

My Book About Recovery!

This is the book about

Traveling the Long Road to Recovery

By

I have been through so much in my life!

Here are some of the things that I have gone through:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

It is incredible to think about all that I have been through!

I am a survivor!

These are my good qualities that have enabled me to survive:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Songs that inspire me to keep going are:

Words from the songs that make me feel stronger are:

Good things have happened ALSO!
Here are some of the good things
that have happened to me:

If I could I would tell someone in my life something important. This person is: _____

What I would say is:

There is another person that I also would like to say something to. This person is: _____

What I would like to say is:

What I am most proud of about myself and how far I have come is:

What makes me happiest right now
is:

What I am most glad is over is:

What I appreciate the most about my life now is:

These are my goals for the future:

1. _____
2. _____
3. _____
4. _____
5. _____

This is how I feel about my future:

This is what I want to say about myself:

Signed by the author