

12 RECOVERY JOURNAL PROMPTS



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This journal is intended for self-reflection only. It is not to be considered a mental health diagnosis or a medical opinion.

For professional recovery help, please call Icarus Behavioral Health Nevada at (702) 723-4774 for a consultation.

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RECOVERY PROMPTS

Write a "Dear Future Self," letter describing your recovery process.

Explain your addiction (or other issues).

Write a "Dear Past Self" letter about how you achieved sobriety or stability.

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RECOVERY PROMPTS

Write about your biggest trigger.

Explain what you'd say if you could talk to [insert name].

Write your life story after addiction recovery.

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RECOVERY PROMPTS

Set one small, manageable goal.

Write a goodbye letter to your last mistake.

Describe your self-care routine.

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RECOVERY PROMPTS

Write a letter to “Dear Present Self,” to celebrate your progress.

Explore reasons why you are grateful.

Write a brief blog post about your addiction or struggles.