

Journaling Prompts for Substance Abuse / Addiction

1. What feelings or situations most often lead me to want to use?
2. What do I get from the substance? What is the need underneath that?
3. What am I afraid would happen if I let go of the addiction?
4. What has using cost me-emotionally, physically, relationally?
5. What have I learned about myself in moments of sobriety?
6. Who am I when I'm not numbing or escaping?
7. What supports or coping skills could replace the role of the substance?
8. Write a letter from your future self who is in recovery. What do they want you to know?