

Code Switching in Recovery

Authenticity across social contexts

Printable worksheet · 5 parts

Name _____ Date _____

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Code Switching - Understanding the Journey of Authentic Recovery

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Introduction

Understanding the Journey of Authentic Recovery

This workbook contains three interconnected self-assessments designed to help individuals in recovery navigate some of the most subtle yet significant challenges in developing sustainable, authentic healing. Each assessment addresses a different but related dimension of recovery that often receives insufficient attention in traditional treatment approaches, yet profoundly impacts long-term success and well-being.

The Challenge of Authenticity in Recovery

Recovery is not merely about abstaining from substances—it's about developing an increasingly authentic way of being in the world. Many individuals find that the patterns of compartmentalization, performance, and fragmentation that characterized their addiction can persist into recovery in more subtle forms. These patterns may have once served as survival mechanisms, but in recovery, they can undermine the very healing they're meant to protect.

The three assessments address critical questions:

- How can we maintain genuine authenticity while adapting appropriately to different recovery contexts?
- What happens when recovery feels stuck or paralyzed, and how can we move forward?
- How do we develop consistent integration across different aspects of our recovery journey?

Assessment 1: Many-Faced

Explores code switching patterns and how different presentations across contexts may fragment recovery

Assessment 2: Integrating Practices

Focuses on building skills for consistent authentic expression across recovery environments

Assessment 3: Adaptation vs Fragmentation

Provides tools for distinguishing healthy adaptation from problematic fragmentation

The Goal: Integrated Authenticity

The ultimate goal isn't perfection but rather increasing integration—the capacity to be fundamentally the same authentic person across all recovery contexts while making appropriate adaptations. This integration supports:

- • Deeper healing through consistent authentic self-expression
- • Stronger relationships based on genuine rather than performed connection
- • Reduced exhaustion from eliminating the effort of maintaining multiple presentations
- • Comprehensive support through allowing others to know your full recovery experience
- • Sustainable recovery built on authentic foundations rather than performance

○ Begin Assessment 1: Many-Faced

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Assessment 1: Many-Faced

Many-Faced: Code Switching in Recovery

Self-Assessment

This self-assessment helps evaluate patterns of code switching—the practice of presenting different versions of oneself across various contexts. It explores both fragmenting patterns that may undermine authentic recovery and integrating practices that support consistency across different life domains.

Part 1: Fragmenting Patterns

1. I present notably different versions of myself in different recovery settings.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
2. I adjust how much I share about my recovery based on what I think each audience wants to hear.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
3. I use different language, terminology, or communication styles in different recovery contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
4. I find myself monitoring and adjusting my level of vulnerability based on the setting.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
5. I maintain separate social circles that know different versions of my recovery story.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
6. I feel like I'm performing or playing a role in certain recovery spaces.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
7. I share different aspects of my challenges with different support people so no one has the complete picture.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
8. I focus on meeting others' expectations rather than expressing my authentic experience.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
9. I notice myself shifting into "recovery mode" when entering support spaces.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
10. I worry about whether I'm "doing recovery right" in different contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 2: Integrating Practices

11. I maintain consistent authenticity across different recovery contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

12. I am aware when I start to shift into performance mode in recovery settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

13. I share my genuine experience even when it doesn't match what I think others expect.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

14. I allow the same level of vulnerability across different recovery spaces.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

15. I ensure that my support people have a complete and consistent picture of my recovery.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

16. I express both emotional and intellectual aspects of my recovery regardless of setting.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

17. I am the same fundamental person in recovery meetings as I am in other life contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

18. I consciously check for authenticity before entering different recovery environments.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

19. I prioritize honest self-expression over gaining approval in recovery settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

20. I experience myself as integrated rather than fragmented across different contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Your Personal Code Switching Map

Create a personalized map of how you present differently across contexts. This helps identify specific patterns in your unique recovery journey.

Recovery Meetings vs. Professional Settings

Individual Support vs. Group Settings

Recovery Community vs. Personal Relationships

Digital vs. In-Person Contexts

Clinical vs. Peer Support Settings

Different Recovery Communities

"Recovery Mode" vs. Everyday Life

Reflection Questions

In which recovery contexts do you find yourself most significantly changing your self-presentation?

What fears arise when you consider being more consistently authentic across contexts?

How might your code switching in recovery connect to patterns that facilitated active addiction?

What would it mean to develop a more integrated recovery identity across different contexts?

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Assessment 2: Integrating Practices

Integrating Practices in Recovery

Self-Assessment

This assessment evaluates your capacity for maintaining genuine self-expression across recovery environments while making appropriate adaptations. It explores how well you've developed foundational integration awareness, consistent authenticity practices, vulnerability integration, communication integration, relationship integration, and specific integration practices.

Part 1: Foundational Integration Awareness

1. I notice when I begin shifting into "performance mode" in various recovery settings.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
2. I can identify specific contexts where I present a different version of my recovery.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
3. I recognize when I'm adjusting my recovery narrative based on what I think others want to hear.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
4. I'm aware of how my communication style changes across different recovery environments.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
5. I can distinguish between healthy contextual adaptation and problematic fragmentation.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
6. I notice physical sensations in my body when I begin shifting into inauthentic presentation.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
7. I recognize when I'm withholding aspects of my recovery experience in certain contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
8. I'm aware of the effort required to maintain different recovery presentations.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
9. I notice disconnection from my authentic experience when in "recovery performance" mode.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
10. I can identify the specific fears that drive my fragmentation in different contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 2: Consistent Authenticity Practices

11. I maintain the same core recovery narrative across different contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

12. I express my genuine thoughts and feelings even when they differ from the dominant narrative.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

13. I allow myself to be seen as a work in progress in all recovery settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

14. I bring my full humanity—strengths, struggles, hopes, and fears—into each recovery space.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

15. I prioritize authentic self-expression over gaining approval or validation.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

16. I speak from direct experience rather than theoretical knowledge when possible.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

17. I bring my genuine personality, including appropriate humor and individual style, into recovery spaces.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

18. I express my unique perspective even when it differs from mainstream recovery approaches.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

19. I allow the natural expression of both positive and challenging aspects of my recovery.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

20. I maintain consistent representation of my recovery journey across online and offline spaces.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 3: Vulnerability Integration

21. I allow similar levels of emotional vulnerability across different recovery contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

22. I share about current challenges, not just past victories, in various settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

23. I express uncertainty and questions rather than presenting only confident conclusions.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

24. I discuss both successes and setbacks with my various support people.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

25. I allow myself to be seen as imperfect across all recovery relationships.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

26. I acknowledge when I'm struggling, regardless of the recovery context.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

27. I express authentic emotions rather than those I think are expected or appropriate.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

28. I share my fears and insecurities as well as my strengths and insights.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

29. I allow myself to receive support across different recovery environments.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

30. I maintain appropriate vulnerability even in contexts where others present polished images.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 4: Communication Integration

31. I use language that authentically represents my experience rather than mimicking others.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

32. I maintain consistency in how I describe core aspects of my recovery across contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

33. I've developed bridging language that connects different aspects of my recovery experience.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

34. I express both emotional and intellectual dimensions in all appropriate settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

35. I discuss spiritual dimensions of recovery when relevant, regardless of setting.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

36. I acknowledge the complexity of my recovery rather than oversimplifying for different audiences.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

37. I adapt terminology while maintaining consistent content across different contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

38. I bring my full voice—tone, pacing, expressiveness—into different recovery spaces.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

39. I express disagreement or different perspectives respectfully when they arise.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

40. I use "I" statements about my direct experience rather than generalizing or theorizing.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 5: Relationship Integration

41. I ensure my support people have a complete and consistent picture of my recovery.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

42. I allow the same people to see both my strengths and my struggles.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

43. I bring my authentic self to both recovery-focused and non-recovery relationships.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

44. I maintain appropriate consistency between how I present to professionals and peers.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

45. I connect different elements of my support system when appropriate.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

46. I discuss the same current challenges with multiple supporters rather than compartmentalizing.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

47. I create opportunities for different parts of my recovery community to interact.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

48. I allow new recovery connections to know my authentic history and current experience.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

49. I maintain appropriate consistency in how I engage with recovery supports and other relationships.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

50. I bring my whole self to recovery relationships rather than edited or partial versions.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 6: Integration Practices

51. I prepare for challenging contexts by connecting with my authentic experience beforehand.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

52. I practice pausing to check my authenticity when entering different recovery environments.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

53. I regularly reflect on consistency between my various recovery presentations.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

54. I seek feedback about potential fragmentation or inconsistency in my recovery presentation.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

55. I journal about integration experiences and challenges across different contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

56. I intentionally practice bringing typically-omitted aspects of myself into challenging contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

57. I use grounding techniques to maintain connection with authentic experience in difficult settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

58. I notice and celebrate moments of authentic integration across different contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

59. I practice expressing my truth clearly and directly in recovery settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

60. I regularly assess my recovery identity beyond context-specific adaptations.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Reflection Questions

What specific integration practices have you found most helpful in maintaining authenticity?

Which contexts present the greatest challenges to consistent self-expression, and why?

How has developing greater integration affected your recovery relationships?

What would full integration across all recovery contexts look and feel like for you?

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Assessment 3: Adaptation vs Fragmentation

Adaptation vs. Fragmentation: Finding the Balance

Self-Assessment

This assessment helps you distinguish between healthy contextual adaptation and problematic fragmentation. It recognizes that complete rigidity isn't realistic or healthy—the goal is developing discernment about when adaptation serves connection versus when it undermines authenticity.

Healthy Adaptation

- • Adjusting communication style while maintaining core truth
- • Using context-appropriate language
- • Maintaining authenticity while respecting norms
- • Adapting delivery without changing substance

Problematic Fragmentation

- • Sharing contradictory information
- • Feeling like you're performing
- • Creating incomplete pictures
- • Experiencing exhaustion from multiple personas

Part 1: Healthy Adaptation Patterns

1. I adjust my communication style while maintaining consistent core content across contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

2. I use context-appropriate language without changing my fundamental message.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

3. I adapt my level of detail based on the setting while keeping my truth consistent.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

4. I modify my presentation approach while maintaining authentic self-expression.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

5. I balance being myself with respecting the norms of different recovery spaces.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

6. I make natural adjustments that don't compromise my integrity.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

7. I remain fundamentally the same person despite contextual adaptations.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

8. I adjust my delivery while maintaining consistent recovery values.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
9. I adapt to different audiences while staying true to my experience.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
10. I modify my approach based on context without losing authenticity.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
11. I maintain core consistency while being flexible in presentation.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
12. I adjust for appropriateness without fragmenting my identity.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
13. I adapt my style while keeping my substance unchanged.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
14. I make contextual adjustments that enhance rather than mask authenticity.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
15. I balance adaptation with maintaining integrated identity.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Part 2: Problematic Fragmentation Patterns

16. I share contradictory information about my recovery in different settings.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
17. I feel like I'm performing different characters in various recovery contexts.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
18. I lose track of my genuine experience beneath different presentations.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
19. I feel exhausted from maintaining different recovery personas.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
20. I create situations where no one has a complete picture of my recovery.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
21. I experience confusion about my actual versus presented experiences.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
22. I seek validation through adjusted presentations rather than authentic connection.
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always
23. I fragment my recovery story to match different audience expectations.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

24. I maintain substantially different emotional presentations across contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

25. I hide significant aspects of my recovery in certain settings.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

26. I feel disconnected from myself after adapting to different contexts.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

27. I present conflicting recovery philosophies to different groups.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

28. I lose connection with my authentic recovery journey through fragmentation.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

29. I maintain separate, incompatible recovery narratives.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

30. I sacrifice genuine connection for perceived acceptance through fragmentation.

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

Signs That Adaptation Has Crossed Into Fragmentation

- • Sharing contradictory information in different settings
- • Feeling like you're performing rather than being present
- • Creating situations where no single person has a complete picture
- • Experiencing internal confusion about actual vs. presented experiences
- • Feeling exhausted by maintaining different personas
- • Seeking validation rather than authentic connection
- • Losing track of genuine experience beneath layers of performance

Reflection Questions

What helps you distinguish between healthy adaptation and problematic fragmentation?

In which contexts do you find it most challenging to maintain this balance?

What are your personal warning signs that adaptation has become fragmentation?

How can you develop better discernment about appropriate adaptation?

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Summary & Action Planning

Your Integration Journey

Assessment Summary

Code Switching Patterns

Fragmenting:0/50

Integrating:0/50

Integration Ratio:0

Integration Practices

Total Score:0/300

Average:0.0/50

Level:Emerging

Adaptation Balance

Healthy:0/75

Problematic:0/75

Balance Ratio:0

Key Insights

Your integration practices score suggests significant room for growth in developing consistent authentic expression across different recovery environments.

Action Plans

No action plans yet. Click "Add Action Plan" to create your first integration practice goal.

Developing Your Comprehensive Integration System

Regular Integration Assessment

Weekly practice of assessing consistency across contexts

Authenticity Practices

Meditation, journaling, or body awareness exercises

Bridging Language

Developing consistent ways to express complex experiences

Support Circle Integration

Connecting different elements of your support system

Context Strategies

Specific plans for challenging environments

Digital Alignment

Consistency between online and offline recovery presence

Remember: The Journey Continues

Developing integrated authenticity in recovery is an ongoing journey, not a destination. Each day offers new opportunities to practice being fundamentally yourself across all contexts while making appropriate adaptations.

As expressed throughout these assessments: "Recovery has invited a radical simplification—not in the sense of becoming less complex or nuanced as a person, but in the sense of becoming more integrated, more consistently authentic across contexts. There is profound relief in this simplicity, in the growing trust that I am fundamentally the same person wherever I go, whatever the setting, whoever the audience."