

# MY RECOVERY WORKBOOK

*Mental Health & Sobriety*

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A structured at-home program for healing, clarity, and accountability

**Name:**

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**Start Date:**

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**My intention:**

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*Progress over perfection. One day at a time.*

# How to Use This Workbook

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This workbook is your personal companion through at-home mental health and sobriety recovery. It mirrors the structure of a formal program — with daily check-ins, weekly reviews, CBT-based reflection exercises, and a consistent daily schedule.

*Use it every day, not just when things feel hard. Consistency is the treatment.*

## The Three Core Sections

- Your Daily Structure — the schedule and routine that anchors your day
- Daily Journal Pages — morning and evening prompts, mood tracking, sobriety check-in
- CBT Workbook Exercises — structured exercises for reframing thoughts and building coping skills

## Key Principles

- Treat yourself with the same compassion a good rehab would.
- Missing a day does not mean starting over — it means today is a new beginning.
- If things feel unmanageable, telehealth or outpatient programs are a valid next step.
- This workbook does not replace professional therapy, but it complements it powerfully.

# Your Daily Structure

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Print this page and post it somewhere visible — your fridge, bathroom mirror, or bedside table.

TIME	ACTIVITY
7:00 AM	Wake up — hydrate immediately (glass of water before anything else)
7:15 AM	5–10 min gentle stretch or short walk outside
7:30 AM	Healthy breakfast — no skipping, blood sugar stability supports mood
8:00 AM	Morning Journal + 10 min meditation
10:00 AM	TREATMENT BLOCK (1.5 hrs) — therapy, workbook, sobriety app, or telehealth
12:00 PM	Lunch + 20–30 min walk outside — movement regulates dopamine
2:00 PM	Productive focus time — skill building, creative work, or rest
5:00 PM	Connection check-in — call/text sponsor, friend, or family member
5:30 PM	AA/NA/SMART Recovery meeting (many run daily online)
7:00 PM	Dinner — eat at the table, not in front of screens
9:00 PM	Evening Journal
9:30 PM	Screens off — read, stretch, or quiet time
10:00 PM	Sleep — same time every night

*Note: Late afternoon (4–6 PM) and late night are peak craving and low-mood windows. The 5 PM connection block and 9 PM wind-down ritual specifically protect these times.*

# Daily Journal

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## Morning Check-In

Complete this within 30 minutes of waking, before looking at your phone.

Date: \_\_\_\_\_

Sobriety Day #: \_\_\_\_\_

**Mood right now (circle one):**

1 2 3 4 5 6 7 8 9 10

**How am I feeling physically and emotionally this morning?**

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**What is my intention for today?**

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**What am I grateful for right now?**

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**Is there anything I am dreading or worried about today? How can I prepare?**

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### Today's non-negotiables

- Morning stretch or movement
- Healthy breakfast
- Treatment block completed
- Connection check-in
- Meeting or support group

## Evening Check-In

Complete this before your wind-down routine, ideally at 9:00 PM.

**Mood right now (circle one):**

1 2 3 4 5 6 7 8 9 10

**What went well today? What am I proud of — even something small?**

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**Where did I struggle? What triggered difficult feelings or urges?**

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**How did I respond to challenges today — and what could I do differently tomorrow?**

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**What do I need tomorrow?**

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### Evening checklist

- Screens off by 9:30 PM
- Sobriety app updated
- Tomorrow's schedule reviewed
- Sleeping by 10:00 PM

## **CBT Workbook Exercises**

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These exercises are drawn from Cognitive Behavioral Therapy (CBT), one of the most evidence-based approaches for depression, anxiety, and addiction recovery. Work through one exercise per week during your Treatment Block, or return to them when you feel stuck.

## Exercise 1: Thought Record

CBT teaches that our thoughts — not events — drive how we feel. This exercise helps you identify and challenge distorted thinking patterns.

**Situation (what happened, just the facts):**

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**Automatic thought (what went through your mind immediately?):**

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**How much did you believe this thought?**

0%   25%   50%   75%   100%

**What emotion(s) did you feel? How intense?**

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**Evidence that supports the thought:**

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**Evidence that does NOT support the thought:**

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**A more balanced, realistic thought:**

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**How much do you believe the original thought now?**

0%   25%   50%   75%   100%

## Exercise 2: Urge Surfing Log

Urges peak and pass like waves. This exercise builds awareness of the urge cycle without acting on it.

**What triggered the urge?**

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**Urge intensity (1–10):**

1 2 3 4 5 6 7 8 9 10

**Where did you feel it in your body?**

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**What did you do instead?**

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**Urge intensity after (1–10):**

1 2 3 4 5 6 7 8 9 10

**What did you learn from this urge?**

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### **Exercise 3: Values Inventory**

Recovery works best when it is connected to what matters most to you. This exercise helps clarify your core values.

**List 5 things that matter most to you in life:**

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**Which of these values has your substance use affected most?**

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**What would living fully in alignment with your values look like in one year?**

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**One small action this week that honors your values:**

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## Exercise 4: Weekly Review

Complete this every Sunday. Honest reflection — not self-judgment — is the goal.

Week of: \_\_\_\_\_

Sobriety days this week: \_\_\_\_

**Average mood this week (circle one):**

1 2 3 4 5 6 7 8 9 10

**What was the hardest moment this week?**

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**What was the strongest moment this week?**

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**Did I follow my daily schedule? Where did I struggle?**

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**What do I need more of next week?**

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**My intention for next week:**

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### Weekly non-negotiables review

- Morning routine followed at least 5 of 7 days
- Treatment block completed at least 4 of 7 days
- Connection check-ins made
- At least one meeting attended
- Evening journal completed most nights

## If You Are in Crisis

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This workbook is a support tool — it does not replace professional care. If you are in crisis, please reach out immediately.

<b>988 Suicide &amp; Crisis Lifeline</b>	call or text 988
<b>SAMHSA National Helpline</b>	1-800-662-4357 (free, confidential, 24/7)
<b>Crisis Text Line</b>	text HOME to 741741
<b>AA Meeting Finder</b>	<a href="http://aa.org/find-aa">aa.org/find-aa</a>

*You are not alone. The garden is always open.*