

Journal Prompts-Addiction

Recognizing the Impact of Addiction

1. How has my addiction affected my life—physically, emotionally, and socially?
2. What relationships have been impacted by my substance use, and how?
3. What are some things I used to love or enjoy that addiction has taken from me?
4. What are three reasons I want to change my relationship with this substance/behavior?
5. If I continue down the same path, where do I see myself in five years?

Exploring Motivation for Change

6. What does recovery mean to me?
7. What is my biggest fear about giving up this substance/behavior?
8. What is my biggest hope for my life after recovery?
9. How would my day-to-day life improve if I made a change?
10. What is one moment that made me realize I need to do something different?

Overcoming Barriers to Change

11. What excuses or justifications do I use to continue my addiction?
12. How do I handle discomfort or stress without turning to my addiction?
13. What beliefs about myself hold me back from changing? How can I challenge them?
14. What are my biggest triggers, and how can I create a plan to cope with them?
15. What has stopped me from making a change in the past? How can I approach it differently this time?

Building Resilience & Self-Compassion

16. What strengths do I have that will help me in recovery?
17. How can I forgive myself for past mistakes while still holding myself accountable?
18. What would I say to a friend who was struggling with addiction? Can I say the same to myself?
19. What are some small but meaningful steps I can take toward recovery today?
20. How can I celebrate progress, even when it feels small?

Envisioning a Life Beyond Addiction

21. What would a “good day” in recovery look like for me?
22. Who in my life supports my recovery, and how can I lean on them?
23. If I were free from addiction, what new opportunities would open up for me?
24. How can I remind myself that I am worthy of a healthier, happier life?
25. What is one thing I am looking forward to when I take steps toward change?