

# Recovery Journal Prompts

**1. Reflect on your journey:** Write about where you started and how far you have come in your recovery. What were the turning points or significant moments along the way?

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**2. Describe your support system:** Who are the people in your life who have been supportive during your recovery? How have they helped you? Are there any additional sources of support you could seek out?

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**3. Explore your triggers:** Identify the situations, people, or events that tend to trigger negative emotions or behaviors for you. How do these triggers impact your recovery? What coping strategies can you employ when faced with them?

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**4. Celebrate milestones and achievements:** Write about the milestones you have reached in your recovery, both big and small. What accomplishments are you proud of? How did you overcome challenges along the way?

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**5. Identify your strengths:** Reflect on your personal strengths that have helped you during your recovery journey. How have these strengths played a role in your progress? How can you continue to leverage them moving forward?

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**6. Set goals for the future:** Write down short-term and long-term goals for your recovery. What steps can you take to achieve these goals? How will reaching these goals contribute to your overall well-being?

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**7. Express gratitude:** List things you are grateful for in your recovery process. It can be relationships, experiences, lessons learned, or even personal growth. How has gratitude positively influenced your mindset and outlook?

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**8. Reflect on setbacks:** Write about any setbacks or challenges you have encountered along the way. How did you handle them? What did you learn from these experiences, and how can you use them to strengthen your recovery?

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**9. Practice self-compassion:** Focus on self-compassion and forgiveness. Write a compassionate letter to yourself, acknowledging your progress, recognizing your efforts, and offering yourself kindness and understanding.

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**10. Visualize a healthy future:** Imagine yourself living a fulfilling, healthy life in the future. Describe what that looks like, how it feels, and the steps you can take to work towards that vision.

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