



Journaling Guide



Wellness Recovery

This is your guide to healing in addiction and you should be able to refer back to your personally created guide in times of trouble.

Anything you feel is important should be added to this journal as preparedness planning for triggers, cravings, and relapse prevention.



1 List All Triggers

(people, places, things, sites, smells, sounds, etc.)

Triggers are things that remind you of use and can bring you into a state of craving and “hijacked thinking.” Identifying all triggers helps you plan and also demystifies navigating through daily life wondering why you have been reminded of use and crave more on certain days than others. At the beginning, triggers are to be avoided. As you begin to heal you will be taught how to master them.

2 List 5 Go-To Activities

(These activities will distract you during a time of craving)

These should be activities that are healthy and able to be performed easily. May include, but are not limited to, artistic endeavors (coloring, drawing, painting, woodwork), exercise, healthy eating (snacking on vegetables or fruit, drinking a full glass of water), gardening, hiking, or other outdoor projects, building, creating, repairing, puzzles (sudoku, crossword, tetris). Anything that uses the brain and the hands together is preferred.

3 Daily Dedication

(this is to be performed during your daily medication dose if you're in the MAT program)

1. Write today's date
2. Write “just for today I will:”
 - #1 - “be grateful for _____”.
 - #2 - “rededicate to my health and sobriety through the intention of _____.” (All the reasons to become healthy and sober)

4 Emergency Action Plan

(A plan of what emergency procedures should be followed when you are unexpectedly presented with use; [e.g. someone unexpectedly offers you a drug])

Isolate yourself for 5 min in a private space and retrieve your journal which should have the following 2 questions already written for you to answer:

- #1. Why do I want to use?
- #2. What could happen if I do use?

(Drug use desensitizes you to the risk of danger to yourself and others. This list would be incomplete without injury or death to oneself or another human being)