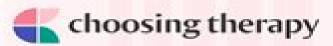
Journal Prompts for Recovery

For those dealing with addiction issues, nothing takes the place of treatment and therapy; however, journal prompts for recovery are a useful, therapeutic activity you can do for free. Writing gives you a safe space to process painful thoughts, emotions, and memories. Remember, there is no "right" or "correct" way to journal, but you might consider following available addiction recovery journal prompts to guide your writing process. Be flexible and curious, tailoring your experience to fit your unique needs.



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