

MY SOBER CARE

Journaling Workbook 2

-DEEPENING RECOVERY-

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Worksheet 1: Values Clarification

Instructions: Use this worksheet to explore what matters most to you and how your recovery choices can align with your core values.

Step 1 – Identify Your Core Values

Circle or write down 3–5 values that feel most important to you:

- Family
- Health
- Honesty
- Growth
- Freedom
- Creativity
- Spirituality
- Service
- Other: _____

Step 2 – Why These Values Matter

For each value, write why it's important to you:

- Value: _____ → Why it matters:

- Value: _____ → Why it matters:

- Value: _____ → Why it matters:

Step 3 – Aligning Recovery with Values

How does staying sober help you live in alignment with these values?

Step 4 – Action Step

What is one small action you can take this week to live closer to your values?

Worksheet 2: Coping Toolbox Builder

Instructions: Use this worksheet to create your personal “Coping Toolbox.” These are the healthy strategies you can turn to when you feel stressed, triggered, or overwhelmed. The more tools you have, the stronger your recovery foundation becomes.

Step 1 – My Go-To Calming Tools

List activities that help you calm down in the moment:

- _____
- _____
- _____
- _____

Examples: deep breathing, meditation, stretching, listening to music.

Step 2 – My Supportive People

Who can I reach out to when I need encouragement or accountability?

- _____
- _____
- _____

Step 3 – My Healthy Distractions

What activities can I do to shift my focus away from cravings or stress?

- _____
- _____
- _____

Examples: journaling, walking, reading, creative hobbies.

Step 4 – My Emergency Plan

When I feel close to relapse, what are the 3 steps I will take?

1. _____
2. _____
3. _____

Step 5 – Daily Practice

Which one tool from my list will I commit to practicing every day this week?

- _____
- _____
- _____

Worksheet 3: Triggers & Emotions Log

Instructions: Use this worksheet daily or weekly to track situations that trigger strong emotions or cravings. By noticing patterns, you can build healthier responses and strengthen your recovery.

Step 1 – The Situation

What happened? (event, place, or interaction)

Step 2 – My Emotional Response

What emotion(s) did I feel? (circle or write)

- Angry
- Sad
- Lonely
- Anxious
- Stressed
- Ashamed
- Other: _____

Intensity (1–10): _____

Step 3 – My Automatic Reaction

What did I do or want to do in that moment?

Step 4 – My Coping Response

What healthy strategy did I use (or could I have used)?

Examples: deep breathing, journaling, calling a friend, walking, mindfulness.

Step 5 – Reflection

What did I learn from this situation?

What will I try next time?

Worksheet 4: Self-Compassion Practice

Instructions: Use this worksheet to notice your inner dialogue and practice turning self-criticism into supportive, compassionate thoughts.

Step 1 – Notice the Critical Thought

What did I say to myself?

Step 2 – How Did It Make Me Feel?

Emotion(s): _____

Intensity (1–10): _____

Step 3 – Reframe with Compassion

If I were speaking to a friend in this situation, what would I say?

Step 4 – My New Self-Compassion Statement

Write a kind, supportive statement you can use next time.

Worksheet 5: Boundary Setting & Communication

Instructions: Use this worksheet to practice setting healthy boundaries and communicating your needs clearly.

Step 1 – Identify the Situation

What situation or person do I need to set a boundary with?

Step 2 – My Feelings

How do I feel in this situation?

Step 3 – My Boundary Statement

Use this formula: *“When you _____, I feel _____. I need _____.”*

Step 4 – My Action Plan

What will I do to uphold this boundary if it is not respected?

Worksheet 6: Gratitude & Strengths Journal

Instructions: Use this worksheet daily or weekly to focus on gratitude and recognize your strengths in recovery.

Step 1 – Gratitude

One thing I am grateful for today:

Step 2 – Strengths

One strength I used today:

Step 3 – Reflection

How did gratitude or strength help me in my recovery today?

Worksheet 7: Reflection & Progress Check-In

Instructions: Use this worksheet weekly to reflect on your progress and identify areas for growth.

Step 1 – Wins This Week

What went well in my recovery?

Step 2 – Challenges This Week

What was difficult?

Step 3 – Lessons Learned

What did I learn from these experiences?

Step 4 – Next Week’s Focus

What is one goal or focus I will carry into next week?
