



Recovery Writing Prompts

- 1) What are your top three reasons for wanting to recover?
- 2) Imagine your ideal life one year from now. What would that look like? Be as detailed as possible.
- 3) Write a break-up letter to your drug of choice. Share it in a blog comment or with a friend or a sponsor if you'd like.
- 4) What do you fear most about recovering? What about your previous life is most difficult to leave behind? How will your new life be better? Be as detailed as you can.
- 5) What are 10 things you're most grateful for today?
- 6) How do you imagine recovery will change your life? What new opportunities will your recovery bring you?
- 7) How do you hope to grow through your recovery? In what ways do you hope to change? How do you feel about the changes that are happening now?

If you'd like, share your writings on our blog or with a friend or a sponsor.