


Recovery Journal



A 30-Day Guided Journal



Daily Entry

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



Scan for a detailed guide on how to use this journal

Date: _____

Sobriety Day # *(enter your sobriety day number to track your milestone)*

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Triggers Today *(what triggered cravings or difficult moments today?)*

Coping Strategies Used *(what strategies did you use to cope?)*

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