

Writing About My Recovery Direction

Addiction and recovery | Adults | 10 minutes

Explore your reasons, strengths, and support needs without turning recovery into a test.

Choose one prompt or write a few lines for each. You can use a voice note or speak your answer with a clinician. Keep the focus on your own experience. You do not have to share anything that feels too private.

Begin where you are

Write about a real moment rather than what you think recovery should look like. Include mixed feelings if they are present. A useful entry can be a sentence about uncertainty, a small action you took, or a need that still has not been met.

Finish with care

After writing, notice whether you need connection, a practical task, rest, or support. Choose one small action that fits your current plan. If reflection makes urges stronger or brings up safety concerns, pause and use your support or safety plan rather than pushing to finish.

A part of life I want to protect or rebuild is

A choice I made recently that deserves recognition is

An obstacle I need help with rather than more self criticism is

One thing I want my treatment team or support person to understand is