

Gratitude Journal Prompts for Recovery

Use these 5 gratitude journal prompts to increase positive thinking, lower your stress, and avoid triggers.

#1 Gratitude for My Freedom From Addiction

Consider the freedom you have gained from addiction and how it empowers your recovery. How does this newfound freedom impact your daily life and decisions?

#2 Gratitude for my Supportive Network of Family and Friends

Write about the support and love from family, friends, and your recovery community that have guided your journey. How have these relationships strengthened your recovery?

#3 Gratitude for Personal Growth

Reflect on the milestones you have achieved since beginning your recovery journey. What accomplishments are you most proud of, and how do they motivate you to continue?

#4 Gratitude for Spirituality in Recovery

Express gratitude for the spiritual aspects of your recovery, whether through a Higher Power, meditation, or other practices. How does spirituality help you stay grounded and focused?

#5 Gratitude for Learning from Challenges

Acknowledge the challenges you have faced and the lessons learned from them. How have these experiences contributed to your resilience and commitment to staying sober?

