

# Identity Inventory

## Who Am I Without Them?

*A Deep-Dive Journey to Discovering Your True Identity*

*"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*

— Psalm 139:13-14 (NASB)

**Beloved Rising Ministry**

# Welcome to Your Journey

If you've picked up this workbook, chances are you've been living for others for so long that you're not quite sure who you are anymore. Maybe you've shaped yourself around a parent, a spouse, a friend, or even an organization. Perhaps you've become so skilled at reading others and adapting to their needs that your own identity has become a blur.

This workbook is your invitation to come home to yourself—and more importantly, to come home to who God created you to be.

## What This Workbook Is

This is not a quick personality test or a surface-level assessment. This is a comprehensive, deep-dive exploration into your authentic self—the person God designed you to be before the world told you who you should become. Over the following pages, you will:

- Examine how you lost sight of yourself in relationships
- Identify the messages and expectations that shaped your false self
- Discover your God-given identity apart from others' approval
- Uncover your authentic interests, values, and dreams
- Create a roadmap for living from your true self

## How to Use This Workbook

This workbook is designed to be completed at your own pace. Some sections may take hours to work through; others may unfold over weeks. There is no rush. Give yourself permission to:

- Be completely honest. No one else needs to see these answers.
- Feel whatever comes up. Grief, anger, confusion, and relief are all welcome here.
- Take breaks when needed. This work can be emotionally intense.
- Return to sections as you grow and change.
- Consider working through this with a trusted counselor, pastor, or support group.

*"The glory of God is man fully alive."*

— Irenaeus of Lyons

# Section 1: Understanding the Problem

## The Loss of Self in Co-dependency

Co-dependency isn't just about being helpful or caring. It's a pattern where we lose ourselves in others—where our worth, identity, and very sense of self becomes dependent on external validation and approval. We become who we think others need us to be, often at the cost of who God created us to be.

In Scripture, we see this reflected in Paul's words to the Galatians: "Am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ" (Galatians 1:10, NASB).

## Signs You May Have Lost Yourself

*Check all that apply to you:*

- ☐ I often don't know what I want or need
- ☐ I change my opinions or preferences based on who I'm with
- ☐ I feel responsible for others' emotions and happiness
- ☐ I struggle to say no, even when overwhelmed
- ☐ I feel anxious when I'm not meeting others' expectations
- ☐ I minimize or ignore my own feelings to keep peace
- ☐ My mood is heavily influenced by others' moods
- ☐ I don't have hobbies or interests that are just mine
- ☐ I feel guilty when I do things for myself
- ☐ I can't remember what I enjoyed before this relationship
- ☐ I feel empty or lost when alone
- ☐ I abandon my values or boundaries to maintain relationships

## Initial Reflection

*As you begin this journey, write your honest answers to these opening questions:*

**What brought you to this workbook? What are you hoping to discover or change?**

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**When was the last time you felt truly yourself? Describe that moment.**

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**What scares you most about discovering who you really are?**

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## Section 2: Who I Was Before

### Remembering Your Early Self

Before the world told you who to be, there was a you. A child with natural inclinations, interests, and personality. Even if your childhood was difficult, there were glimpses of the authentic person God created. This section helps you remember.

#### Childhood Memories

*Think back to your childhood (ages 5-12). Answer as honestly as you can remember:*

**What did you love to do when no one was watching or telling you what to do?**

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**What were you naturally good at? What came easily to you?**

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**What made you laugh? What brought you joy?**

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**What did you want to be when you grew up? What did you dream about?**

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**How would you describe your personality as a child? (shy, outgoing, creative, analytical, sensitive, bold, etc.)**

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**What subjects or activities did you naturally gravitate toward?**

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## **Teenage Years**

*Now think about your teenage years (ages 13-18):*

**What activities or hobbies did you pursue? Were they your choice or someone else's?**

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**What did you care deeply about? What mattered to you?**

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**When did you start changing yourself to fit in or gain approval? What prompted this shift?**

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## Section 3: Who I Was Told to Be

### The Messages That Shaped You

Throughout our lives, we receive countless messages about who we should be. Some are spoken directly; others are communicated through silence, disapproval, or rejection. These messages become the architecture of our false self—the persona we construct to survive, to belong, to be loved.

Jesus warned about this when He confronted the Pharisees: "This people honors Me with their lips, but their heart is far away from Me. But in vain do they worship Me, teaching as doctrines the precepts of men" (Matthew 15:8-9, NASB). The external performance doesn't match the internal reality.

### Family Messages

*What messages did you receive from your family about who you should be?*

**What were you praised for? What behaviors earned approval?**

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**What parts of yourself were criticized, dismissed, or punished?**

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**What roles were you assigned in your family? (caretaker, peacemaker, achiever, invisible one, scapegoat, etc.)**



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**What did you learn about expressing emotions? Which emotions were acceptable and which were not?**

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**What beliefs about yourself were you taught? (I'm too much, I'm not enough, I'm valuable only if...)**

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## **Cultural and Religious Messages**

*Beyond family, what messages did you receive from church, culture, and society?*

**What did your church/religious community teach you about who you should be?**

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**What cultural expectations did you internalize? (about success, appearance, relationships, gender roles, etc.)**

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**What parts of your authentic self conflicted with these messages?**

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## **Relationship Messages**

*Consider the primary relationship(s) where you lost yourself:*

**Who is the person (or people) you most adapted yourself for? Name them:**

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**What did this person need you to be? What version of yourself did they prefer?**

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**What parts of yourself did you hide or minimize to maintain this relationship?**

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**What happened when you tried to be yourself in this relationship?**

## Section 4: Who I Became

### The False Self You Constructed

In response to all these messages and experiences, we construct a false self—a version of ourselves designed to survive, to be accepted, to avoid rejection. This false self isn't inherently bad; it served a protective purpose. But it's exhausting to maintain, and it keeps us from the abundant life Christ promised.

Paul speaks to this in Romans 12:2: "And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect" (NASB). The false self is conformed to the world; the true self is transformed by God.

### Describing Your False Self

*Now it's time to name and describe the version of yourself you became:*

**How would you describe the person you became? What characteristics define this false self?**

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**What roles do you play? (perfect parent, indispensable employee, always-available friend, etc.)**

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**What do you do to maintain others' approval or avoid their displeasure?**

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**What emotions do you suppress or hide?**

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**What needs of your own do you consistently deny or minimize?**

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**When do you feel most inauthentic? In what situations do you feel like you're performing?**

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## The Cost of the False Self

*Every false self comes at a price. What has this cost you?*

**What has maintaining this false self cost you emotionally?**

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**What has it cost you physically? (health, energy, stress-related issues)**

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**What has it cost you relationally? What authentic connections have you missed?**

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**What opportunities, dreams, or experiences have you sacrificed?**

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**What has it cost you spiritually? How has it affected your relationship with God?**

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## Section 5: Who God Says I Am

### Your True Identity in Christ

Before we can discover who we really are, we must first ground ourselves in who God says we are. This is not another external identity to perform—this is the bedrock truth that makes authentic selfhood possible. In Christ, we are already fully loved, fully accepted, and fully valuable. Nothing we do can add to or subtract from this reality.

As Paul writes in Ephesians 1:4-6: "He chose us in Him before the foundation of the world, that we would be holy and blameless before Him. In love He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved" (NASB).

### Biblical Truths About Your Identity

*Read these truths slowly. Mark the ones that are hardest for you to believe:*

- ☐ I am chosen by God (Ephesians 1:4)
- ☐ I am adopted as God's child (Romans 8:15)
- ☐ I am redeemed and forgiven (Colossians 1:14)
- ☐ I am a new creation (2 Corinthians 5:17)
- ☐ I am loved with an everlasting love (Jeremiah 31:3)
- ☐ I am fearfully and wonderfully made (Psalm 139:14)
- ☐ I am God's workmanship (Ephesians 2:10)
- ☐ I am complete in Christ (Colossians 2:10)
- ☐ I am justified by faith (Romans 5:1)
- ☐ I am hidden with Christ in God (Colossians 3:3)
- ☐ I am sealed with the Holy Spirit (Ephesians 1:13)
- ☐ I am a citizen of heaven (Philippians 3:20)
- ☐ I am free in Christ (Galatians 5:1)
- ☐ I am more than a conqueror (Romans 8:37)
- ☐ I am God's temple (1 Corinthians 3:16)

### Reflecting on God's Truth



**Which of these truths is hardest for you to believe about yourself? Why?**

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**If you truly believed you were already fully loved and accepted by God, how would your life change?**

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**What would you stop doing if you didn't need to earn love or prove your worth?**

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**What would you start doing if you lived from this place of secure identity?**

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**Write a prayer asking God to help you believe and live from these truths:**

[illegible]

## Section 6: Who I Really Am

### Discovering Your Authentic Self

Now comes the exciting part—discovering who you really are beneath all the layers of conditioning and performance. Your authentic self isn't something you create; it's something you uncover. It's been there all along, waiting to be seen, honored, and expressed.

This section helps you identify the core elements of your true self—separate from others' expectations and demands. Remember: there are no wrong answers here. This is about you.

### Core Personality Traits

*When you're alone and not performing for anyone, how would you describe yourself?*

**Are you naturally introverted or extroverted? Where do you get your energy?**

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**Do you process things internally or by talking them through?**

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**Are you more analytical or intuitive? More logical or emotional?**

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**Do you prefer structure and planning, or spontaneity and flexibility?**

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**What are your natural strengths? What comes easily to you?**

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**What is your natural pace? Do you move fast and energetically, or slow and deliberately?**

## **Emotional Landscape**

*Exploring your authentic emotional world:*

**What emotions do you feel most naturally and frequently?**

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**What moves you to tears? (joy, sadness, beauty, injustice, etc.)**

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**What makes you genuinely angry? What injustices or wrongs stir your heart?**

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**What brings you genuine joy and delight?**

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**How do you naturally respond to stress? What do you need when overwhelmed?**

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## Section 7: My Interests

### What Truly Captures Your Attention

In co-dependency, we often adopt others' interests as our own. We watch what they want to watch, do what they want to do, and lose touch with what genuinely captures our attention. This section helps you identify your authentic interests—the things that light you up when no one else is around.

#### Discovering What You Enjoy

**If you had a completely free Saturday with no obligations, what would you want to do?**

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**What topics do you find yourself reading about or researching without anyone asking you to?**

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**What activities make you lose track of time?**

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**What type of media do you gravitate toward? (books, podcasts, documentaries, music, art, etc.)**

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**If money and others' opinions weren't factors, what hobby or skill would you want to pursue?**

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**What did you enjoy as a child that you've abandoned? Could any of those interests be rekindled?**

## **Separating Your Interests from Others'**

*This exercise helps you identify which interests are truly yours:*

**List all the activities or interests you currently engage in:**

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**For each activity above, mark:**

'M' if it's MINE (I do it because I genuinely enjoy it)

'T' if it's THEIRS (I do it to please someone else or because they want me to)

'B' if it's BOTH (I enjoy it AND it connects me to others in a healthy way)

**Which activities marked 'T' are you ready to release or reduce?**

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**What new interests have you been curious about but haven't pursued because of others' opinions?**

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## Section 8: My Values

### What Truly Matters to You

Values are the compass that guides authentic living. But in co-dependency, we often adopt others' values as our own, living by their priorities instead of discovering what truly matters to us. This section helps you identify your core values—not what you think you should value, but what actually resonates in the depths of your heart.

#### Core Values Assessment

*Review this list and circle or check the values that deeply resonate with you (not what you think you should value):*

- ☐ Authenticity   ☐ Justice   ☐ Creativity   ☐ Adventure
- ☐ Peace   ☐ Growth   ☐ Freedom   ☐ Security
- ☐ Community   ☐ Solitude   ☐ Service   ☐ Excellence
- ☐ Simplicity   ☐ Beauty   ☐ Truth   ☐ Compassion
- ☐ Wisdom   ☐ Courage   ☐ Joy   ☐ Generosity
- ☐ Family   ☐ Independence   ☐ Learning   ☐ Balance
- ☐ Loyalty   ☐ Innovation   ☐ Tradition   ☐ Health
- ☐ Honesty   ☐ Kindness   ☐ Humor   ☐ Faith
- ☐ Responsibility   ☐ Spontaneity   ☐ Order   ☐ Nature

#### Identifying Your Core Values

**From your selections above, list your top 5-7 core values:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**For each core value, explain why it matters to you and what it looks like in practice:**

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[illegible]

## Comparing Values

**What values did you grow up being taught were most important?**

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## What values do the important people in your life prioritize?

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**Where do your values differ from those around you? How does this create tension?**

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**Which of your authentic values have you been suppressing or ignoring?**

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**How would your life change if you lived consistently with your true values?**

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## Section 9: My Dreams

### What You Long For

Dreams are the language of the heart—they tell us what we long for, what moves us, what we were created for. But co-dependency silences our dreams. We stop dreaming our own dreams and start living someone else's. This section invites you to reconnect with your authentic desires and aspirations.

As Proverbs 13:12 says, "Hope deferred makes the heart sick, but desire fulfilled is a tree of life" (NASB). Your dreams matter to God.

### Uncovering Your Dreams

**If you knew you couldn't fail and no one would judge you, what would you want to do with your life?**

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**What did you dream about as a child or teenager? What excited you about the future?**

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**When do you feel most alive? Most like yourself?**

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**What do you daydream about when your mind wanders?**

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**What accomplishments would make you feel fulfilled? What do you want to create or contribute?**

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**If you had unlimited resources, how would you spend your time?**

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## Dreams vs. Others' Expectations

**What dreams have you given up or set aside because of others' expectations?**

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**Whose dreams are you currently living? (parent, spouse, boss, society)**

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**What would others say if you pursued your authentic dreams?**

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**What fears arise when you think about pursuing your own dreams?**

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## God-Given Dreams

**How do your authentic dreams align with how God has wired you?**

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**How might God be inviting you to use your unique design to bless others?**

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**What would pursuing your dreams in surrender to God look like?**

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## Section 10: Moving Forward

### From Discovery to Action

You've done profound work in this inventory. You've remembered who you were, identified the messages that shaped you, named your false self, grounded yourself in God's truth, and begun uncovering your authentic identity, interests, values, and dreams.

Now comes the courageous part: living from this place. This final section helps you create concrete next steps for embodying your true self.

### Summarizing Your Discovery

**In one paragraph, describe who you really are (not who you became for others):**

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**What are the 3-5 most important insights you've gained from this workbook?**

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

### Immediate Next Steps

*Identify small, concrete actions you can take in the next 30 days:*

**What is one interest you want to explore or rekindle this month?**

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**What is one value you want to start honoring more consistently?**

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**What is one small step toward one of your dreams?**

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**What is one boundary you need to set to protect your authentic self?**

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**What is one activity or commitment you need to release or reduce?**

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### **Support and Accountability**

**Who are safe people you can share this journey with? (counselor, pastor, trusted friend)**

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**What additional resources or support do you need? (therapy, support group, books, courses)**

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**How will you remind yourself of your true identity when the old patterns pull at you?**

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## A Blessing for Your Journey

You've taken courageous steps in this workbook. Discovering who you are—who you really are beneath all the layers—is sacred work. It's the work of coming home to yourself and to God.

Remember: becoming yourself is not selfish. It's the most loving thing you can do—for yourself, for others, and for God's kingdom. The world doesn't need more people performing; it needs more people being who they were created to be.

*"When Christ who is our life is revealed, then you also will be revealed with Him in glory."*

— Colossians 3:4 (NASB)

May you walk in the freedom of your true identity.

May you honor the person God created you to be.

May you live beloved, not co-dependent.

*Grace and peace,*

*Pastor Jeff*

**For additional resources and support:**

**Beloved Rising Ministry**

Metro Community Chaplaincy

Ragamuffin Revival

*Serving Metro East Illinois*

Edwardsville • Maryville • Glen Carbon • Troy