



this is my recovery journey...

To aid you in your recovery, make a record of how you feel. This doesn't have to be every day, just as often as you like. Record your thoughts, experiences and any positive changes you have made to aid your recovery. You can then refer to this if you need to at a later date.

Entry 1

Name

How I feel

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 2

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 3

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 4

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 5

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 6

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 7

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 8

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 9

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 10

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 11

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 12

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 13

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 14

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better

Entry 15

How I feel today

How I would like to feel

Who or what makes me feel better

What could I do to feel better
