

Recovery Word Journal Prompts

Use each word as a different journal prompt. Each word relates to addiction, recovery, life after addiction recovery, and so on. The point of these prompts is to get you started. Write about what the words means to you . Enjoy!

1. Powerlessness
2. Gratitude
3. Hope
4. Sobriety
5. Worthless
6. Pointless
7. Sadness
8. Irony
9. Troubled
10. Loneliness
11. Childhood
12. Isolation
13. Euphoric
14. Insanity
15. Triggers
16. Relapse
17. Strength
18. Regret
19. Homeless
20. Change
21. Temptation
22. Prostitution
23. Overdose
24. Depression
25. Denial
26. Enabling
27. Treatment
28. Methadone
29. Suicide
30. Painful
31. Happiness
32. Horror
33. Fear

34. Habit
35. Obsession
36. Abuse
37. Withdrawal
38. Toxicity
39. Choices
40. Coping
41. Relationships
42. Death
43. Anger
44. Solitude
45. Clarity
46. Compassion
47. Encouragement
48. Forgiveness
49. Stigma
50. Mistakes
51. Believe
52. Equality
53. Beginning
54. Fresh Start
55. Epidemic
56. Addiction
57. Recovery
58. Clarity
59. Trauma
60. Courage
61. Resilient
62. Overcomer
63. Wreckage
64. Demons
65. Self-harm
66. Eating-disorder
67. Convict
68. Harassment
69. Embarrassment
70. Promises
71. Dreams
72. Codependent

73. Badass
74. Junkie
75. Ruthless
76. Self-care
77. Friendship
78. Narcissist
79. Warrior
80. Unstoppable
81. Sick
82. Sober
83. Alcoholic
84. Spiteful
85. Never ending
86. Inner beauty
87. Broken
88. Chemical imbalance
89. Purpose
90. Message
91. Support
92. Recovering addict
93. Self sufficient
94. Adaptable
95. Resourceful
96. Betrayal
97. Start over
98. Purpose
99. Survivor