

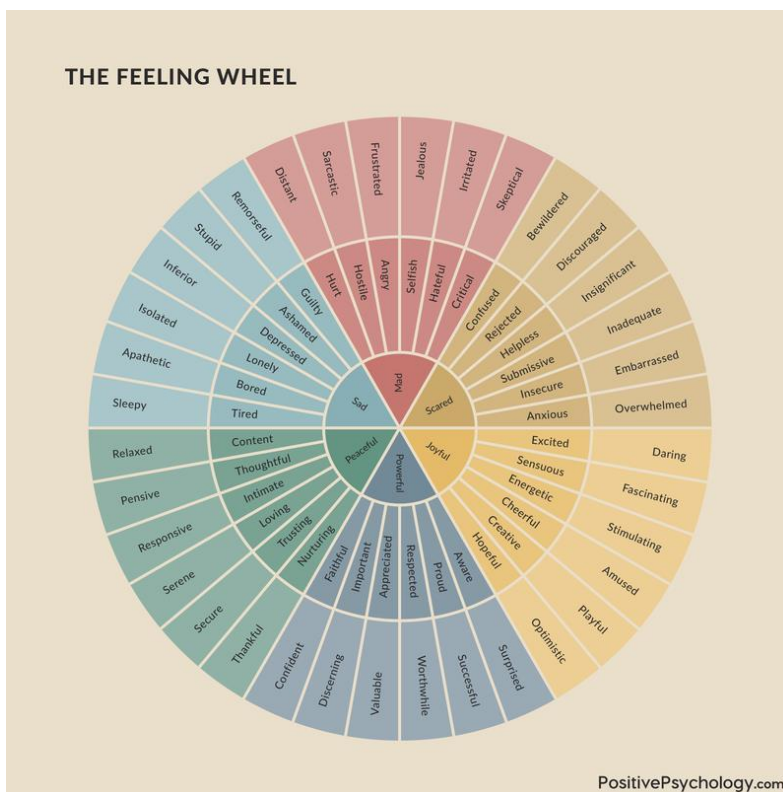


Daily Recovery Journal

Answer these questions in your own journal or notebook, every day. Keep this handout as a reference tool. Discuss your answers during your check-ins or 1:1 meetings.

1. What are three things you're thankful for today? No repeats from this month.

2. How are you feeling today? Pick two emotions from the Feeling Wheel.



The Feeling Wheel — created by and credit to PositivePsychology.com

3. What are the main stories behind the two emotions you picked from the wheel?

4. What recovery activities or tools have you done since your last check-in or journaling session?

Solo activities and tools

- Sleep well
- Eat well
- Exercise
- Prayer
- Journaling
- Bible Reading
- Bible Listening
- Bible Memorization
- Bible Copying
- Learning about recovery (reading, listening, or watching)
- Recovery worksheets or workbooks

Relationship-based activities and tools

- Small Group or church
- Recovery Group
- Phone call check-in with a recovery mentor or sponsor
- Phone call check-in with an accountability partner
- Phone call check-in with a friend or family member
- Phone call check-in with spouse
- Intentional 1:1 time with a recovery mentor or sponsor
- Intentional 1:1 time with an accountability partner
- Intentional 1:1 time with a friend or family member
- Intentional 1:1 time with spouse

5. What have you learned about yourself, your story, or recovery?

6. In the next seven to ten days, what is the main threat to your recovery?



7. Which three recovery activities or tools will you use to face that threat? Use the lists above — at least 2 of the 3 must be relationship-based.

8. Pick two or three traits that your spouse has demonstrated in the last week. No repeats from this month.

Active	Discerning	Imaginative	Outgoing	Sociable
Adaptable	Dynamic	Independent	Patient	Spiritual
Adventurous	Eager	Ingenious	Peaceful	Spontaneous
Ambitious	Easygoing	Inquisitive	Perceptive	Stable
Appreciative	Empathetic	Insightful	Persevering	Steady
Authentic	Energetic	Intelligent	Persistent	Strong
Aware	Enterprising	Interesting	Pleasant	Studious
Balanced	Ethical	Intuitive	Positive	Successful
Bold	Exuberant	Inventive	Practical	Supportive
Brave	Fair	Joyful	Principled	Surprising
Bright	Fascinating	Kind	Private	Sympathetic
Calm	Feisty	Knowledgeable	Problem-solving	Talented
Capable	Flexible	Laid-back	Proud	Thorough
Careful	Forgiving	Lighthearted	Quick-witted	Thoughtful
Caring	Friendly	Likable	Quiet	Tireless
Cheerful	Fun	Lovable	Rational	Tolerant
Clever	Funny	Loving	Reasonable	Trusting
Commanding	Generous	Loyal	Reliable	Trustworthy
Compassionate	Gentle	Mature	Resilient	Truthful
Confident	Giving	Mellow	Resourceful	Understanding
Conscientious	Gutsy	Motivated	Respectful	Unique
Creative	Happy	Natural	Self-confident	Unselfish
Curious	Hardworking	Neat	Self-sacrificing	Upbeat
Daring	Healthy	Nurturing	Self-sufficient	Vigilant
Dedicated	Honest	Observant	Sensitive	Warm
Dependable	Honorable	Open-minded	Sharp	Wise
Determined	Humble	Optimistic	Sincere	Witty
Diligent	Humorous	Organized	Skillful	Worthy
Disciplined	Idealistic	Original	Smart	

9. What are the stories behind those traits? How did your spouse or partner demonstrate those traits in the last week?

10. What is something you need from your spouse or partner?

11. What is something you need to own up to or apologize for?

12. What have you struggled with this week?

13. What recovery work are you currently focused on (one of the 12 steps, Carnes' 30 tasks, a book you're reading with your sponsor, etc.)?

14. How is that recovery work going? What questions do you have for your sponsor or mentor about your current recovery work?

Sharing your answers with your spouse naturally completes the daily (FANOS-style) check-in — the only thing left to do is pray together.