

# Recovery Journal

- It's important to take the time to acknowledge the progress you've made in your recovery journey, whether it's been one hour or one decade. Celebrate yourself often.
- What have you discovered about yourself as you travel your recovery path. What have you rediscovered about yourself?
- Reflect on how you're feeling about your recovery in this moment. Remember, feelings shift and change. What we are feeling in one moment may be totally different from the next. Just focus on this moment - how are you feeling in general? How are you feeling about your recovery?
- Facing our fears is important for everyone. What scares you about your recovery journey? You can also journal on your fears in general.
- Your recovery journey is just that - it is YOUR recovery journey. It will not look or feel the same as anyone else's journey. And that is okay. Write about what recovery means to you.
- Your addiction does not define you. You are so much more than your addiction. Journal on those two statements.
- Identify the relationships in your life that you would like to prioritize. What does that look like to you?
- What are your short-term goals? Recovery is a life long process, so it is important to set short term goals and celebrate ourselves when we have reached them.
- It's important to have short-term goals so we can see the immediate benefits of our efforts. So much of recovery is about the long term, so remember to address the short-term wins too.
- What is a manageable goal you want to accomplish in the next 6-months? In the next year?

- What are your long-term goals? Establishing long-term goals helps you visualize the bigger picture. What do you see when you close your eyes, tap into your heart space, and look 5-years down the road? Ten years?
- Visualize your dream life. What does it look like. Be descriptive and add as many details as possible. No dream is too big. If you want it, write it down.
- What advice would you give others struggling with addiction?
- Write about the kindest thing you have done for yourself.
- Write about the kindest thing you have done for another person.
- Write about the kindest thing someone else has done for you.
- If you could wave a magic wand and come to a sense of peace about one event in your past, what would it be?
- Imagine you have to explain addiction to someone who hasn't experienced it. What would you say to them?
- What does the word "shame" mean to you? How does shame affect you? How does it affect your life?
- What makes you feel hopeful?
- Why do you think self-care important for recovery? Share your present self-care routine. What, if anything, would you like to add to your routine?
- When do you feel best about yourself? What makes you proud?