

# 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.



# Journal To Recovery

**Fhc Books**



## **Journal To Recovery:**

Staying Sober - a Guided Journal for Recovery Cherry Journals, 2020-01-02 Staying Sober A Guided Journal For Recovery 100 Day Guided Recovery Journal For Women This would make a great gift for someone special in your life that s trying to get sober Whether they re going through AA a recovery program or inpatient program Each book documents 100 days of recovery There are no dates so you can write in this planner as often or as little as you like Each book is 6 x 9 inches the ideal size for transportation to easily fit in your bag but still with plenty of space to write Each day includes an tracking activity page a lined journal page So you have two pages each day in total to work with 100 lined journal pages every other page has a guided writing prompt to help the writer to explore their own feelings relating to sobriety and reflect on different aspect of their life 100 activity daily pages A place to document how many days sober you ve been how you re feeling that day circle an emoji A place to write three great things about being sober today A section to write your thought of the day Score the day out of 10 A simple and efficient way to document your sobriety journey and stay on track If you re on the road to recovery a guided journal like this is a brilliant way to celebrate it take note of your success and document your journey It will be a great keepsake to look back on and think about just how far you ve come and what you ve achieved This would make a thoughtful gift for any friend or family member recovering from addiction whether from drugs or alcohol This will help them to get through their first 100 days sober

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Journal List goals you want to achieve Write about your hopes and dreams for the future Write draft letters Journal your experiences and thoughts during recovery Write your story 90 or 180 days of journaling Why You ll Love This Journal Over 25 affirmations to inspire you Over 25 Journal prompts for ideas on what to write Section to add a couple of your own favorite sayings or affirmations Page to write your top 10 personal goals 3 quotes to inspire you within the first few pages 113 lined journal pages 8 5 x 11 larger sized journal for even more space to write in We have lots of great addiction recovery journals daily sobriety trackers and log books so be sure to check out our other listings by clicking on the Ellie s Motivational Journals link just below the title of this tracker

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