Sober Tools – Congruency Profile

Congruency, a core communication goal in recovery, is measured by the degree to which what we think and feel and how we speak and act fit together like pieces of a jigsaw puzzle. The ability to get our needs met is largely related to our ability to be one person. If you discuss the challenges of work with your co-workers in a style different than you present the issues with the members of your support group, you are lacking in congruency and are failing to be one true you.

Task 1: Describe the same situation or event when your communication may have been fragmented that you used in your Fragmentation Profile.

Task 2: Describe you thinking.

Task 3: Describe your feelings.

Task 4: Describe how you spoke or what you verbally communicated.

Task 5: Describe how you behaved.

Task 6: Develop a plan for how you will clear up the picture for members of your support group or others who care about you.

Task 7: Share your assignments with a trusted member of your support group or therapist for a second opinion about your plan and how to proceed with delivering your Congruent Profile to the people who would have witnessed the Fragmented Profile.

～ Task 1 ～

Describe the same situation or event when your communication may have been fragmented that you used in your Fragmentation Profile:

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∼ Task 2∼

Describe you thinking:

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∼ Task 3 ∼

Describe your feelings:

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∼ Task 4 ∼

Describe how you spoke or what you verbally communicated:

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～ Task 5 ～

Describe how you behaved:

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～ Task 6 ～

Develop a plan for how you will clear up the picture for members of your support group or others who care about you:

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∼ Task 7 ∼

Share your assignments with a trusted member of your support group or therapist for a second opinion about your plan and how to proceed with delivering your Congruent Profile to the people who would have witnessed the Fragmented Profile:

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