Loss of self commonly occurs among people who have suffered a devastating illness or injury. Many of them subsequently struggle to regain a valued self. But how do they do it? What does losing a valued self mean to them? How might earlier daily practices influence how someone attempts to regain a valued self? This lecture offers a theoretical analysis of regaining a valued self and shows how grounded theory methods aids and expedites creating the analysis. The material for the lecture draws on Kathy Charmaz's contribution to a qualitative analysis demonstration project with five psychologists, which culminated in a book, *Five Ways of Doing Qualitative Analysis: Phenomenological Psychology, Grounded Theory, Discourse Analysis, Narrative Research, and Intuitive Inquiry*.