


Sobriety 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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- Update your sober day count each morning
 - Rate mood, cravings, energy, sleep quality, and stress level (1-10)
 - Write about your recovery reflections, triggers, and coping strategies
 - Record at least one daily victory, no matter how small
 - Note who you connected with for support today
 - List things you are grateful for in your recovery



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)

Stress level (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)



Recovery reflection *(how was your day in recovery? what challenged you, what kept you strong, and ho...)*

Triggers *(what caused these feelings? events, people, thoughts)*

Coping strategy *(what strategy did you use to cope?)*

Today's victories *(name at least one win today — resisting a craving, reaching out for help, choosing a h...)*

Date: _____

Days sober: _____

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

Cravings intensity (1-10): (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

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