choose an experience that contributed to this landmark (or two if you're feeling up for it). Write them down below as objectively as you can and work to remove any judgmental language.

Now, let's do some reframing! Finish these prompts based on the story above. Keep in mind, you might not totally believe what you come up with right now, but this will come in due time.

I overcame _____

I learned _____

I will _____

I am _____

Now, rewrite your experience working in the statements you wrote above. Again, you may not *believe* it yet and that's ok. Sometimes we need to fully construct a narrative in order to start believing it.



landmark D

Choose an experience that contributed to this landmark (or two if you're feeling up for it). Write them down below as objectively as you can and work to remove any judgmental language.

Now, let's do some reframing! Finish these prompts based on the story above. Keep in mind, you might not totally believe what you come up with right now, but this will come in due time.

I overcame _____

I learned _____

I will _____

I am _____

Now, rewrite your experience working in the statements you wrote above. Again, you may not *believe* it yet and that's ok. Sometimes we need to fully construct a narrative in order to start believing it.

landmark E



Choose an experience that contributed to this landmark (or two if you're feeling up for it). Write them down below as objectively as you can and work to remove any judgmental language.

Now, let's do some reframing! Finish these prompts based on the story above. Keep in mind, you might not totally believe what you come up with right now, but this will come in due time.

I overcame _____

I learned _____

I will _____

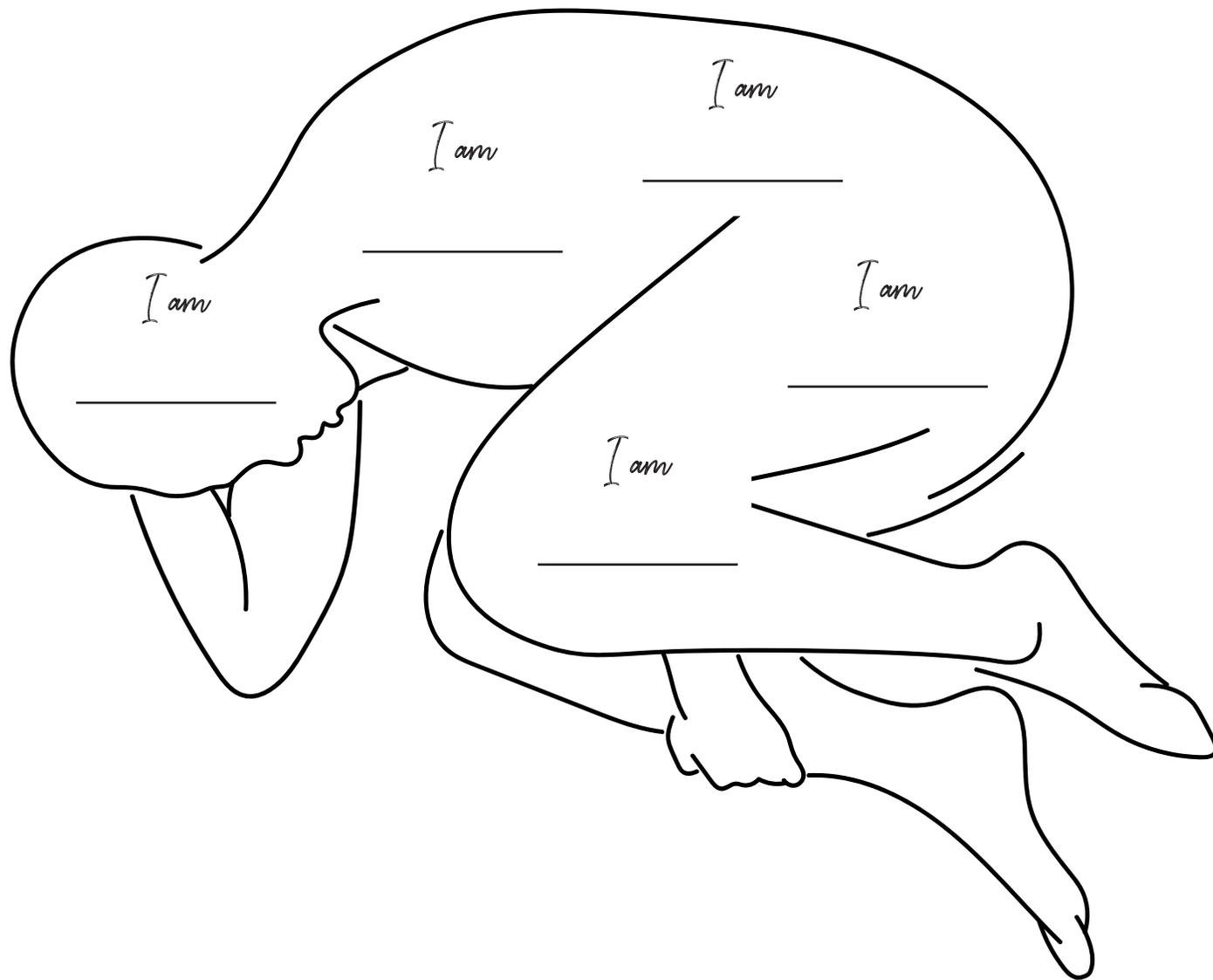
I am _____

Now, rewrite your experience working in the statements you wrote above. Again, you may not *believe* it yet and that's ok. Sometimes we need to fully construct a narrative in order to start believing it.



dear explorer,

You have come to your final destination (in this workbook at least)! It's time to re-visualize your inner map by using all the reflection you have done. On your map below, complete the 'I am' statements from each landmark reflection, and don't be afraid to get creative! Use colors, paint, collage, etc. This inner map is for you!



a note from us

High five You did it! We are so grateful to have joined you on this journey – it was certainly not an easy one. We encourage you to revisit this map in times you doubt your sense of self. You can also do this activity as challenging experiences come up in your life. The best thing you can do to really integrate the landmark reconstructions is to talk about them! Bring them into therapy, discuss over coffee with a friend, or (if applicable and safe) talk it over with individuals that were in those experiences with you.

If you found this workbook helpful, be sure to follow us on Instagram @recoveryboxed and check out our other therapeutic tools at www.recoverybox-ed.com

Sending strength and love,

The Recovery Box