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2

DAILY PRACTICE

ONE DAY AT A TIME, WRITTEN DOWN

A 90-Day Gratitude Journal

GENERAL EDITION

STEPHEN DEASON

Alder Creek EDITIONS

One Day at a Time, Written Down, General

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Stephen Deason

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BOOK 2 · DAILY PRACTICE

One Day at a Time, Written Down, General

A 90-Day Gratitude Journal for Adults in Recovery

Stephen Deason

Melissa Deason

Alder Creek EDITIONS

One Day at a Time, Written Down, General: A 90-Day Gratitude Journal for Adults in Recovery

Part of The Mile Marker Library

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Why I Wrote This Book

I am more than eleven years into Recovery, and I still practice meditation and gratitude every day. I started early because someone told me, “If you have gratitude, you will not drink or use.” That has held true for me, one day at a time.

This journal gives you the same practice, structured for ninety days, a few minutes each morning and each night.

Recovery didn’t give me the key to heaven. It gave me the key to the door out of hell, a door locked from the inside.

Stephen Deason

Who This Journal Is For and How to Use It

Use this book twice a day. The left page is for the morning and the right page is for the night. Each one takes about five minutes.

Open it at the same point in your day, right after something you already do, like pouring coffee or brushing your teeth. Keep a pen inside the cover.

The check-in takes seconds. Write how many hours you slept, then circle one number for your body (how it feels: aches, energy, sickness) and one for your mind (your mood and thoughts), where 1 is rough and 5 is good.

Each morning page has a line to read, a quick check-in, a gratitude question, your plan for staying sober today, and an affirmation to read out loud. Some days gratitude may look like a sandwich, a locked door, a call you answered, or an hour you got through without making things worse. All of that counts.

Each night page asks for three good things that happened and what made each one happen. It also has a short check on how you felt, a place to note cravings, and one question to think about before bed.

Every seventh day there is a weekly review. At Days 30, 60, and 90 there is a longer reflection. Read the pages it asks you to read before you start writing.

If you miss a day, go to the next blank page. A skipped page resets nothing, and nobody is grading this. On a hard day, fill in the check-in and one line. That counts.

This book is yours and it is private. Keep it somewhere safe. Use initials or shorthand for anything you would not want someone else to read.

Safety and Getting Help

This journal supports recovery. It does not replace a doctor, a counselor, treatment, or your support group.

Stopping alcohol, benzodiazepines, and some other drugs suddenly can cause dangerous withdrawal. Get medical advice before you stop. If you do not have a doctor, a community health center can see you even without insurance, and charges based on what you earn. Find one at findahealthcenter.hrsa.gov.

Call 911 or go to an emergency room for a seizure, hallucinations, confusion, chest pain, or vomiting you cannot stop.

If you are thinking about suicide, or you are in crisis:

Call or text 988

988 Suicide and Crisis Lifeline. Free, confidential, 24 hours a day. It helps with substance use crises too. You can also chat at 988lifeline.org. For Spanish, press 2. Veterans, press 1.

If you have used opioids

After even a few days without opioids, your body loses tolerance. An amount you used to take can now stop your breathing. If you use again, do not use alone, and keep naloxone (Narcan) where someone with you can reach it. Naloxone nasal spray is sold without a prescription.

Medication can help

Medications treat opioid and alcohol use disorders. Doctors, nurse practitioners, and telehealth providers can prescribe buprenorphine for opioid use disorder where state law allows. Ask a community health center or the helpline below.

Free help finding treatment

The SAMHSA National Helpline gives free, confidential referrals 24 hours a day, including to programs for people without insurance:

1-800-662-4357

You can also text your ZIP code to 435748, or search FindTreatment.gov.

Write the names and numbers of the people you can call on the next page and on page 241. Free support groups and online meetings are listed on pages 242 and 243.

People I Can Call

Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number

Who knows I am starting this journal?

What I will say when I call for help:

If there is no one to write here yet, call or text 988. The counselors there help with substance use crises too. Emergency: 911.

Where I Am Starting

Fill in these pages before Day 1. Come back to them whenever you need to.

Today's date:

Why now? What made you decide to start?

What do you want to be different 90 days from now?

WHERE I AM STARTING

The times, places, and people that are risky for me:

What I will do instead:

What I will do in the first ten minutes of a craving:

Building the Habit

A habit forms when you do the same thing in the same place at about the same time, again and again. This journal works best when you tie it to something you already do every day.

Pick your anchors now: one in the morning, like making coffee, and one at night, like brushing your teeth. Keep the book where the anchor happens, with a pen inside it.

Start small. On a bad day, the check-in and one line is a full day.

If you miss a day, do not start over. Turn to the next blank page and keep going. How long a habit takes to form varies a great deal from person to person, and one missed day does not undo the work you have done.

BUILDING THE HABIT

My morning anchor:

After I

I will open this book.

My night anchor:

After I

I will open this book.

Where this book will live:

On a hard day, I will at least:

The person I will tell that I am doing this:

My reason for doing this, in one sentence:

Signed

Date

90 Days at a Glance

Each night, fill in or mark the box for that day. Mark it for any day you opened this book, even if you wrote one line.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31	32	33	34	35	36
37	38	39	40	41	42
43	44	45	46	47	48
49	50	51	52	53	54
55	56	57	58	59	60
61	62	63	64	65	66
67	68	69	70	71	72
73	74	75	76	77	78
79	80	81	82	83	84
85	86	87	88	89	90

"*The beginning is the most important part of any work.*"

Plato, The Republic II, trans. Benjamin Jowett (1871)

Today has one job. Get to tonight without using, and let everything else wait until tomorrow.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is one thing you have this morning that you did not have a week ago?

Today I will stay sober by (one action, with a time or a name):

Which hour today is most likely to be hard? What will you do in that hour?

Read this out loud once:

I can get through the next hour.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who helped you today, even a little?

Tomorrow's first action:

"*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*"

Will Durant, The Story of Philosophy (1926), summarizing Aristotle

Early recovery often brings strong hunger, especially for sweets. Eat regular meals today, and keep something simple within reach.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you eat yesterday that was good for you? Who made it or paid for it?

Today I will stay sober by (one action, with a time or a name):

When will you eat your next real meal, and what will it be?

Read this out loud once:

I will eat something before I decide anything.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you eat today, and how did your body feel afterward?

Tomorrow's first action:

"*Early to bed and early to rise, makes a man healthy, wealthy, and wise.*"

Benjamin Franklin, Poor Richard's Almanack (1735)

Sleep can stay rough for a while after you stop. A set bedtime and a dark room help more than lying awake watching the clock.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Name one thing about the place you sleep that you are glad to have.

Today I will stay sober by (one action, with a time or a name):

What time will you go to bed tonight, and what will you do in the hour before?

Read this out loud once:

I can rest tonight even if I do not sleep well.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you sleep last night, and what would help tonight?

Tomorrow's first action:

"*Nothing, Lucilius, is ours, except time.*"

Seneca, Letter 1, trans. Richard Gummere (1917)

You do not have to fix last year or plan next year this morning. Get through today, and do it on purpose.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is one ordinary thing that worked for you yesterday?

Today I will stay sober by (one action, with a time or a name):

What is one thing you will not do today, and what will you do in its place?

Read this out loud once:

Today is the only day I have to get through.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What was the hardest moment today, and how did you get through it?

Tomorrow's first action:

"The great thing, then, in all education, is to make our nervous system our ally instead of our enemy."

William James, The Principles of Psychology (1890), ch. IV

Your body started repairing itself the day you stopped. Water, food, and rest give it what it needs to keep going.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Which part of your body feels a little better than it did on Day 1?

Today I will stay sober by (one action, with a time or a name):

How much water will you drink today, and when?

Read this out loud once:

My body is healing. Water and food help it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did your body tell you today?

Tomorrow's first action:

"*I exist as I am, that is enough.*"

Walt Whitman, "Song of Myself," Leaves of Grass (1855)

Notice one good thing today that you can taste or hear. Small pleasures count in early recovery.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you taste or smell yesterday that you liked?

Today I will stay sober by (one action, with a time or a name):

Where will you be this afternoon, and who will be there?

Read this out loud once:

I do not have to solve my whole life today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What surprised you about today?

Tomorrow's first action:

"*Rather than love, than money, than fame, give me truth.*"

Henry David Thoreau, Walden (1854)

A week ago this book was blank. Seven days of pages now sit behind this one, and you wrote all of them.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who has fed you or given you a ride this week?

Today I will stay sober by (one action, with a time or a name):

What will you do this evening between dinner and bed?

Read this out loud once:

I kept going this week. That counts.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What was the best part of this first week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

What have you learned about your sleep and eating this week? What will you change next week?

Keep doing next week:

Change next week:

Next week is about the people who help. Start thinking about who they are.

"*Optimism is the faith that leads to achievement.*"

Helen Keller, Optimism (1903)

Recovery is easier with other people in it. Today, let one person know how you are doing.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who picked up the phone for you recently?

Today I will stay sober by (one action, with a time or a name):

Who will you talk to today, and at what time?

Read this out loud once:

I can ask one person for help today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you talk to today, and what did you talk about?

Tomorrow's first action:

"*When you have faults, do not fear to abandon them.*"

Confucius, Analects I.8, trans. James Legge (1861)

People who tell you the truth are worth keeping close, even when what they say is hard to hear.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Name someone who told you the truth when it was hard to hear.

Today I will stay sober by (one action, with a time or a name):

Whose number will you keep where you can find it fast today?

Read this out loud once:

I do not have to do this alone.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who do you trust most right now, and why?

Tomorrow's first action:

"No *man is an island, entire of itself.*"

John Donne, Devotions upon Emergent Occasions (1624), modernized spelling

If someone has stayed in your corner through all of this, today is a good day to tell them you noticed.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who in your life has never given up on you?

Today I will stay sober by (one action, with a time or a name):

Who could you sit with at lunch or on a break today?

Read this out loud once:

I can tell someone how I am really doing.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you wish you could talk to today?

Tomorrow's first action:

"No one is useless in this world who lightens the burden of it for any one else."

Charles Dickens, Our Mutual Friend (1865)

Honesty gets easier with practice. Start with one person and one true sentence.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who was kind to you this week without being asked?

Today I will stay sober by (one action, with a time or a name):

What will you say if someone asks how you are really doing?

Read this out loud once:

I can be honest with one person today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When were you honest today when it would have been easier not to be?

Tomorrow's first action:

"*Although the world is full of suffering, it is full also of the overcoming of it.*"

Helen Keller, Optimism (1903)

Somebody has already walked the road you are on. Their story can help you if you ask to hear it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Whose recovery story has helped you, and what did it show you?

Today I will stay sober by (one action, with a time or a name):

Where is a group, class, or appointment you can get to this week?

Read this out loud once:

Other people have done this. I can learn from them.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you learn from someone else today?

Tomorrow's first action:

"*Trust thyself: every heart vibrates to that iron string.*"

Ralph Waldo Emerson, Self-Reliance (1841)

Accepting help is a skill. Saying thank you is enough; you do not owe anyone an apology for needing it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is one thing someone taught you that you still use?

Today I will stay sober by (one action, with a time or a name):

Who can you text before noon?

Read this out loud once:

I can accept help without apologizing for it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who could you have asked for help today? What stopped you?

Tomorrow's first action:

"A *friend is a person with whom I may be sincere.*"

Ralph Waldo Emerson, "Friendship" (1841)

By now you can probably name at least one person who helped you. Write that name where you will see it tonight.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Whose voice would you want to hear on your hardest night? Why that person?

Today I will stay sober by (one action, with a time or a name):

Who will you check in with tonight before bed?

Read this out loud once:

I have people. I will call one of them.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who showed up for you this week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Who could you call at ten o'clock tonight? Write their names and numbers on the People and Resources page if you have not already.

Keep doing next week:

Change next week:

Next week is about cravings and hard hours. Plan for them before they arrive.

"*It is not the man who has too little, but the man who craves more, that is poor.*"

Seneca, Letter 2, trans. Richard Gummere (1917)

A craving rises, peaks, and falls. Most pass if you wait them out and keep your hands busy.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is one thing you did not have to buy, hide, or lie about yesterday?

Today I will stay sober by (one action, with a time or a name):

What time of day have cravings been strongest? What is your plan for that time today?

Read this out loud once:

A craving rises and falls. I can wait it out.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When did a craving show up today, and what was happening right before it?

Tomorrow's first action:

"*We suffer more often in imagination than in reality.*"

Seneca, Letter 13, trans. Richard Gummere (1917)

Fear tends to paint the worst version of today. Write down what is in front of you right now.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Think of a craving you got through. What helped?

Today I will stay sober by (one action, with a time or a name):

What will you do for ten minutes if a craving hits?

Read this out loud once:

I can sit with this feeling for ten minutes.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you do today in place of using?

Tomorrow's first action:

"*Only that day dawns to which we are awake.*"

Henry David Thoreau, Walden (1854), "Conclusion"

You are allowed to leave any place that feels unsafe. Having a way out before you arrive makes leaving easier.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What place feels safe to you right now?

Today I will stay sober by (one action, with a time or a name):

What will you say if someone offers you a drink or a drug today?

Read this out loud once:

I can leave any room, call, or party when I need to.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Which people or places were hard to be around today?

Tomorrow's first action:

"Seize the very first possible opportunity to act on every resolution you make..."

William James, The Principles of Psychology (1890), ch. IV

When a craving starts, change something right away: where you are, what you are doing, or who you are with.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Name someone who did something small for you this week that they did not have to do.

Today I will stay sober by (one action, with a time or a name):

Where will you stay away from today, and where will you go instead?

Read this out loud once:

I can change what I am doing in the next five minutes.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What worked today when you felt uneasy?

Tomorrow's first action:

"*Men are disturbed not by things, but by the views which they take of things.*"

Epictetus, Enchiridion 5, trans. Thomas Wentworth Higginson (1865)

A thought about using does not have to become an action. Notice it, name it, and let it pass.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What can you do now that you could not do while using?

Today I will stay sober by (one action, with a time or a name):

What will you drink or eat when a craving starts?

Read this out loud once:

A thought about using is only a thought.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What thought about using came up today? What did you tell yourself?

Tomorrow's first action:

"*Present fears are less than horrible imaginings.*"

William Shakespeare, Macbeth, I.3

Nights can be the hardest part of early recovery. Plan tonight before it arrives.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What helps you most at night?

Today I will stay sober by (one action, with a time or a name):

What will you do tonight if you cannot sleep?

Read this out loud once:

This hour will end.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did tonight compare with a night a month ago?

Tomorrow's first action:

"Refrain to-night,
And that shall lend a kind of easiness
To the next abstinence."

William Shakespeare, Hamlet, III.4

Cravings can still show up in week three, sometimes on days that are going well. The plan you wrote this week is for those hours.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What worked for you this week, and who showed it to you?

Today I will stay sober by (one action, with a time or a name):

What is your plan for the hardest hour of this weekend?

Read this out loud once:

I got through hard hours this week. I can get through the next one.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Which hard hour this week went better than you expected?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Which hour of the day was hardest this week? What is your plan for that hour next week?

Keep doing next week:

Change next week:

Next week is about mornings, and the first hour that shapes the rest of the day.

"*Diligence is the mother of good luck.*"

Benjamin Franklin, Poor Richard's Almanack (1736)

Mornings set the tone. One small task finished before noon can carry the rest of the day.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is the first good thing you notice when you wake up?

Today I will stay sober by (one action, with a time or a name):

What is the first thing you will do after you finish this page?

Read this out loud once:

I will start today with one thing I can finish.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did this morning set up the rest of your day?

Tomorrow's first action:

"*Things do not change; we change.*"

Henry David Thoreau, Walden (1854)

Each morning gives you a fresh page. Yesterday's mistakes do not get to write today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What about this morning is better than a morning a month ago?

Today I will stay sober by (one action, with a time or a name):

What will you do tomorrow morning before you look at your phone?

Read this out loud once:

Today is a fresh start, and I can use it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you feel when you woke up this morning?

Tomorrow's first action:

"Character is higher than intellect."

Ralph Waldo Emerson, "The American Scholar" (1837)

Start with the next useful thing in front of you. The rest of the day can wait its turn.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What part of your morning do you like most?

Today I will stay sober by (one action, with a time or a name):

What is one useful thing you will finish before noon?

Read this out loud once:

I can do one useful thing before noon.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you finish today?

Tomorrow's first action:

"*Let us, then, be up and doing,*
With a heart for any fate."

Henry Wadsworth Longfellow, "A Psalm of Life" (1838)

Getting out of bed on a hard morning is a win. Count it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5
Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who or what gets you out of bed?

Today I will stay sober by (one action, with a time or a name):

What time will you get up tomorrow, and what will get you out of bed?

Read this out loud once:

I can drink water and open this book before anything else.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What would make tomorrow morning easier? Can you do it tonight?

Tomorrow's first action:

"*Hold every hour in your grasp.*"

Seneca, Letter 1, trans. Richard Gummere (1917)

A morning without a plan fills itself. Decide what your first three hours are for.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What can you see from where you are sitting that you are glad is there?

Today I will stay sober by (one action, with a time or a name):

What is your plan for this morning, hour by hour?

Read this out loud once:

I can plan my morning and follow the plan.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Where did your plan for today hold up, and where did it slip?

Tomorrow's first action:

"*Habit is habit, and not to be flung out of the window by any man, but coaxed down-stairs a step at a time.*"

Mark Twain, Pudd'nhead Wilson (1894)

Small habits add up. The ones you repeat this week are shaping next month.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What new habit do you want to keep?

Today I will stay sober by (one action, with a time or a name):

What part of tomorrow morning could you make easier tonight?

Read this out loud once:

Small steps count. I took one today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What small step did you take today?

Tomorrow's first action:

"*Morning is when I am awake and there is a dawn in me.*"

Henry David Thoreau, Walden (1854)

Four weeks of mornings are behind you. The first hour of the day shapes the rest of it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Describe a morning this week that went well. What made it go well?

Today I will stay sober by (one action, with a time or a name):

Which morning this week do you expect to be hardest, and what will you do about it?

Read this out loud once:

My mornings belong to me again.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What is different about your mornings now compared with Day 1?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Describe your best morning this week, step by step, from waking up to leaving the house.

Keep doing next week:

Change next week:

Next week is about time and money: where your hours and dollars go now.

"*Lost time is never found again.*"

Benjamin Franklin, Poor Richard's Almanack (1748)

Using took hours every week. Those hours are yours again, so decide where some of them go.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you do this week with an hour you used to spend using?

Today I will stay sober by (one action, with a time or a name):

What will you do today with the hour you used to spend using?

Read this out loud once:

I can spend today's hours on what I value.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you do with your free time today?

Tomorrow's first action:

"Circumstance does not make the man; it reveals him to himself."

James Allen, As a Man Thinketh (1903)

Thirty days ago you started with a blank page. Read your Day 1 pages before you write anything today.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What are you most grateful for from the last 30 days?

Today I will stay sober by (one action, with a time or a name):

Look back at your Day 1 pages. What will you do differently today because of them?

Read this out loud once:

Thirty days of pages. I will keep turning them.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What have you started doing without having to think about it?

Tomorrow's first action:

Pause Here

You have reached Day 30.

Put the pen down. Breathe in for a count of four and out for a count of six, five times.

Then turn the page.

Day 30: Thirty Days, Honestly

Before you write, read your Day 1 pages.

What did you believe on Day 1 that you do not believe now?

What do you now do without having to talk yourself into it?

DAY 30 REFLECTION

Who showed up for you this month? Who did not?

What has been harder than you expected?

DAY 30 REFLECTION

What has been easier than you expected?

What are you most proud of from these 30 days?

DAY 30 REFLECTION

Write a letter to the person who will open this book on Day 60.

DAY 30 • MAP IT OUT

Draw, list, or map anything from the last 30 days: people, places, what helped, what got in the way.

"*An ounce of prevention is worth a pound of cure.*"

Benjamin Franklin, Pennsylvania Gazette (1735)

The bill, call, or errand you keep avoiding usually grows while you wait. Handle one of them today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What bill or promise are you handling better than before?

Today I will stay sober by (one action, with a time or a name):

What bill, call, or errand have you been avoiding? When will you take care of it?

Read this out loud once:

I can plan ahead for one hard moment today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you take care of today that you had been avoiding?

Tomorrow's first action:

"Our life is frittered away by detail."

Henry David Thoreau, Walden (1854)

A shorter list is easier to finish. Cross off anything today that does not need to happen.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What do you own that you are glad you did not sell or lose?

Today I will stay sober by (one action, with a time or a name):

What is one thing you can take off today's list?

Read this out loud once:

I can keep today simple.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What could you have skipped today?

Tomorrow's first action:

"Do not act as if thou wert going to live ten thousand years."

Marcus Aurelius, Meditations IV.17, trans. George Long (1862)

You cannot earn back time once it is spent. Spend today's hours on things that matter to you.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who gave you their time this week? What did it cost them?

Today I will stay sober by (one action, with a time or a name):

What will you spend money on today, and is it in your plan?

Read this out loud once:

I will use today well.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you use your hours today?

Tomorrow's first action:

"*He that can have patience can have what he will.*"

Benjamin Franklin, Poor Richard's Almanack (1736)

An ordinary sober day is a good day. It does not need to be exciting to count.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you spend money on this week that you are glad about?

Today I will stay sober by (one action, with a time or a name):

How will you spend your free hours today?

Read this out loud once:

An ordinary day can be a good day.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you spend today, and how do you feel about it?

Tomorrow's first action:

"*Remember that time is money.*"

Benjamin Franklin, "Advice to a Young Tradesman" (1748)

Recovery takes time: calls, meetings, appointments, sleep. Those hours used to go somewhere else.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did staying sober save you this week, in hours or dollars?

Today I will stay sober by (one action, with a time or a name):

Where will your money go this week?

Read this out loud once:

My time and money are going where I choose.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did staying sober make possible this week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Count the hours using used to take in a week, including getting, using, and recovering. What did you do with some of those hours this week?

Keep doing next week:

Change next week:

Next week is about boredom and the slow hours.

"I went to the woods because I wished to live deliberately, to front only the essential facts of life..."

Henry David Thoreau, Walden (1854)

Boredom is uncomfortable, and it passes. Slow hours are easier with a plan for them.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you do this week just because you enjoyed it?

Today I will stay sober by (one action, with a time or a name):

What will you do the next time you feel bored today?

Read this out loud once:

I can be bored and stay sober.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When were you bored today, and what did you do?

Tomorrow's first action:

"A *thing of beauty is a joy for ever.*"

John Keats, Endymion (1818)

Try one new thing this week, even something small, like a different walk or a new recipe.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What was the best thing you saw this week?

Today I will stay sober by (one action, with a time or a name):

What new thing could you try this week that costs little or nothing?

Read this out loud once:

I can try one new thing today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you try today that was new?

Tomorrow's first action:

"*All that we are is the result of what we have thought.*"

The Dhammapada 1, trans. F. Max Muller (1881)

What you think about most shapes how you feel. Give your mind something worth holding.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What do you like to do with your hands?

Today I will stay sober by (one action, with a time or a name):

What will you do with your hands this evening?

Read this out loud once:

I can choose what I think about next.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What held your attention today?

Tomorrow's first action:

"Ah, but a man's reach should exceed his grasp,
Or what's a heaven for?"

Robert Browning, "Andrea del Sarto" (1855)

Wanting more from life is a good sign. Pick one thing you would like to learn and start small.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5
Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What would you like to learn?

Today I will stay sober by (one action, with a time or a name):

What do you want to learn, and when could you give it fifteen minutes today?

Read this out loud once:

I can want more from life and still be patient.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you do today that you would like to do again?

Tomorrow's first action:

"*Sweet are the uses of adversity.*"

William Shakespeare, As You Like It, II.1

Hard days teach things too. Write down what today taught you.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Where can you go that costs nothing and feels good?

Today I will stay sober by (one action, with a time or a name):

Where will you go this weekend that has nothing to do with using?

Read this out loud once:

A slow day is safe when I have a plan for it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What was the slowest part of today, and how did you fill it?

Tomorrow's first action:

"*You need a change of soul rather than a change of climate.*"

Seneca, Letter 28, trans. Richard Gummere (1917)

When you feel restless, a new place can look like the answer. Wherever you go, you bring yourself along.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who could you spend time with this weekend who does not use?

Today I will stay sober by (one action, with a time or a name):

Who could you invite to do something with you this week?

Read this out loud once:

I can find something worth doing on a quiet evening.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you spend time with today?

Tomorrow's first action:

"*I never found the companion that was so companionable as solitude.*"

Henry David Thoreau, Walden (1854)

An evening with nothing planned can be the hardest part of the week. Plan tonight, even if the plan is small.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What surprised you this week?

Today I will stay sober by (one action, with a time or a name):

What is one thing on your calendar you are looking forward to?

Read this out loud once:

My life can be interesting without using.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What made you laugh this week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

List five things you could do on a slow evening that cost little or nothing.

Keep doing next week:

Change next week:

Next week is about work, school, and the tasks that give a day its shape.

"*Men at some time are masters of their fates.*"

William Shakespeare, Julius Caesar, I.2

Showing up on time is a promise kept. Each one rebuilds a little trust.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What work, paid or unpaid, did you do this week that you are proud of?

Today I will stay sober by (one action, with a time or a name):

What time do you need to leave to be on time today?

Read this out loud once:

I can show up on time today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did work, school, or your daily tasks go today?

Tomorrow's first action:

"The spirit of self-help is the root of all genuine growth in the individual."

Samuel Smiles, Self-Help (1859)

Big tasks feel lighter one step at a time. Pick the first step and do only that.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who at work or school has treated you fairly?

Today I will stay sober by (one action, with a time or a name):

What is the first task you will finish today?

Read this out loud once:

I can do my work one task at a time.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you do well today?

Tomorrow's first action:

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

Booker T. Washington, Up from Slavery (1901)

Asking a question at work usually saves more trouble than it causes. People expect someone new to ask.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What can you do that someone else relies on?

Today I will stay sober by (one action, with a time or a name):

Who can you ask for help if you get stuck today?

Read this out loud once:

I can ask a question instead of guessing.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What question did you ask today?

Tomorrow's first action:

"Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are."

Epictetus, Encheiridion VIII, trans. George Long (1877)

Finishing what you start builds confidence. Choose something small enough to finish today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What tool or vehicle makes your work easier?

Today I will stay sober by (one action, with a time or a name):

What task have you been putting off, and when will you start it?

Read this out loud once:

I can finish what I start today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you finish today that you started?

Tomorrow's first action:

"*Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound.*"

James Allen, As a Man Thinketh (1903)

Everyone makes mistakes at work. What matters is what you do in the next hour.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who gave you a chance you did not expect?

Today I will stay sober by (one action, with a time or a name):

What will you do if something goes wrong at work today?

Read this out loud once:

I can learn from a mistake without quitting.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What went wrong today, and what did you do next?

Tomorrow's first action:

"*Learn to labor and to wait.*"

Henry Wadsworth Longfellow, "A Psalm of Life" (1838)

Effort you put in now may not show for weeks. Keep putting it in.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you get done this week that you would have skipped a few months ago?

Today I will stay sober by (one action, with a time or a name):

What will you do on your break today?

Read this out loud once:

My effort today will count later.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you work alongside today?

Tomorrow's first action:

"*Blessed is he who has found his work; let him ask no other blessedness.*"

Thomas Carlyle, Past and Present (1843)

Work gives a day its shape. Showing up and finishing one task is enough for today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What would you like to be doing for work a year from now?

Today I will stay sober by (one action, with a time or a name):

What is one step you can take this week toward the work you want a year from now?

Read this out loud once:

I can be someone others count on.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you learn about yourself at work this week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

What went well at work, school, or home this week? What was hard?

Keep doing next week:

Change next week:

Next week is about repairing things with one person.

"*To err is human, to forgive divine.*"

Alexander Pope, An Essay on Criticism (1711)

Admitting a mistake early costs less than hiding it. Say it plainly, then get to fixing it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who has forgiven you for something?

Today I will stay sober by (one action, with a time or a name):

Is there a mistake you need to own today? How will you do it?

Read this out loud once:

I can admit a mistake without falling apart.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What mistake did you own today?

Tomorrow's first action:

"*It is never too late to give up our prejudices.*"

Henry David Thoreau, Walden (1854)

Repairing a relationship starts with one small step. You do not have to finish it this week.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Which relationship is a little better now than it was on Day 1?

Today I will stay sober by (one action, with a time or a name):

Who would you like to make things right with? What is one small step you can take this week?

Read this out loud once:

I can take one small step toward someone I hurt.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you think about today that you have hurt, or who has hurt you?

Tomorrow's first action:

"With malice toward none, with charity for all..."

Abraham Lincoln, Second Inaugural Address (1865)

Someone else's anger belongs to them. You can listen, stay calm, and stay sober.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who stayed in your life when they had reason to leave?

Today I will stay sober by (one action, with a time or a name):

How will you respond if someone is angry with you today?

Read this out loud once:

I can let someone be angry with me and stay sober.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who were you angry with today? What did you do with the anger?

Tomorrow's first action:

"*Hatred does not cease by hatred at any time: hatred ceases by love.*"

The Dhammapada 5, trans. F. Max Muller (1881)

Holding a grudge keeps an old hurt alive. You can set it down for today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who could you thank for something they did years ago?

Today I will stay sober by (one action, with a time or a name):

What grudge are you carrying into today? What would it take to set it down for one day?

Read this out loud once:

I can set down one grudge for today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you let go of today?

Tomorrow's first action:

"*Let a man overcome anger by love.*"

The Dhammapada 223, trans. F. Max Muller (1881)

A pause before you answer can save a relationship. Count to ten, or step out of the room first.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

When did you keep your temper this week? What helped?

Today I will stay sober by (one action, with a time or a name):

What will you do the next time you feel your temper rise?

Read this out loud once:

I can wait before I answer.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When did you pause before reacting today?

Tomorrow's first action:

"*This above all: to thine own self be true.*"

William Shakespeare, Hamlet, I.3

Keeping a small promise rebuilds trust faster than making a big one.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What promise have you kept this month?

Today I will stay sober by (one action, with a time or a name):

What promise will you keep today, and to whom?

Read this out loud once:

I can keep one promise today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What promise did you keep today?

Tomorrow's first action:

"*Love all, trust a few, do wrong to none.*"

William Shakespeare, All's Well That Ends Well, I.1

Repair is slow. One honest conversation this week is more than most weeks held a few months ago.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who would you like to reconnect with, and what would a first step look like?

Today I will stay sober by (one action, with a time or a name):

Who do you owe a call or a letter? When will you do it?

Read this out loud once:

Repair takes time. I can be patient with it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Which relationship feels different than it did a month ago?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Is there one relationship you are ready to start repairing? What is the first step, and when will you take it?

Keep doing next week:

Change next week:

Next week is about your body.

"*Do the thing, and you shall have the power.*"

Ralph Waldo Emerson, "Compensation" (1841)

Regular meals steady your mood. Decide now when you will eat today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did your body let you do today?

Today I will stay sober by (one action, with a time or a name):

When will you eat today, and what?

Read this out loud once:

I will drink water and eat a real meal today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you take care of your body today?

Tomorrow's first action:

"Wisely and slow; they stumble that run fast."

William Shakespeare, Romeo and Juliet, II.3

A short walk can ease stress and help you sleep. Ten minutes is enough to start.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What part of your health has improved since you stopped?

Today I will stay sober by (one action, with a time or a name):

When could you take a ten-minute walk today?

Read this out loud once:

I can walk for ten minutes today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How much did you move today?

Tomorrow's first action:

"*There is nothing either good or bad, but thinking makes it so.*"

William Shakespeare, Hamlet, II.2

Aches and poor sleep are common in early recovery. Take care of what you can, and tell a doctor about anything that worries you.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

How does your body feel after a good night's sleep?

Today I will stay sober by (one action, with a time or a name):

What will you do today if your body hurts or feels off?

Read this out loud once:

I can notice pain without making it worse.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did your body need today that it did not get?

Tomorrow's first action:

"A *man is relieved and gay when he has put his heart into his work and done his best.*"

Ralph Waldo Emerson, "Self-Reliance," Essays: First Series (1841)

Sixty days. Read your Day 30 pages before you write anything today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What about your body or health are you grateful for after 60 days?

Today I will stay sober by (one action, with a time or a name):

Look back at your Day 30 pages. What will you keep doing today?

Read this out loud once:

Sixty days of pages. I will keep going.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What do you do now without having to talk yourself into it?

Tomorrow's first action:

Pause Here

You have reached Day 60.

Sit back. Let your shoulders drop. Breathe in for a count of four and out for a count of six, five times.

Then turn the page.

Day 60: What Is Being Built

Before you write, read your Day 30 pages.

What got harder after the first month, and when did you notice?

What was using costing you each week, in hours and in money? What are you doing with those hours now?

DAY 60 REFLECTION

Which relationship has changed the most?

What are you still struggling with?

DAY 60 REFLECTION

Who do you lean on most now?

What would you tell someone who is on Day 30?

DAY 60 REFLECTION

Write a letter to the person who will open this book on Day 90.

DAY 60 · MAP IT OUT

Draw, list, or map anything from the last 30 days: people, places, what helped, what got in the way.

"*He who overcomes himself is mighty.*"

Tao Te Ching 33, trans. James Legge (1891)

Slow breathing calms the body. Breathe in for a count of four and out for a count of six.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Where in your body do you feel calm right now?

Today I will stay sober by (one action, with a time or a name):

When will you stop for one minute of slow breathing today?

Read this out loud once:

I can breathe slowly for one minute.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When did you feel calm today?

Tomorrow's first action:

"*Little by little does the trick.*"

Aesop, "The Crow and the Pitcher," trans. Joseph Jacobs (1894)

Rest is part of recovery. Fifteen quiet minutes can reset a hard afternoon.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What kind of movement do you enjoy?

Today I will stay sober by (one action, with a time or a name):

When will you rest today, even for fifteen minutes?

Read this out loud once:

Rest is part of recovery.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you rest today?

Tomorrow's first action:

"*How poor are they that have not patience!*"

William Shakespeare, Othello, II.3

Your body has had nine weeks to recover. Sleep and food are still doing most of the work.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who helps you take care of your health?

Today I will stay sober by (one action, with a time or a name):

Is there a doctor or dentist appointment you have been putting off? When will you call?

Read this out loud once:

I am treating my body better.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What change in your health have you noticed this week?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

What has changed in your body since Day 1? Think about sleep, appetite, energy, skin, and mood.

Keep doing next week:

Change next week:

Next week is about helping someone else.

"*The only way to have a friend is to be one.*"

Ralph Waldo Emerson, "Friendship" (1841)

Doing something kind for someone else gives your own worries a rest for a while.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who have you helped recently? What did it feel like?

Today I will stay sober by (one action, with a time or a name):

What kind thing can you do today that no one will know about?

Read this out loud once:

I can do one kind thing today and tell no one.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What kind thing did you do today?

Tomorrow's first action:

"If I can stop one heart from breaking,
I shall not live in vain."

Emily Dickinson, Poems (1890)

Listening without trying to fix anything is a gift. Give it to one person today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5
Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who needs something you can give this week?

Today I will stay sober by (one action, with a time or a name):

Who in your life could use a call or a visit this week?

Read this out loud once:

I can listen to someone today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you listen to today?

Tomorrow's first action:

"The credit belongs to the man who is actually in the arena."

Theodore Roosevelt, "Citizenship in a Republic" (1910)

Your story, including the hard parts, may help someone who is where you were.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What have you learned in recovery that you could pass on?

Today I will stay sober by (one action, with a time or a name):

Who might be helped by hearing part of your story?

Read this out loud once:

My story may help someone else.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When did your own experience help someone today?

Tomorrow's first action:

"*Your pain is the breaking of the shell that encloses your understanding.*"

Kahlil Gibran, The Prophet (1923)

What you have been through can become useful to someone else. That starts with staying sober today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who helped you before you knew you needed help?

Today I will stay sober by (one action, with a time or a name):

Where could you give an hour of help this month?

Read this out loud once:

What I have been through can be useful.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you give today, and what did it cost you?

Tomorrow's first action:

"Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of which all men have some."

Charles Dickens, "A Christmas Dinner," Sketches by Boz (1836)

Gratitude is easier to find when you look for it on purpose. Write down what you find.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What small thing can you thank someone for today?

Today I will stay sober by (one action, with a time or a name):

Who will you thank today, and how?

Read this out loud once:

I can give thanks on a hard day.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you thank someone for today?

Tomorrow's first action:

"*We often discover what will do, by finding out what will not do.*"

Samuel Smiles, Self-Help (1859)

Someone newer than you is struggling today. The patience you give them is patience you once needed.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who is newer to recovery than you, and what might help them?

Today I will stay sober by (one action, with a time or a name):

Who is newer in recovery than you? How could you reach out?

Read this out loud once:

I can be patient with someone who is where I was.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who did you notice today who might be struggling?

Tomorrow's first action:

"*For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.*"

Rudyard Kipling, The Second Jungle Book (1895)

Somebody is on Day 1 today. What you have learned since your own Day 1 could help them.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did helping someone this week give back to you?

Today I will stay sober by (one action, with a time or a name):

What did someone do for you early on that you could do for someone else?

Read this out loud once:

I have something to give.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did helping someone this week affect your own recovery?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

Who did you help this week, and what did it do for you?

Keep doing next week:

Change next week:

Next week is about hard dates: holidays, anniversaries, and paydays.

"*If there is no struggle there is no progress.*"

Frederick Douglass, West India Emancipation speech (1857)

Hard dates are easier with a plan made ahead of time. Write down what you will do and who you will call.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What upcoming date are you glad you will face sober?

Today I will stay sober by (one action, with a time or a name):

What hard date is coming up in the next month? What is your plan for it?

Read this out loud once:

I can plan for a hard day before it comes.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What upcoming date is on your mind tonight?

Tomorrow's first action:

"*It is easier to stay out than get out.*"

Mark Twain, Following the Equator (1897)

You can go to a celebration, stay a short time, and leave. Arrive with your own way home.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Which holiday or tradition do you want to enjoy in a new way?

Today I will stay sober by (one action, with a time or a name):

What event this month might include alcohol or drugs? How will you handle it?

Read this out loud once:

I can go to a celebration and leave early.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What event are you nervous about, and what is your plan?

Tomorrow's first action:

"*Beware of little expenses; a small leak will sink a great ship.*"

Benjamin Franklin, The Way to Wealth (1758)

Payday can pull old habits back. Pay your bills first and carry less cash.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you do with your last paycheck that you are glad about?

Today I will stay sober by (one action, with a time or a name):

When is your next payday, and what is your plan for that day?

Read this out loud once:

I have a plan for payday.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

How did you handle money today?

Tomorrow's first action:

"Our doubts are traitors,
And make us lose the good we oft might win
By fearing to attempt."

William Shakespeare, Measure for Measure, I.4

Saying no gets easier with practice. A short, plain answer is enough.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who will be with you on your next hard date?

Today I will stay sober by (one action, with a time or a name):

What will you say to an invitation you want to turn down?

Read this out loud once:

I can say no to an invitation.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What did you say no to today?

Tomorrow's first action:

"If you can keep your head when all about you
Are losing theirs and blaming it on you..."

Rudyard Kipling, "If" (1910)

When people around you get loud or upset, you can stay steady. Breathe, and speak slowly.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5
Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What anniversary or memory are you grateful to have faced sober?

Today I will stay sober by (one action, with a time or a name):

Who will you be with on your next holiday or anniversary?

Read this out loud once:

I can stay calm when others are not.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What memory came up today, and what did you do with it?

Tomorrow's first action:

"*Our remedies oft in ourselves do lie.*"

William Shakespeare, All's Well That Ends Well, I.1

If you slip, get back up the same day. Call someone, and turn to the next page.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What did you get through this month that you once thought you could not?

Today I will stay sober by (one action, with a time or a name):

If you slipped today, who would you call first?

Read this out loud once:

If I fall, I can get up again.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What got you back up today when you felt low?

Tomorrow's first action:

"He has not learned the lesson of life who does not every day surmount a fear."

Ralph Waldo Emerson, "Courage," Society and Solitude (1870)

Holidays, anniversaries, and paydays arrive whether you are ready or not. Write the plan now, while the day is still ahead of you.

Slept _____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who can you call on a holiday or anniversary?

Today I will stay sober by (one action, with a time or a name):

What is the hardest date on your calendar this year? Who knows about it?

Read this out loud once:

I have a plan for the days that scare me.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Who knows your plan for the hard days ahead?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

List the hard dates coming up in the next six months. Write one plan for each.

Keep doing next week:

Change next week:

Next week is about the next 90 days.

"To strive, to seek, to find, and not to yield."

Alfred, Lord Tennyson, "Ulysses" (1842)

Day 90 is close. The habits that got you here are worth keeping after this book ends.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What do you have now that you want to protect?

Today I will stay sober by (one action, with a time or a name):

What part of your routine do you want to protect after Day 90?

Read this out loud once:

I can keep going after Day 90.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What part of today do you want more of after Day 90?

Tomorrow's first action:

“"Hope" is the thing with feathers
That perches in the soul.”

Emily Dickinson, Poems (1891)

Hope grows when you have something to look forward to. Put one good thing on your calendar.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What are you looking forward to?

Today I will stay sober by (one action, with a time or a name):

What are you looking forward to next month?

Read this out loud once:

I can hope for good things.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What gave you hope today?

Tomorrow's first action:

"*Little strokes fell great oaks.*"

Benjamin Franklin, Poor Richard's Almanack (1750)

Big goals are made of small steps. Pick one goal for the next 30 days and the first step toward it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What small step did you take this week toward something bigger?

Today I will stay sober by (one action, with a time or a name):

What is one goal for the next 30 days?

Read this out loud once:

I can set one goal for the next month.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What small step did you take today toward something bigger?

Tomorrow's first action:

"*If one advances confidently in the direction of his dreams... he will meet with a success unexpected in common hours.*"

Henry David Thoreau, Walden (1854)

Picture an ordinary day in the life you want. Then take one step toward it.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Who do you want with you for the next 90 days?

Today I will stay sober by (one action, with a time or a name):

What step can you take this week toward the life you want?

Read this out loud once:

I can picture the life I want and take one step toward it.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What would the life you want look like on an ordinary Tuesday?

Tomorrow's first action:

"What's gone and what's past help should be past grief."

William Shakespeare, The Winter's Tale, III.2

Some of what you do now happens without much thought. That is how a habit feels once it takes hold.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Which new habit are you most grateful for?

Today I will stay sober by (one action, with a time or a name):

Which habit from this journal will you keep after Day 90?

Read this out loud once:

I can protect the habits that are working.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Which habit felt automatic today?

Tomorrow's first action:

"*Always do right. This will gratify some people and astonish the rest.*"

Mark Twain, note to the Young People's Society (1901)

Your values show in what you do. Choose one action today that matches them.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What value do you live by now that you did not before?

Today I will stay sober by (one action, with a time or a name):

What value do you want to live by today?

Read this out loud once:

I can live by my values today.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

When did you act on your values today?

Tomorrow's first action:

"*Nothing great was ever achieved without enthusiasm.*"

Ralph Waldo Emerson, "Circles" (1841)

Twelve weeks of pages sit behind this one. Turn back to a page from week 1 before you start today.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What would you tell yourself on Day 1?

Today I will stay sober by (one action, with a time or a name):

What will your mornings look like after this book is finished?

Read this out loud once:

I am building something worth keeping.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What would you tell someone starting their Day 1 tonight?

Tomorrow's first action:

Sober days this week (circle each): 1 2 3 4 5 6 7

Pages filled in this week: ____ of 14

Missed pages reset nothing. Pick up on the next blank page.

The best hour of my week:

The hardest hour, and what got me through it:

One person I will thank by name this week, and how:

Something I am grateful for this week that I did not see coming:

Is my anchor still working?

Circle one: Yes No If no, my new anchor:

After I

What do you want the next 90 days to look like? Who will be part of them?

Keep doing next week:

Change next week:

Six days are left in this book. Keep going.

"*I am the master of my fate:*
I am the captain of my soul."

William Ernest Henley, "Invictus" (1888)

Every day is full of choices. Tonight, notice one you made well.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5
Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What choice from this week are you proud of?

Today I will stay sober by (one action, with a time or a name):

What choice will you face today, and what will you choose?

Read this out loud once:

I choose what I do next.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What choice today are you proud of?

Tomorrow's first action:

"Slow but steady wins the race."

Aesop, "The Hare and the Tortoise," trans. George Fyler Townsend (1867)

Progress in recovery can feel slow. Look back at Day 1 and see how far you have come.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What change in you has taken the longest, and is still happening?

Today I will stay sober by (one action, with a time or a name):

What part of your recovery still feels slow? What is one step on it today?

Read this out loud once:

Slow progress is still progress.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Where did you see progress today, even if it was slow?

Tomorrow's first action:

"The mind is its own place, and in itself
Can make a Heaven of Hell, a Hell of Heaven."

John Milton, Paradise Lost (1667), I

How you see a day shapes how you live it. Before you sleep, look for what went right.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What looked bad at first this month and turned out fine?

Today I will stay sober by (one action, with a time or a name):

What could go wrong today, and how will you handle it?

Read this out loud once:

I can change how I see my day.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What looked like a bad day and turned out all right?

Tomorrow's first action:

"*All shall be well, and all shall be well, and all manner of thing shall be well.*"

Julian of Norwich, Revelations of Divine Love, trans. Grace Warrack (1901)

Good enough is good enough. Today does not need to be perfect.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What is working in your life right now?

Today I will stay sober by (one action, with a time or a name):

What is working well that you want to keep doing today?

Read this out loud once:

Today can be good enough.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What went right today?

Tomorrow's first action:

"*Nothing can bring you peace but yourself.*"

Ralph Waldo Emerson, Self-Reliance (1841)

Find one quiet minute today. Sit still and let your breathing slow down.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

Where have you found peace in recovery?

Today I will stay sober by (one action, with a time or a name):

Where will you find a quiet minute today?

Read this out loud once:

I can find peace in this hour.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

Where did you find peace today?

Tomorrow's first action:

"*I am a part of all that I have met.*"

Alfred, Lord Tennyson, "Ulysses" (1842)

Ninety days. Read Days 1, 30, and 60 before you write today, and notice what has changed.

Slept ____ hours Body 1 2 3 4 5 Mind 1 2 3 4 5

Circle one each. Body: how you feel physically. Mind: your mood. 1 = rough, 5 = good.

What are you most grateful for from these 90 days?

Today I will stay sober by (one action, with a time or a name):

Look back at Days 1, 30, and 60. What will you do today because of what you read?

Read this out loud once:

Ninety days of pages. The next page is still there.

Three good things today, and what made each one happen:

1.

What made it happen:

2.

What made it happen:

3.

What made it happen:

Today I felt (circle any): hungry angry lonely tired

What I did about it:

A craving: time _____ where _____ strength 1 2 3 4 5

What I did:

Sober today? (circle one) Yes Not today (turn to page 240 tonight)

What are you taking with you into Day 91?

Tomorrow's first action:

Pause Here

You have reached Day 90.

Before you write anything, take a minute. Breathe slowly, and think of one person who helped you get here.

Then turn the page.

Day 90: Then and Now

Before you write, read your Day 1, Day 30, and Day 60 pages.

Which three pages would you show someone on their Day 1, and why?

What has changed most since Day 1?

DAY 90 REFLECTION

What are you still afraid of?

Who will you call first if you are in trouble?

DAY 90 REFLECTION

Which habits from these 90 days will you keep?

What do you want Days 91 to 180 to look like? Continue on The Next 90 Days page.

DAY 90 REFLECTION

Write a letter to yourself one year from today.

DAY 90 · MAP IT OUT

Draw, list, or map anything from the last 30 days: people, places, what helped, what got in the way.

The Next 90 Days

What will I keep doing every day?

Who will I stay in touch with, and how often?

What will I do on the hard dates in the next 90 days?

What am I working toward by Day 180?

What will I do if I notice old patterns coming back?

Where will I keep writing now that this book is finished?

If I Use Again

If you use again, this book does not turn against you. The plan is simple: get safe, reduce harm, tell someone, and get back to care as soon as you can. Then turn to the next blank page.

If you return to opioids after a period of not using or using less, your tolerance may be lower than it was before. Do not use alone. Keep naloxone (Narcan) nearby, and make sure someone with you knows how to use it.

Fill in this page now, on a steady day, so the plan is ready when you need it.

The first person I will call:

If they do not answer, I will call:

A safe place I can go:

What I will do in the next hour:

Who else needs to know (doctor, counselor, group):

What I will do tomorrow morning:

If you are in danger, call 911. For crisis support, call or text 988.

People and Resources

Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number
Name	Number

Crisis: call or text 988
988 Suicide and Crisis Lifeline, 24/7. Chat at 988lifeline.org.

Emergency: 911

Treatment referrals: 1-800-662-4357
SAMHSA National Helpline, free and confidential, 24/7, English and Spanish. To find treatment near you, text your ZIP code to 435748 or search FindTreatment.gov.

Free Support Groups

These groups are free to attend. Most meet in person and online. Try more than one until you find a room that fits.

Alcoholics Anonymous (AA) aa.org
12-step groups for people with a drinking problem.

Narcotics Anonymous (NA) na.org
12-step groups for recovery from any drug.

SMART Recovery smartrecovery.org
Skills-based groups with no religious content, for any addiction.

LifeRing Secular Recovery lifering.org
Secular peer support, in person, online, and by email.

Recovery Dharma recoverydharma.org
Peer-led groups based on Buddhist practices.

Celebrate Recovery celebraterecovery.com
Christ-centered 12-step groups, usually hosted by churches.

Women for Sobriety womenforsobriety.org
Support groups for women.

For family and friends al-anon.org
Al-Anon, Nar-Anon, and SMART Recovery Family & Friends.

Online Meetings

Online meetings run at every hour of the day and night. You can use a first name only and keep your camera off. Many also have a phone number you can dial in to with no internet at all.

In The Rooms intherooms.com
Free live video meetings every week for many recovery paths, 12-step and others. A free account with a username is all you need.

AA Online Intergroup aa-intergroup.org
AA meetings by video, phone, chat, and email, around the clock.

Meeting Guide app aa.org
AA's free app lists in-person, online, and phone meetings.

Virtual NA virtual-na.org
Narcotics Anonymous meetings online and by phone.

SMART Recovery Online smartrecovery.org
Online meetings, chat, and message boards.

LifeRing Online lifering.org
Video meetings, chat, forums, and email groups.

Some recovery websites show phone numbers that connect to treatment centers selling their services. For free, neutral referrals, call the SAMHSA National Helpline:
1-800-662-4357

Alder Creek Editions is not connected to any group or website listed in this book. Websites change. If one stops working, the SAMHSA helpline can point you to current options.

MAP YOUR RESOURCES

Map the people, places, and phone numbers that help you. Put yourself in the middle.

NOTES

About the Authors

Stephen Deason has been in Recovery for more than eleven years and still begins and ends each day with meditation and gratitude. He has spent more than thirty years building teams and companies in healthcare and technology.

Stephen writes from his own experience about recovery, economics, business, and social enterprise.

You can find more about Stephen and his work at aldercreekeditions.com and at his personal website, stephendeason.com.

Melissa Deason is also in long-term recovery, is a CPS-AD CARES Certified Peer Support Specialist for Addictive Disease, has been an attorney, and now spends her days wrangling tiny humans and working with women entering Recovery. She is Stephen's wife and the co-author of this journal.

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7. *One Day at a Time, Written Down*
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