

MY RECOVERY JOURNAL

10 Journaling Prompts to
Support Recovery



INGRAINED
RECOVERY

"Hardships often prepare ordinary people for an extraordinary destiny."

- C. S. Lewis

This journal belongs to

Today's date _____

Write a letter to 'Dear Present Self' to celebrate all the progress you have made in recovery so far.

How can you continue to support your sobriety today?

Today's date _____

Write a goodbye letter to substance abuse.

After reflecting on your past, how will you welcome a sober future?

Today's date _____

Write a letter forgiving 'Dear Past Self' now that you've achieved sobriety.

After reflecting on the past, is there anyone you should apologize to?

Today's date _____

Write 5 new things to add to your self-care routine.

How can you incorporate these self-care habits into your life?

Today's date _____

Describe the family members and friends who are always there for you.

How might you thank these people for their ongoing support?

Today's date _____

Write a "Dear Future Self" letter explaining one skill you'd like to master in the next 5 years.

What measurable, time-driven actions can you take now to start learning this skill?

Today's date _____

Explain your happiest moment (or day) ever.

Reflect on why this moment brought you so much joy.

Today's date _____

Write the narrative of your life story.

What have you learned by reflecting on your past and how can you rewrite your future?

Today's date _____

Write a love letter to express your unapologetic, unconditional love for yourself.

How does self-love connect to a clean and sober future?

Today's date _____

Write ten things you're grateful for.

Explain the reasons behind your gratitude for these 10 things.

"My recovery must come first so
that everything I love in life
doesn't have to come last."

- Unknown