


Addiction Recovery Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Start each morning by setting your recovery intention
 - Log your sobriety day count and rate cravings, mood, sleep, and energy
 - Write your recovery reflection — what challenged you and what kept you strong
 - Note any triggers encountered and strategies that helped you cope
 - Record at least one victory and who you connected with for support
 - End with gratitude — name something specific you are thankful for



Scan for a detailed guide on how to use this journal

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Sleep quality (1-10): 1 2 3 4 5 6 7 8 9 10

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