

# 7 Identifying your strengths, resources and meaningful goals for recovery



If you are working through *The Warrior Within*, these two exercises and further useful information to help you in your recovery can be found on pages 40-41. These two exercises assume you have completed exercise sheet 1 **Starting an activity journal**.

 **If an exercise is too difficult or upsetting, STOP. Take a break from it and make a commitment to return to it at a later point.**

## Identifying your strengths and resources

Identify what has helped you to get this far including your strengths, inner resources and coping strategies. Effectively call forth your warrior within and list how he or she has fought to protect you. As you list your strengths and resources in your journal make sure that you celebrate these.

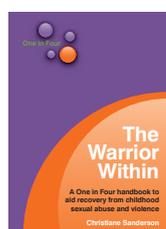
Next, review your list and consider how you can build upon these and what can help you in that.

## Identifying your meaningful goals for recovery

In your journal list your personally meaningful goals for recovery and rank these in order of priority with the most urgent at the top and the less urgent at the bottom.

Highlight those goals that you want to focus on immediately and rank these in order of importance. Starting with the most important, identify all the steps that are needed to attain this goal. Highlight the steps you have already taken and list those you need to take next to achieve the goal.

Once you have identified your goals you need to reduce these down into small manageable steps and ask yourself what step you can take today to achieve your goal. At your own pace, work through each step until you achieve your goal. Remember to validate each step that you accomplish and keep a record of your achievements to chart and monitor your progress.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

**To order your copy, click the book cover**

© Christiane Sanderson and One in Four

**One in Four**  
219 Bromley Rd, Catford SE6 2PG  
Telephone 020 8697 2112  
Email [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
[www.oneinfour.org.uk](http://www.oneinfour.org.uk)

Registered charity number 1081726