

Journaling...

Writing your feelings is helpful. Comment on the following topics and ideas

Use cognations or quotations to reinforce your commitment to staying clean, such as:

- *"I've handled this feeling before without using. I can do it this time, too."*
- *"I'm not going to break my promise to myself to stay clean!"*
- *"I know I'm not going to feel good later on if I use now."*
- *"If I use now, I'll just make a mess of my conversations with people at this party."*

Above all, remind yourself of your commitment to stay clean and think of the consequences of using again.

- How substance abuse has interfered with my life.
- What keeps me from letting my feelings out.
- Who and what I have lost due to substance abuse.
- List of twenty things I like to do.
- Ten things I like about myself. Ten things I dislike about myself and ten "should(s)."
- What I want from treatment and what I'm willing to put into it.
- Why I should go to treatment now.
- What happened during my substance abuse that hurt me the most.
- What I'm like when I'm drunk or high.
- A list of changes I need to make to stay clean.