



GUIDED JOURNAL

1,000 Recovery Reflection Prompts

A guided journal for honest reflection, practical planning, and recovery-supportive conversations.

One thousand original prompts across cravings, emotions, shame, grief, boundaries, relationships, identity, motivation, health, support, relapse prevention, purpose, joy, resilience, and the future.

THE RECOVERY DESK

Practical tools for recovery

Before you begin

Use these pages at your own pace. You may pause, skip a question, or complete a page with a trusted support person.



Safety first

- If you may hurt yourself or someone else, call 911. In Canada, call or text 988 for suicide crisis support.
- Call 911 for overdose, severe withdrawal, chest pain, trouble breathing, seizure, severe confusion, or if someone cannot be awakened.
- Do not stop prescribed medication or make withdrawal decisions based on this workbook. Speak with a qualified health professional.

What this resource is

- General education and structured reflection for recovery planning.
- A way to prepare questions, notice patterns, and organize practical next steps.

What it is not

- Medical advice, diagnosis, individualized therapy, legal advice, or emergency care.
- A guarantee of abstinence, safety, or treatment outcome.

Licence

- 1,000 Recovery Reflection Prompts is an original educational resource from The Recovery Desk.
- The purchaser may print copies for their own personal use.
- The file may not be resold, posted online, placed in a shared resource drive, altered for resale, or distributed as a competing product.

How to use 1,000 prompts

This is a library, not an assignment. You never need to answer every question.



Choose deliberately

- Use the contents list to choose a theme that fits the moment.
- Try one prompt, set a time limit, or answer by speaking, drawing, or discussing it with support.
- Skip any prompt that feels unsafe, irrelevant, repetitive, or beyond what you want to explore alone.

Notice the effect

- A useful prompt may create clarity, language, a plan, or a question to bring into care.
- If writing increases distress, pause, orient to the present, change activities, and contact appropriate support.

Keep the scope clear

- The journal is educational and reflective. It is not therapy, diagnosis, medical advice, or crisis care.

Journal map

The prompts are organized into 25 themes with 40 prompts in each theme.



Part 1: Cravings and urges

- Prompts 1-40

Part 2: Emotional awareness

- Prompts 41-80

Part 3: Shame and self-compassion

- Prompts 81-120

Part 4: Grief and loss

- Prompts 121-160

Part 5: Boundaries

- Prompts 161-200

Part 6: Relationships

- Prompts 201-240

Part 7: Recovery identity

- Prompts 241-280

Part 8: Motivation and ambivalence

- Prompts 281-320

Part 9: Physical wellbeing

- Prompts 321-360

Part 10: Sleep and difficult nights

- Prompts 361-400

Part 11: Support and connection

- Prompts 401-440

Part 12: Relapse prevention

- Prompts 441-480

Part 13: After a lapse

- Prompts 481-520

Part 14: Daily structure

- Prompts 521-560

Part 15: Housing and environment

- Prompts 561-600

Part 16: Money and practical stability

- Prompts 601-640

Part 17: Anger and conflict

- Prompts 641-680

Part 18: Trauma-sensitive grounding

- Prompts 681-720

Part 19: Purpose and meaning

- Prompts 721-760

Part 20: Joy and healthy pleasure

- Prompts 761-800

Part 21: Strengths and resilience

- Prompts 801-840

My personal evidence check

A tool earns a place in your plan by being safe, usable, and helpful in your real context.



What I tried

Name the page, skill, plan, or conversation and the situation in which you used it.

What changed

Intensity, access, time, connection, safety, clarity, or the next action—before and after.

What I will do next

Keep, adapt, combine, stop, or bring to an appropriate professional.

Evidence and source notes

This resource is evidence-informed, not a substitute for assessment or a promise of outcome. Sources were selected for authority, relevance, and direct connection to the workbook methods.



Core references

- SAMHSA. TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (2019). store.samhsa.gov/product/tip-35-enhancing-motivation-change-substance-use-disorder-treatment/pep19-02-01-003
- SAMHSA. TIP 41: Substance Abuse Treatment: Group Therapy (2005). store.samhsa.gov/product/tip-41-substance-abuse-treatment-group-therapy/sma15-3991
- SAMHSA. TIP 57: Trauma-Informed Care in Behavioral Health Services (2014). store.samhsa.gov/product/tip-57-trauma-informed-care-behavioral-health-services/sma14-4816
- SAMHSA. TIP 63: Medications for Opioid Use Disorder (2021). library.samhsa.gov/product/tip-63-medications-opioid-use-disorder/pep21-02-01-002
- National Institute on Drug Abuse. Principles of Drug Addiction Treatment: A Research-Based Guide, third edition (2018). nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition

Research and safety references

- Bowen S, et al. Relative efficacy of mindfulness-based relapse prevention, standard relapse prevention, and treatment as usual. JAMA Psychiatry. 2014;71(5):547-556. doi:10.1001/jamapsychiatry.2013.4546
- World Health Organization. Community management of opioid overdose (2014). who.int/publications/i/item/9789241548816
- Health Canada. Naloxone (updated 2026). canada.ca/en/health-canada/services/opioids/naloxone.html
- 9-8-8: Suicide Crisis Helpline. 988.ca

How to read these claims

- The workbook combines established practice principles with original educational exercises; the complete workbook has not itself been tested in a clinical trial.
- Evidence describes average findings and professional guidance. Fit, access, culture, readiness, health, and circumstances still matter.
- Source links were checked in September 2026. Guidance and local services can change; verify current instructions with the source or a qualified professional.