

Recovery Journaling Prompts

This is my space for daily reflection and a quiet moment to check in with myself. I use these prompts to stay grounded in my recovery, explore my thoughts, and connect with my creativity. It is my private record of progress, a tool for honesty, and a step toward the person I want to be.

Setting My Intention

- My one true intention for today is to be...
- What is one positive action I can take to support this intention?
- Who is a new connection I can make or develop?
- How do I want to feel at the end of today, and what can I do now to help create that feeling?

Reflection on the Steps

- **Step 1:** In what specific ways did my day become unmanageable that I can now admit I am powerless to control on my own?
- **Step 2:** What does "sanity" look like for me today, and what small piece of evidence in the world or in my life suggests a power greater than myself is at work?
- **Step 3:** What is one specific fear or outcome I am trying to control, and what would it feel like to make a decision to turn that single thing over to the care of my Higher Power for just today?
- **Step 11:** If I set aside what I think I should be doing, what is one simple thing I can do today to quietly improve my conscious contact with my Higher Power?

Reflection on Resentments

- What resentment am I holding onto today?
- What was my role in the situation that created this resentment?
- What is one action I can take to release this feeling, even if I don't feel ready to forgive?

Sobriety Circle Check-In

- What is one healthy 'Outer Circle' activity I engaged in today that brought me a sense of well-being?
- What was the closest I came to my 'Inner Circle' (bottom-line behaviors) today, in thought or action?
- Did I engage in any 'Middle Circle' (slippery/boundary) behaviors today? If so, how did I control that vulnerability and reconnect with my plan?
- What was your share in a 12-step meeting?

Gratitude & Affirmation

- Consider a practice of listing 10 gratitudes daily.
- Find a gratitude to yourself.
- Find a gratitude for your recovery.

Virtue & Character. Select a virtue for journaling today.

- As an addict, where did I fail to practice this virtue?
- What is an intention to practice this virtue today?
- Reflect on what this virtue brings to me in the man I seek to be.
- Looking across the past 24-hours, how did the practice of the virtue go? If I slipped, what did I learn to improve my practice?

- *Humility*
- *Honesty*
- *Gratitude*
- *Self-Control*
- *Mindfulness*
- *Patience*
- *Integrity*
- *Compassion*
- *Healthy Boundaries*
- *Responsibility*
- *Vulnerability*
- *Respect*

Dharma Recovery & Mindfulness

- Choose a prompt from the Eightfold Path, and reflect on your practice.
- **There is Suffering:** Where in my life do I currently feel stress, dissatisfaction, or a sense of unease? Describe a recent moment when this feeling was present, without judgment.
- **There is a Cause of Suffering:** Reflecting on that moment of unease, what was I craving or wanting? What was I resisting or pushing away?
- **There is an End of Suffering:** What would it feel like if that craving or resistance simply dissolved? Imagine the sense of peace or freedom that would take its place.
- **There is a Path to the End of Suffering:** What is one small, conscious action I can take today—whether in my thoughts, words, or deeds—to move toward that sense of peace?

- *Understanding*
- *Intention*
- *Speech*
- *Action*
- *Livelihood*
- *Effort*
- *Mindfulness*
- *Concentration*

My Own Prompts

A New Man with New Beginnings
