

Guide

Identity after service: a plain guide

Read this if you have left, or are about to leave, a service role and something feels harder than the practical move suggests it should.

Name _____ **Date** _____

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Awareness · Understanding

1 What is actually changing

You were trained over years into becoming someone who could hold a hard role under pressure. That training worked. It also fused the role to the person, so the way you think, speak, plan and read a room came from the job.

When the role ends, the practical parts can be sorted out and something can still feel wrong. That is because the change is not only about work. It is about who you are when the role is no longer answering that question for you.

2 Why the difficulty can arrive late

Resettlement support tends to deal with the first few months: paperwork, housing, a job. That support can do its work properly and the identity question can still be waiting for you afterwards.

If that is where you are, nothing has gone wrong with you and you have not wasted the help you were given. The question underneath simply changed from what do I do next to who am I now.

3 Name what you still carry

Three things the role trained me to do well

Where those things are useful now

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What I miss that has nothing to do with work

4 Five words for the five parts

You do not need to work through these in a straight line. Most people move between them. The order simply reflects that it is difficult to decide who you are while you are still overwhelmed.

- Awareness: noticing what is happening in you before it drives what you do.
- Understanding: knowing why it is happening, so it stops feeling random.
- Regulation: settling yourself first, before deciding anything.
- Identity: building a clear sense of who you are now, on your own terms.
- Stability: making that hold on ordinary days as well as hard ones.

5 One step for this week

The one thing I will do differently this week

When I will do it

Who, if anyone, I will tell

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6 Where this comes from

- Identity After the Uniform
- From Transition to Service Provider Identity Adaptation

AURIS Institute provides education and structured self reflection. It is not therapy, medical treatment or crisis support. If there is immediate danger, use the appropriate emergency service.

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