

RECOVERY — and — self reflection



Cover
Name

Quote

Welcome

Emergency

Week 1

Week 2

Week 3

Week 4

Final 2

Back Cover

Certificate

Notes

Notes



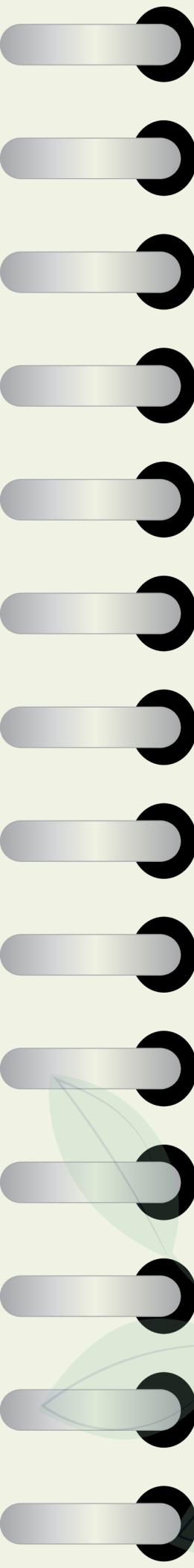
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HERE](#)

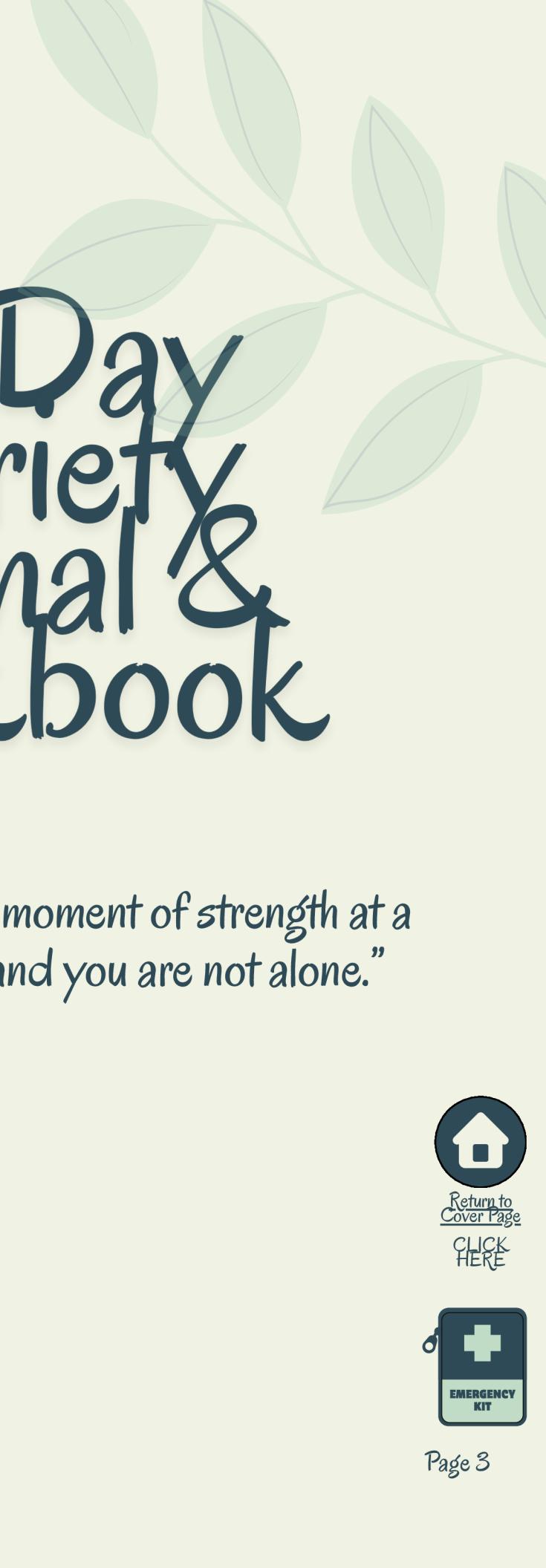


this book

belongs to:



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.”



[Return to
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[CLICK
HERE](#)





Return to
Cover Page

CLICK
HERE



EMERGENCY
KIT

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:



Return to
Cover Page

CLICK
HERE

Things to Do Instead of Using

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

Reminder to Myself:

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

I'm choosing healing."

DAY1



[Return to
Cover Page](#)

[CLICK
HERE](#)

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.



[Return to
Cover Page](#)

CLICK
HERE



Today I am grateful for



Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

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EMERGENCY
KIT

Page 8

DAY 2

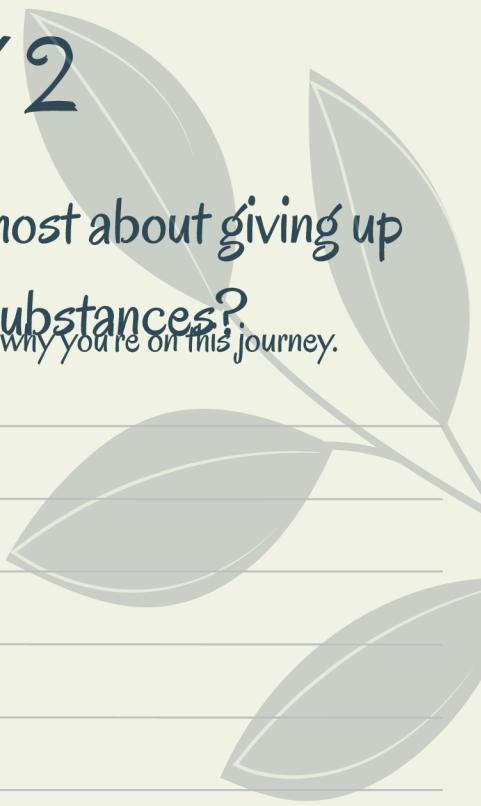
What do I fear most about giving up

alcohol/substances?

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



Return to
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CLICK
HERE



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
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[CLICK
HERE](#)



DAY 3

Who in my life supports this decision?

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



[Return to
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[CLICK
HERE](#)



Today I am grateful for

Craving Tracker



[Return to
Cover Page](#)

[CLICK
HERE](#)

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.



Return to
Cover Page

CLICK
HERE



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



[Return to
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[CLICK
HERE](#)



Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK HERE](#)



DAY 5

What could I do today instead of using?

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

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



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[CLICK
HERE](#)



DAY 6

What makes me feel safe, calm, and strong?

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

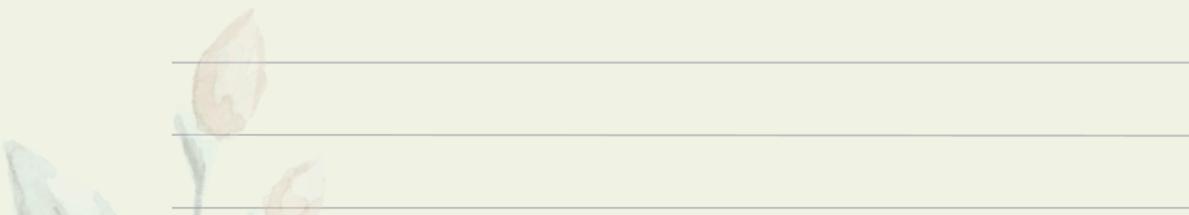


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CLICK
HERE



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Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



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.



Return to
Cover Page

CLICK
HERE



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



Today's

Date:

Letters to Myself

a letter to my younger self:

a letter to my current self:

a letter to my future self:



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 21

DAY8

GRADITUDE

DAY9

GRADITUDE

DAY10

GRADITUDE

DAY11

GRADITUDE

DAY12

GRADITUDE

DAY13

GRADITUDE

DAY14

GRADITUDE

Page 22

LETTER



WEEK 2

Rebuilding self-worth



[Return to
Cover Page](#)

CLICK
HERE



DAY 8

What does self-respect mean to me today?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



Handwriting practice lines for journaling.

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 24

DAY 9

Write a letter to your past self with compassion.

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



[Return to
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CLICK
HERE



Handwritten-style lined paper for writing.



A delicate watercolor illustration of a flowering plant with pinkish-orange flowers and green leaves, positioned at the bottom left of the page.

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
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[CLICK
HERE](#)





[Return to
Cover Page](#)

[CLICK
HERE](#)



DAY 10

What is one negative belief I want to release?

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

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 28

DAY II

How does my body feel differently today?

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



[Return to
Cover Page](#)

CLICK
HERE



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 30

DAY 12

How can I show up for myself today?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



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Craving Tracker



[Return to
Cover Page](#)

[CLICK
HERE](#)

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.



[Return to
Cover Page](#)

[CLICK
HERE](#)



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Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 34

DAY 14

Week 2 Reflection: What's changing inside me?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



Page 36



[Return to Cover Page](#)

[CLICK HERE](#)



Today's

Date:

Letters to Myself

a letter to my younger self:

a letter to my current self:

a letter to my future self:



[Return to Cover Page](#)

[CLICK HERE](#)



DAY 15

GRADITUDE



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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?



[Return to
Cover Page](#)

[CLICK
HERE](#)



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



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



DAY 16

How can I sit with uncomfortable feelings without numbing?



[Return to
Cover Page](#)

[CLICK HERE](#)

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



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



Return to
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CLICK
HERE



DAY 17

What does emotional honesty mean for me?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



Return to
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HERE



DAY 18

What activity makes me feel fully alive?

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

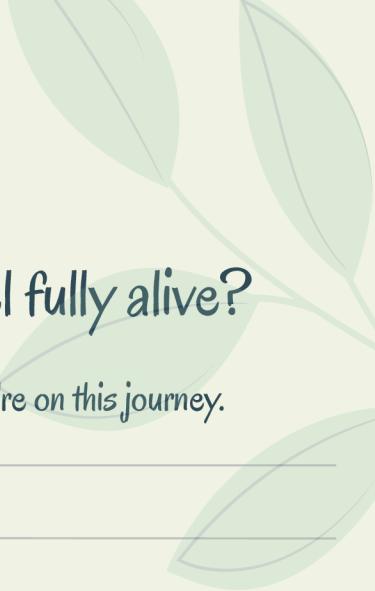


[Return to
Cover Page](#)

[CLICK HERE](#)



Handwriting practice lines for journaling.



DAY 18

What activity makes me feel fully alive?

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



Return to
Cover Page

CLICK
HERE



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Handwriting practice lines for journaling.

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



Return to
Cover Page

CLICK
HERE



DAY 19

What do I do when I feel triggered?

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



[Return to
Cover Page](#)

[CLICK HERE](#)



Handwriting practice lines for journaling.



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



DAY 20

How have I grown emotionally since Day 1?

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



[Return to
Cover Page](#)

[CLICK HERE](#)



Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



DAY 21

Week 3 Reflection: What am I doing that works?

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



[Return to
Cover Page](#)

[CLICK HERE](#)



Handwriting practice lines for reflection.

Today I am grateful for



Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



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[Return to
Cover Page](#)

[CLICK
HERE](#)



a letter to my younger self:

a letter to my current self:

a letter to my future self:

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



[Return to
Cover Page](#)

CLICK
HERE



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DAY 22

How do I want to feel 3 months from now?

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

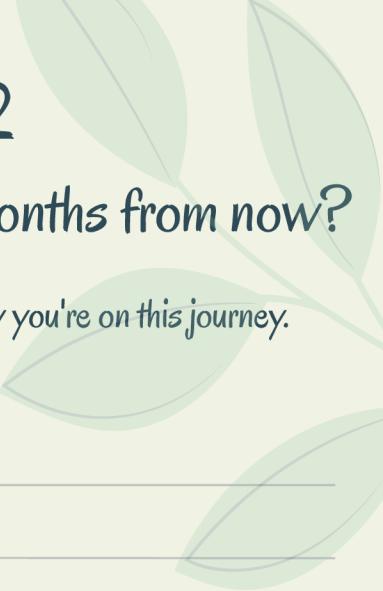


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Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger:

How I responded:



[Return to
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[CLICK
HERE](#)



DAY 23

What does a typical sober day look like for me?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



Handwriting practice lines for journaling.

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
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[CLICK
HERE](#)



DAY 24

What new habits do I want to keep?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



Handwriting practice lines for the main title and journaling area.

Today I am grateful for

Craving Tracker

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



[Return to
Cover Page](#)

[CLICK
HERE](#)



DAY 25

Who am I becoming in sobriety?

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



[Return to
Cover Page](#)

[CLICK
HERE](#)



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[Return to
Cover Page](#)

[CLICK
HERE](#)

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.



[Return to
Cover Page](#)

[CLICK HERE](#)



Handwriting practice lines for the journal entry.

Today I am grateful for



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[Return to
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[CLICK HERE](#)

Did I have cravings today? Yes / No

Trigger: _____

How I responded: _____



Page 65

DAY 27

What relationships need healing, and how can I start?

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



[Return to
Cover Page](#)

[CLICK HERE](#)



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[Return to
Cover Page](#)

[CLICK
HERE](#)

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.



[Return to
Cover Page](#)

[CLICK HERE](#)



Today I am grateful for



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Trigger:

How I responded:



[Return to
Cover Page](#)

[CLICK
HERE](#)



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[Return to
Cover Page](#)
[CLICK
HERE](#)



final 2

VISUALIZE & CELEBRATE

DAY 29

GRADITUDE

DAY 30

GRADITUDE

DAY 29

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



[Return to
Cover Page](#)

[CLICK HERE](#)



DAY 30

What do I want to remember about this journey?



[Return to
Cover Page](#)

[CLICK HERE](#)



Page 72



[Return to
Cover Page](#)

[CLICK HERE](#)



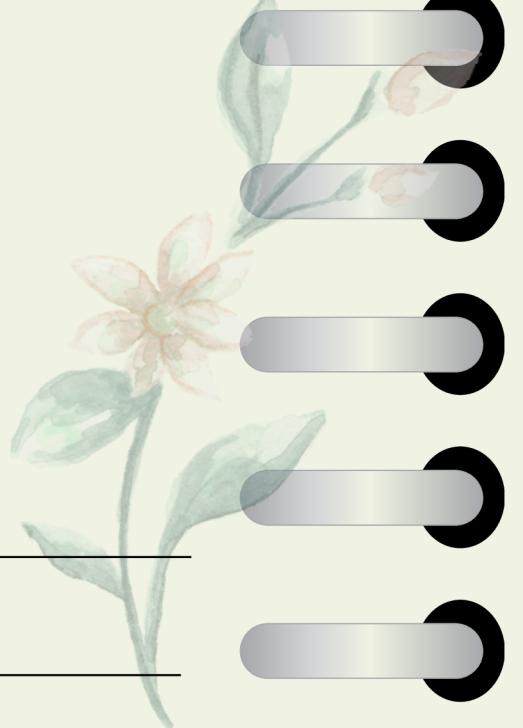
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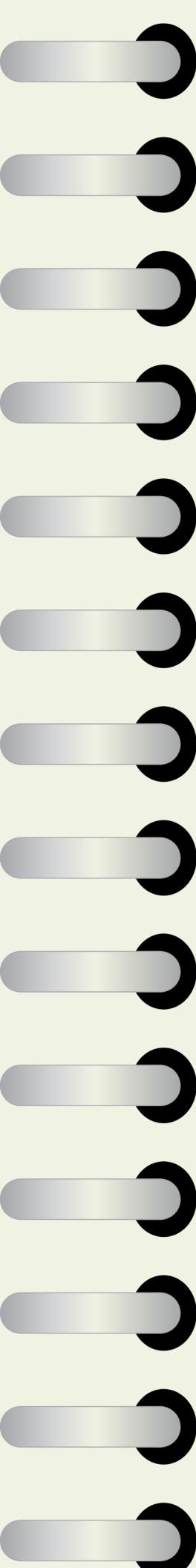
Letters to Myself

a letter to my younger self:

a letter to my current self:

a letter to my future self:





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[Return to
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[CLICK
HERE](#)



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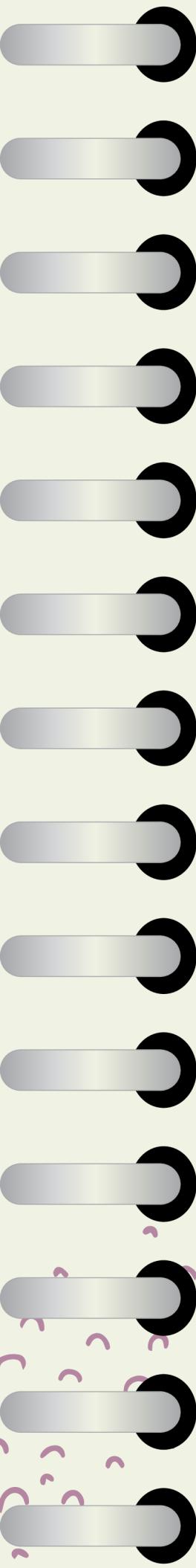


[Return to
Cover Page](#)

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HERE**



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Notes



[Return to
Cover Page](#)

[CLICK HERE](#)



Notes



[Return to
Cover Page](#)

[CLICK HERE](#)



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Notes



[Return to Cover Page](#)

[CLICK HERE](#)





Return to
Cover Page
CLICK HERE



RECOVERY

— and —

self reflection

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