

# RECOVERY — and — self reflection



Cover  
Name  
Quote

Welcome  
Emergency

Week 1  
Week 2  
Week 3  
Week 4

Final 2  
Back Cover

Certificate  
Notes  
Notes



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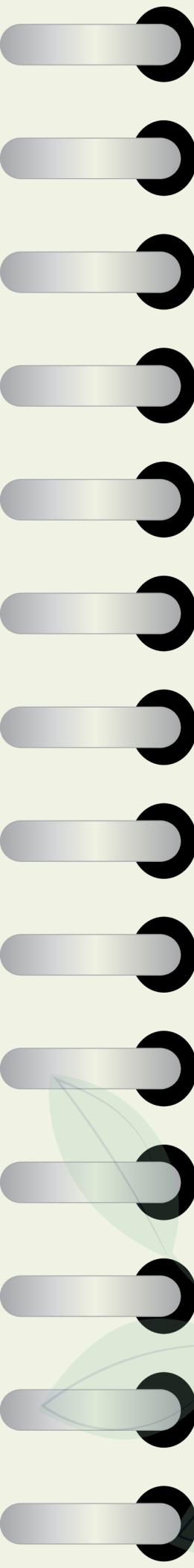
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belongs to:

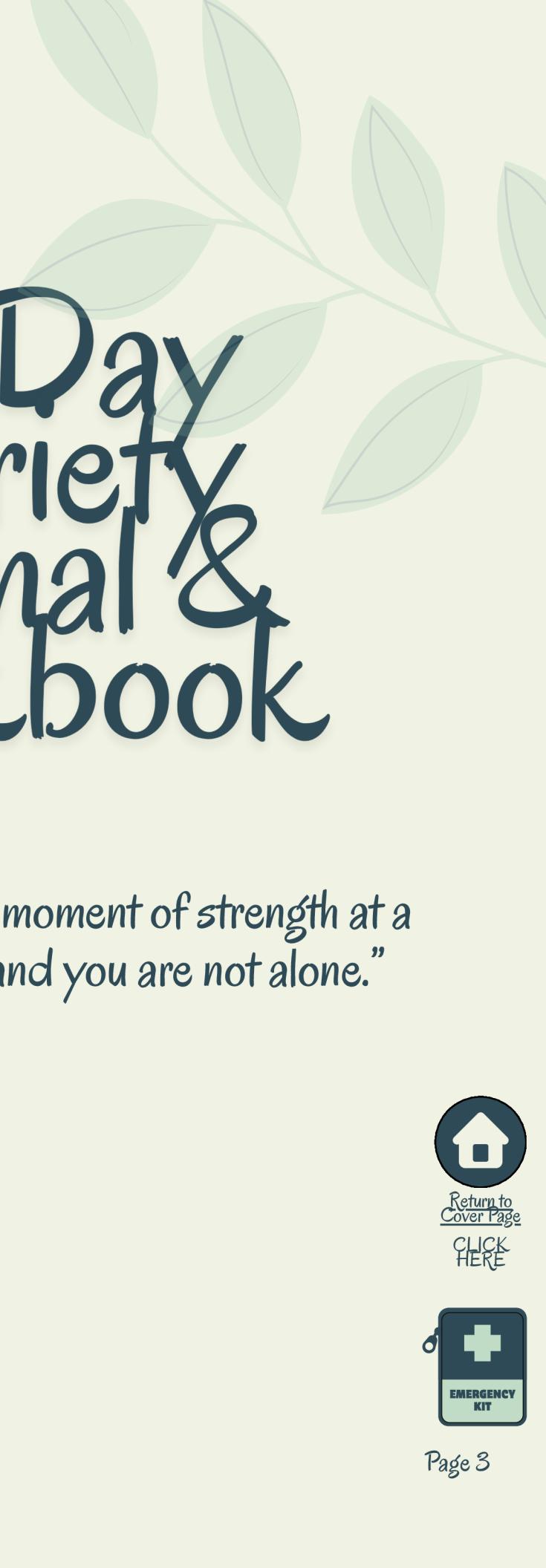
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# 30-Day Sobriety Journal & Workbook



“One day at a time, one moment of strength at a time. You are healing, and you are not alone.”



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EMERGENCY  
KIT



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EMERGENCY  
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## Welcome to Your Sobriety Journal

This workbook is a daily space to reflect, stay grounded, and celebrate your strength.

Each page includes journal prompts, mood check-ins, and supportive practices.

D. BAILEY



# MY SOBRIETY PLAN



## People I Can Call

Name :

Numbers:



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### Things to Do Instead of Using

Walk, journal, drink water, Watch a recovery video, Message a friend

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Reminder to Myself:

"This feeling is temporary. I've made it through worse.

I'm choosing healing."

DAY1



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GRADITUDE

DAY2



GRADITUDE

DAY3

GRADITUDE

# WEEK 1

DAY4

GRADITUDE

# LAYING THE FOUNDATION

DAY5

GRADITUDE

DAY6

GRADITUDE



DAY7

GRADITUDE

LETTER

# DAY 1

## Why am I choosing sobriety right now?

Write a few honest thoughts about why you're on this journey.

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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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[EMERGENCY  
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Page 8

# DAY 2

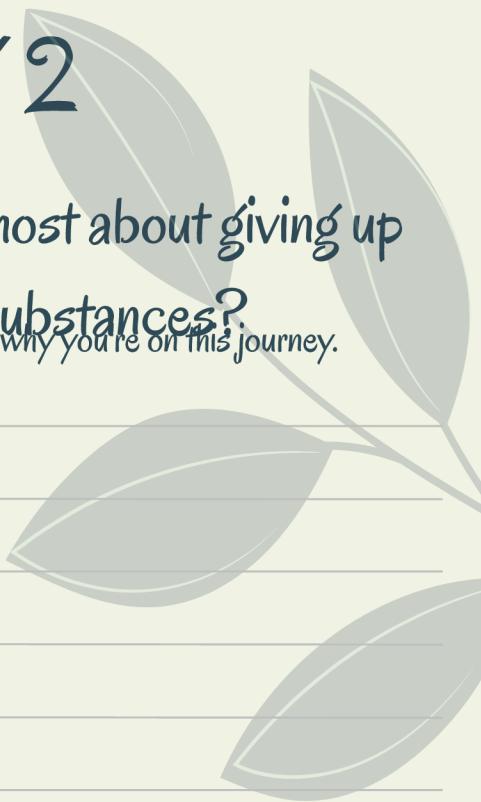
What do I fear most about giving up

alcohol/substances?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 3

## Who in my life supports this decision?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker



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Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded:

DAY 4

## What situations make me want to use again?

Write a few honest thoughts about why you're on this journey.



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Handwritten-style lined paper for journaling, featuring a large green leaf graphic at the top and a floral illustration at the bottom left.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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## DAY 5

### What could I do today instead of using?

Write a few honest thoughts about why you're on this journey.



Handwriting practice lines (10 rows)

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 6

## What makes me feel safe, calm, and strong?

Write a few honest thoughts about why you're on this journey.



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EMERGENCY  
KIT

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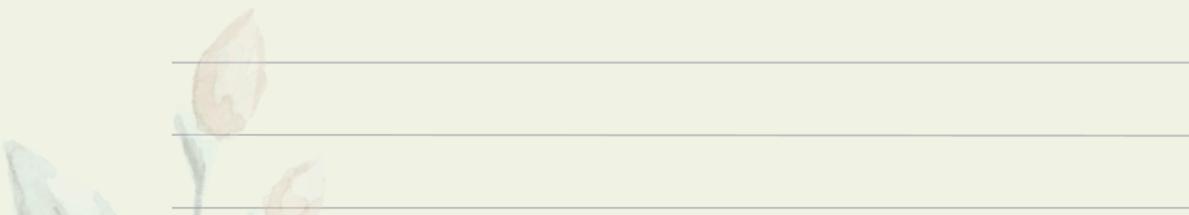
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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 7

## Week 1 Reflection: What have I learned about myself this week?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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Today's

Date:

# Letters to Myself

a letter to my younger self:

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a letter to my current self:

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a letter to my future self:

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DAY8

GRADITUDE

DAY9

GRADITUDE

DAY10

GRADITUDE

DAY11

GRADITUDE

DAY12

GRADITUDE

DAY13

GRADITUDE

DAY14

GRADITUDE

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**LETTER**



# WEEK 2

## Rebuilding self-worth



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# DAY 8

## What does self-respect mean to me today?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for journaling.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 9

Write a letter to your past self with compassion.

Write a few honest thoughts about why you're on this journey.



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Handwritten-style lined paper for writing.



A delicate, hand-drawn style illustration of a flowering plant with green leaves and a single pink flower at the bottom left corner of the page.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 10

## What is one negative belief I want to release?

Write a few honest thoughts about why you're on this journey.

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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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Page 28

# DAY II

How does my body feel differently today?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 12

## How can I show up for myself today?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker



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Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



# DAY 13

What is one small win I'm proud of this week?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 14

## Week 2 Reflection: What's changing inside me?

Write a few honest thoughts about why you're on this journey.

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EMERGENCY  
KIT

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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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Today's

Date:

# Letters to Myself

a letter to my younger self:

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a letter to my current self:

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a letter to my future self:

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DAY 15

GRADITUDE



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KIT

# WEEK 3

# Emotional Strength

DAY 17

GRADITUDE

DAY 18

GRADITUDE

DAY 19

GRADITUDE

DAY 20

GRADITUDE

DAY 21

GRADITUDE

# DAY 15

What emotion do I avoid most? Why?



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Write a few honest thoughts about why you're on this journey.

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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 16

How can I sit with uncomfortable feelings without numbing?



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Write a few honest thoughts about why you're on this journey.



# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 17

## What does emotional honesty mean for me?

Write a few honest thoughts about why you're on this journey.

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EMERGENCY  
KIT

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 18

What activity makes me feel fully alive?

Write a few honest thoughts about why you're on this journey.



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Handwritten style lined paper for journaling.

# DAY 18

What activity makes me feel fully alive?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for the journal entry.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 19

## What do I do when I feel triggered?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for journaling.



# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 20

How have I grown emotionally since Day 1?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 21

## Week 3 Reflection: What am I doing that works?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for reflection.

# Today I am grateful for



## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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EMERGENCY  
KIT



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a letter to my younger self:

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a letter to my current self:

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a letter to my future self:

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DAY 22

GRADITUDE

DAY 23

GRADITUDE

DAY 24

GRADITUDE

DAY 25

GRADITUDE

DAY 26

GRADITUDE

DAY 27

GRADITUDE

DAY 28

GRADITUDE

Page 55

LETTER

# WEEK 4 Looking Ahead



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EMERGENCY  
KIT

# DAY 22

## How do I want to feel 3 months from now?

Write a few honest thoughts about why you're on this journey.

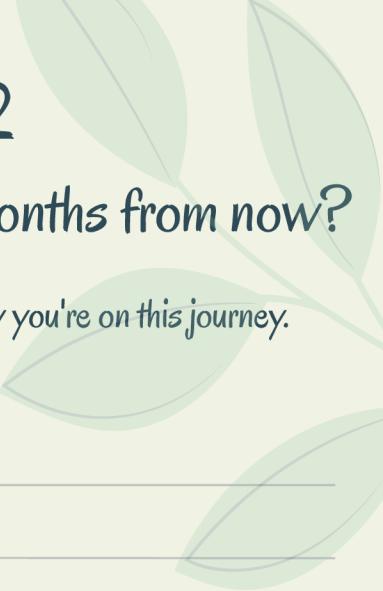


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Handwritten-style lined paper for writing.



# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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# DAY 23

## What does a typical sober day look like for me?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for journaling.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 24

## What new habits do I want to keep?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for the main title and journaling area.

# Today I am grateful for

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## Craving Tracker

Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 25

Who am I becoming in sobriety?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for



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## Craving Tracker



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Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



Page 63

# DAY 26

What would I say to someone starting this journey?

Write a few honest thoughts about why you're on this journey.



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Handwriting practice lines for the journal entry.

# Today I am grateful for



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## Craving Tracker



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Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



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# DAY 27

## What relationships need healing, and how can I start?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for

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## Craving Tracker



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Did I have cravings today? Yes / No

Trigger: \_\_\_\_\_

How I responded: \_\_\_\_\_



Page 67

# DAY 28

## Week 4 Reflection: What are my proudest changes?

Write a few honest thoughts about why you're on this journey.



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# Today I am grateful for



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## Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



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final 2

# VISUALIZE & CELEBRATE

DAY 29

GRADITUDE

DAY 30

GRADITUDE

# DAY 29

What would the best version of my life look like sober?



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# DAY 30

What do I want to remember about this journey?

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EMERGENCY KIT

# Letters to Myself

a letter to my younger self:

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a letter to my current self:

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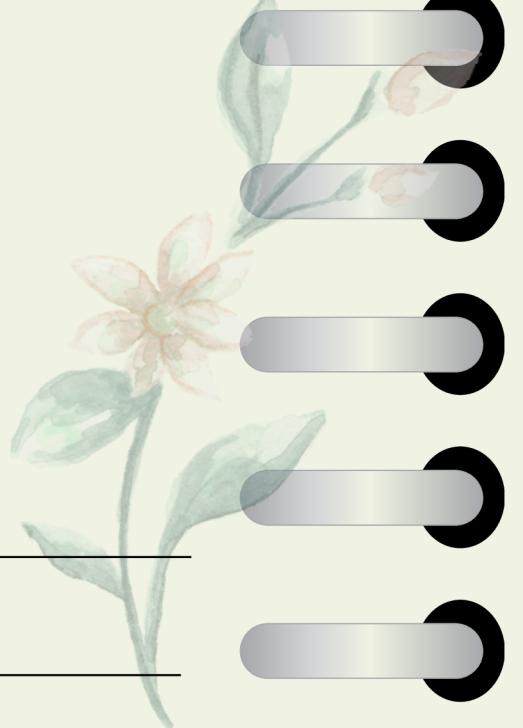
a letter to my future self:

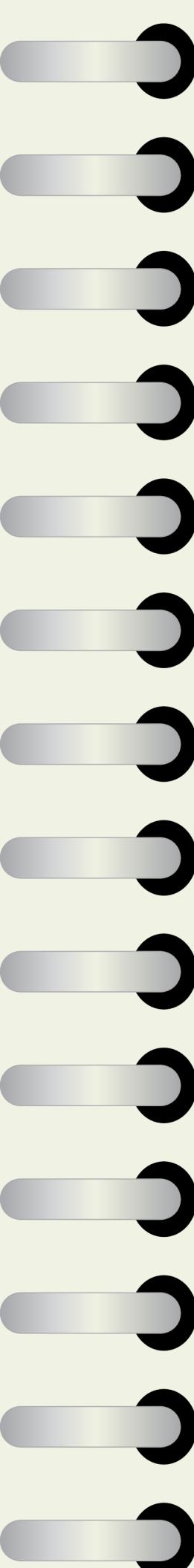
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# Notes

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# Notes



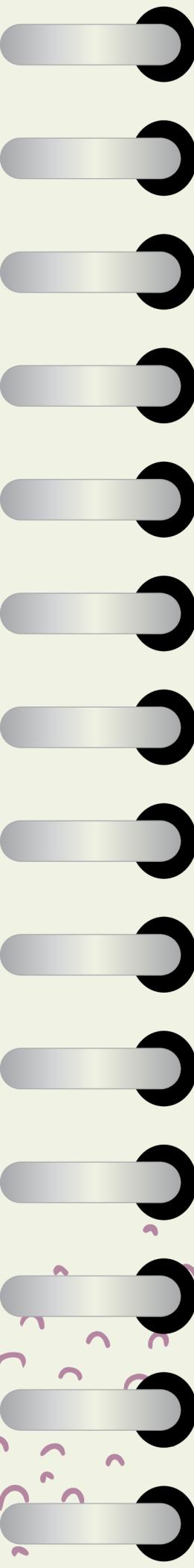
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Handwritten-style lined paper for notes.





# Notes



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EMERGENCY  
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# Notes



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# RECOVERY

— and —

# self reflection

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