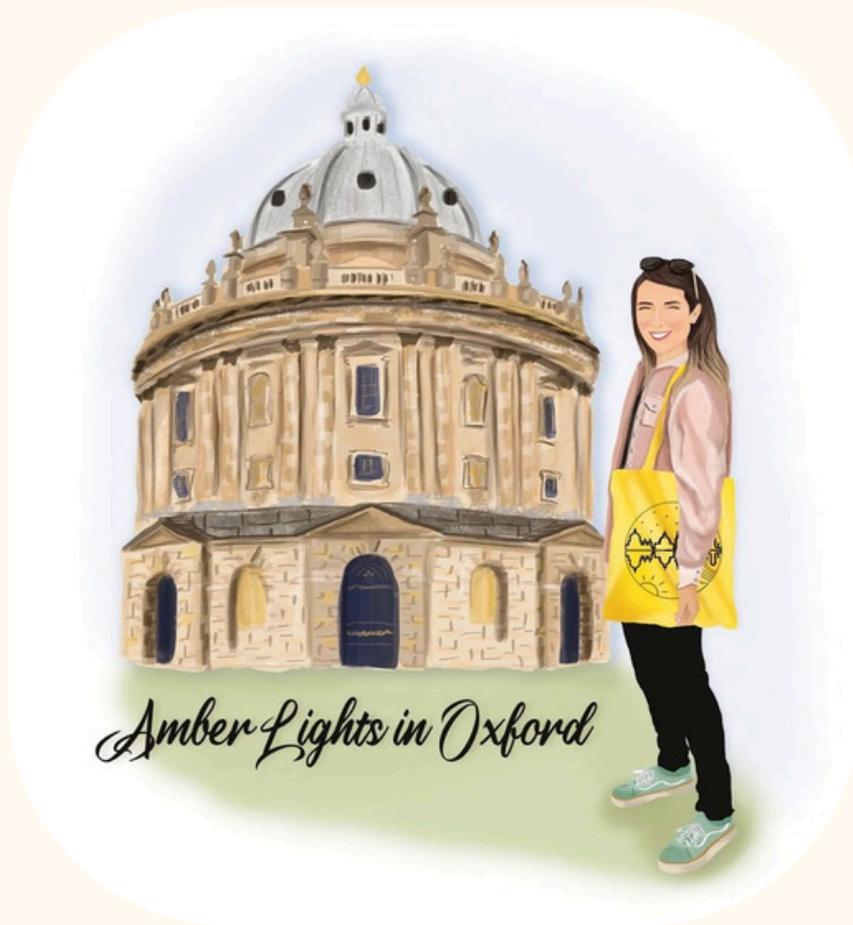


AMBER LIGHTS

*The light
within*

A GUIDED JOURNAL FOR FINDING
YOURSELF WHILE LOVING
SOMEONE WITH ADDICTION



This workbook has been written by
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The design of this workbook has been created by
Cherished Creative

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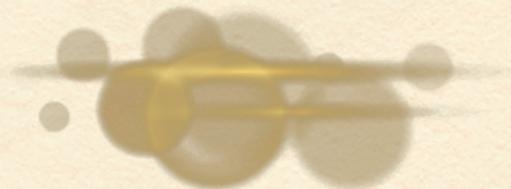
Chapter 6:
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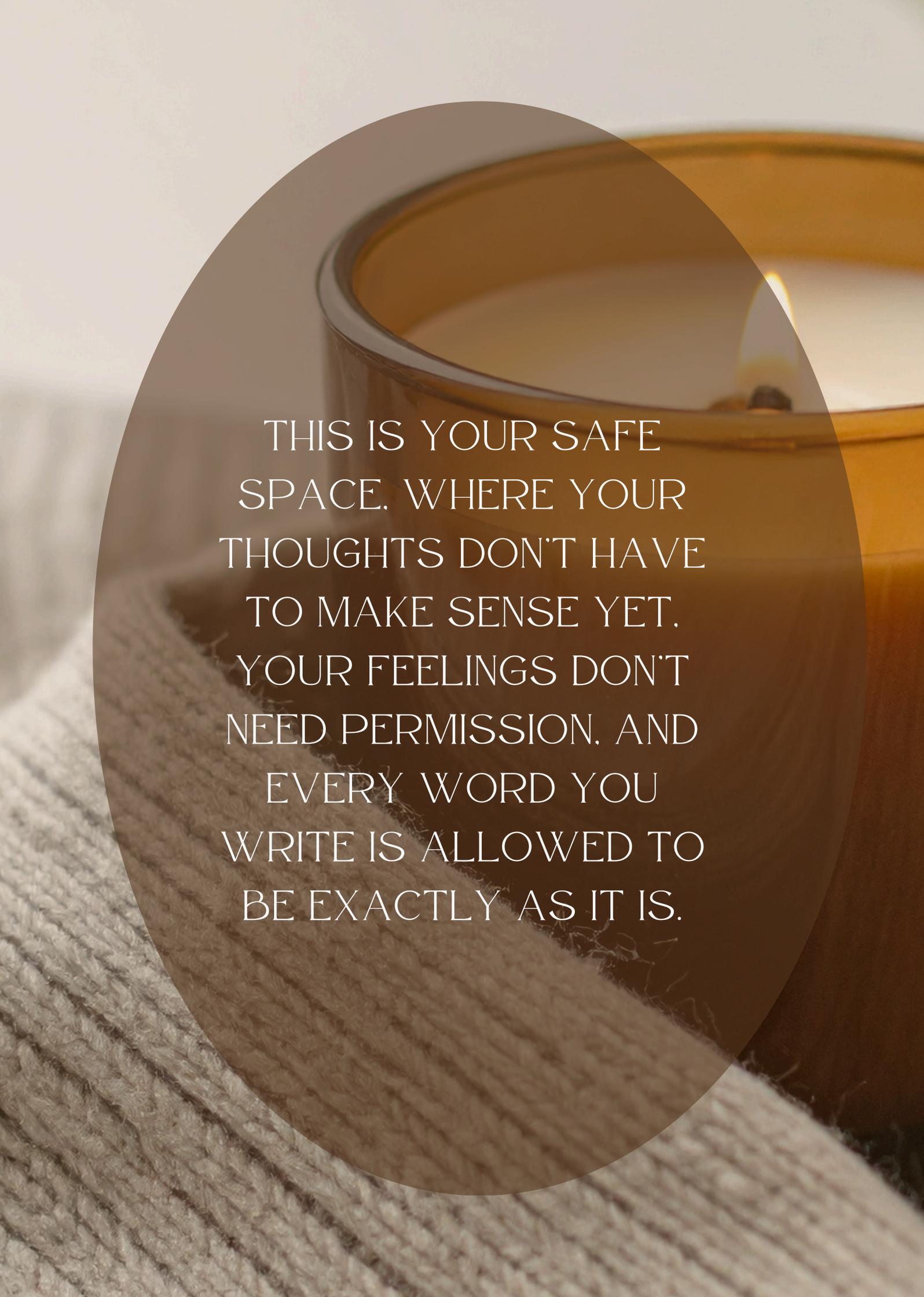


Your safe space

This is your safe space to feel,
understand and reflect.

YOUR NAME:



A lit candle in a glass holder, resting on a textured, light-colored surface. The candle is lit, and the flame is visible. The background is softly blurred, showing a white wall and a white object. A large, semi-transparent brown oval is overlaid on the image, containing the text.

THIS IS YOUR SAFE
SPACE. WHERE YOUR
THOUGHTS DON'T HAVE
TO MAKE SENSE YET.
YOUR FEELINGS DON'T
NEED PERMISSION. AND
EVERY WORD YOU
WRITE IS ALLOWED TO
BE EXACTLY AS IT IS.

AMBER LIGHTS

Part One

WELCOME TO YOUR SAFE SPACE



A SAFE SPACE FOR YOU

When you love someone with addiction, you can lose yourself in their chaos. It's exhausting. It's confusing. And somewhere along the way, your own needs might have become invisible, even to yourself.

It's not selfish to need space. It's not cruel to set boundaries, and it doesn't mean you love them any less. It just means you're human, and you deserve to be okay too.

Each chapter within this journal will help you dig deep into you and focus on your needs. This journal is not about fixing your loved one. It's about discovering what you really need, your values, your limits, your hopes, and the life you want to build for yourself.

*Be Kind To Yourself as you do
this work and dig deep.*



Note Space

Use this space to empty any busy thoughts from your mind. Reflect on points such as what you would like to use this journal for and how you can create a safe, calm and reflective space.



A space for your thoughts

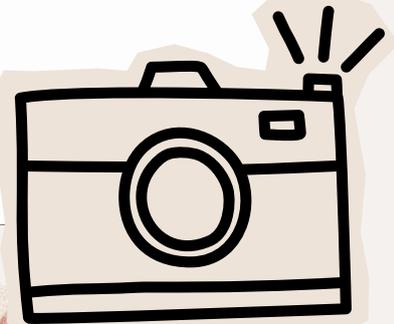
SELF REFLECTION SPACE

What makes you smile?

--	--

What do you like to do to relax?

What are your greatest memories?



What are your greatest achievements?



SELF REFLECTION SPACE

What do you need most at the moment?

Is there anything that you are currently struggling with?



3 words to describe me:



A SPACE TO MAKE YOUR OWN

In the space below, create a collage of all your favourite things. Find images from magazines, Pinterest or doodle your own! This is a great way connect yourself and be in the present moment.



A SPACE TO MAKE YOUR OWN

