A CHRISTIAN RECOVERY WORKBOOK & JOURNAL

THE FOUR PILLARS

A 90-Day Recovery Journey

LAYING THE FOUNDATION

Volume One · Days 1–30

Rebuilding Body, Mind, Heart, and Spirit — One Day at a Time

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Four pillars. Stable ground. New life.

THE FOUR PILLARS: A 90-Day Recovery Journey

Volume One — Laying the Foundation (Days 1–30)

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This workbook is a peer-support resource written from lived experience. It is not treatment, therapy, counseling, or medical advice, and it is not a substitute for professional care. If you are withdrawing from alcohol or drugs, withdrawal can be dangerous — please seek medical help. If you are in crisis or thinking of harming yourself, contact emergency services in your area or a crisis line right away (in the United States, call or text **988**).

Essential oils and scents, where mentioned in this book, are offered only as a pleasant sensory ritual — never as a treatment for any condition.

D E D I C A T I O N

First and foremost, I dedicate this book to **God**, for giving me another chance at life.

I also dedicate this book to every person who has been by my side through this journey and in my life: my **parents**; my sister, **Mona**; my brothers, **Eddie**, **Remington**, and **John**; my children, **David**, **Breanna**, and **Kayla**; my granddaughter, **Rei Aura**; David's wife, **Kassandra**; all those in the recovery community; **Brandon**, for supporting me and caring about me through all of this; and every other person who has touched my life and helped guide me in the right direction.

I love you all with all my heart.

And to you — the one holding this book, wherever you are on the road: this is for you, too. You are not too late, and you are not alone.

How This Journey Works

This book is built the way a rebuilt life is built: **on four pillars**.

Your BODY — the physical you: sleep, food, movement, health.
Your MIND — the mental you: your thoughts, your focus, your peace.
Your HEART — the emotional you: feelings, relationships, grief, and joy.
Your SPIRIT — the spiritual you: faith, purpose, and your connection with God.

Here is what I have learned in my own life, and walking beside many others in theirs: **if one pillar is broken, the structure it holds up is not strong.** Four pillars carry the roof of a life. If one of them is crumbling, the whole building leans — no matter how strong the other three may look. So in this journey we do not pick a favorite pillar and neglect the rest. We address all four areas of life, and we work to make them **equally strong**.

HOW THE WEEKS FLOW

Week 1 — Body. We start where recovery starts: the basics your body is begging for.
Week 2 — Mind. The thought patterns that carried you into addiction can be rebuilt.
Week 3 — Heart. Feelings, grief, and relationships — named, honored, and healed.
Week 4 — Spirit. Faith, purpose, and the God who never let go of you.
Days 29–30 — All Four Pillars Standing. We look at the whole structure, celebrate how far you have come, and build your personal plan for the next thirty days.

HOW EACH DAY WORKS

Every day follows the same gentle rhythm, so you never have to wonder what today asks of you: the **Four-Pillar Dashboard** (one honest word for each pillar) · a **Scripture** to carry with you · an **Affirmation** to say out loud · a short **Reading** · **Today's Work** — one exercise, a different kind each day · a **Peer Tip** from someone who has been there · and a short **Close the Day** before you rest. About fifteen to twenty minutes. Some days go deeper; some are deliberately gentle. Both kinds count.

A WORD BEFORE YOU BEGIN

Go at the pace of honesty, not hurry. If a day is too much, do the dashboard and the affirmation and call it done — showing up is the work. This book is **peer support** from someone who has lived it; it is not treatment, therapy, or medical advice. If you are withdrawing from alcohol or drugs, withdrawal can be dangerous — please get medical help. And if you ever feel you may harm yourself, reach out right now to someone you trust, a crisis line, or emergency services in your area. Asking for help is not weakness here. It is the first pillar going back up.

HOW TO USE THE DASHBOARD AND THE CRAVING METER

The **dashboard** at the top of every day takes one minute: one honest word — or a short phrase — for your body, your mind, your heart, and your spirit. There are no wrong answers. 'Tired.' 'Loud.' 'Okay, actually.' Over thirty days those little words become a map: you will start to see which pillar wobbles first when a hard day is coming, and that is knowledge you can act on. The **craving meter** at night works the same way — circle the honest number, 0 to 10. You are not grading yourself; you are taking the weather report. A rising number is information: eat, rest, call somebody, use your plan. Weather is much easier to dress for when you have looked at it.

IF YOU FALL BEHIND — OR IF YOU SLIP

Missed days happen. When they do, do not start over at Day One and do not carry on from where the calendar 'should' be — just open the book to the next day and do that one. This is a thirty-day journey, not a thirty-day deadline. And if you slip and use: hear this from a peer who means it — a slip is an emergency to respond to, not an identity to return to. Tell your person the same day. Get medical help if you need it; remember that after time away, your body cannot handle what it used to, and that fact kills people who were 'just going to use once.' Then open this book to Day One's reading — not as punishment, but because its first sentence is still true of you: *you are still here.* Beginning again counts. It has always counted.

FOR THE HARD DAYS

Keep this page marked. On the day you want to quit — and most people in recovery meet that day — come here first, before any other decision gets made.

1. Do the smallest version. Dashboard, affirmation, done. Showing up badly beats not showing up at all.

2. Answer the body first. Eat something, drink water, rest if you can. Half of every 'I can't do this' is a hungry, tired body telling the truth.

3. Say it out loud to a person. Your peer, your sponsor, your safest name in the safety directory (Day 19). Secrets are where cravings grow.

4. Use the plan you already wrote. Your trigger map is on Day 9. Your 2 A.M. Plan is on Day 10. Your counting page of gratitudes is on Day 27. Past you left these here for exactly this day.

5. Remember the sentence. You are not rebuilding a life in a day. You are laying one true thing on top of another, on a foundation that is not your own strength:

> *"Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness."*
>
> Isaiah 41:10 — World English Bible

This day is one day. It is not the whole story, and it is not the end of yours.

MY STORY

Built on the Promises of God

Before you walk these thirty days with me, you should know whose hand is holding the other end of this book. This is my story — the short version of a long road. I am not telling it because it is special. I am telling it because if God could rebuild this life, He can rebuild yours.

THE YEARS ADDICTION TOOK

Addiction was not a season in my life. For years, it was the weather — always there, shaping every day whether I admitted it or not. Alcohol had its hold on me for a long time, and methamphetamine took years of its own. I know what it is to wake up already ashamed. I know what it is to promise yourself *today will be different* and mean it with everything in you — and still not be able to do it. I know the hiding, the lying, the watching yourself from outside your own life like a stranger.

I was not a bad person trying to be good. I was a sick person who needed to get well — in my body, my mind, my heart, and my spirit, all four at once, because addiction does not break just one part of a person. It leans on every pillar until the whole structure groans. Mine finally did more than groan.

JANUARY 29, 2025

On January 29, 2025, my body gave out. I was found unresponsive — my friend Brandon, who has known me for fourteen years, found me, and help came. I was placed in an induced coma in the hospital. The doctors found a storm inside me: non-pyogenic meningitis, sepsis, a severe urinary tract infection, a possible staph infection — and I was still recovering from COVID on top of it all. Any one of those can take a life. Together, they nearly took mine.

I have no memory of that week. What I know, I know because my family told me: they came. They sat beside the bed. They held my hand and prayed for a miracle I could not pray for myself. When I tell you that no life is worth less than another, I am not repeating a slogan. I am remembering a hospital room where the people who loved me refused to let go of mine.

WAKING UP

On February 5, 2025, I woke up. Seven days were simply gone. I had no strength, no plan, and no idea how to live the life I had been handed back. What I had was a morning — one morning — and a body that had somehow, by grace, kept going. I did not know it yet, but that morning was the foundation. Everything since has been built on it, one day at a time.

Recovery was not a lightning strike. It was slow, ordinary obedience: eating real food, sleeping real sleep, telling the truth, letting people help me, showing up to the unremarkable work of staying alive and staying sober. My heart carries its own history — I have survived a heart attack and live with congestive heart failure — and even that has become part of the testimony: my heart is still beating, and by God's grace it is stronger than it was. My body, which addiction nearly spent entirely, is being rebuilt the same way everything else is: daily.

THE PILLARS GO UP

As I healed, a picture formed that I have never been able to unsee. A life stands on four pillars: **body, mind, heart, and spirit**. For years, all four of mine were cracked. Getting sober steadied one — and the structure still leaned, because a person is not only a body that stopped using. My mind had to be renewed. My heart had to heal from grief and shame. My spirit had to come home to the God who had never once let go of me, even when I could not feel Him holding on.

Today I am more than twenty months free of methamphetamine, and fourteen years free of alcohol. I work every week beside men and women in re-entry, as a member of the staff support team at R.S. Eden, and I hold a Certified Peer Recovery Specialist credential — which means I have the honor of sitting with people in the exact place I once sat, and saying the words I once needed to hear: *you are not too late, and you are not alone.* I have written my story in fuller form in my books *Unyielding Grace* and *Rebuilding the Pillars*. And I am building Pillars of Grace Healing Home, because I know what a safe place to heal could have meant in my own darkest season — and because every life has value, and every recovery matters.

WHY THIS BOOK EXISTS

I did not write this workbook from a classroom. I wrote it from a hospital bed, a rebuilt kitchen table, a hundred ordinary mornings of choosing again. Everything in these pages is something that helped me or helped someone I have walked beside: a verse to carry, a practice that quiets the body, an honest page to write on, a small step that fits inside a real day.

I am having a tattoo done with these words: **Built my foundation on the promises of God.** That is the whole book in one sentence. My foundation is not my willpower — willpower is what failed me for years. My foundation is not my goodness. My foundation is the promises of a God who said He would never leave, and then proved it in a hospital room in the winter of 2025.

So here is my invitation, from my side of the page to yours: give this thirty days. Not perfectly — honestly. Show up with your cracked pillars and your small morning courage, and let us lay a foundation together. Four pillars. Stable ground. New life. It is not too late for you. It was never going to be too late for you. Turn the page, friend. Day One is waiting.

WHAT I KNOW NOW

If I could sit for one hour with the woman in that hospital bed — the one who did not know yet that she would live, let alone write books — I would not give her a lecture. I would give her the short list I have learned since, one plain sentence at a time. They are the same sentences this book will spend thirty days teaching you, so consider this the whole journey, told in advance:

Small days are the real days. Nobody's life was ever rebuilt in a dramatic moment. Mine was rebuilt in breakfasts, walks, meetings, honest pages, and early bedtimes — ten thousand unremarkable obediences that added up to a miracle.

Nobody heals alone. Every strong thing in my life today has other people's fingerprints on it: the friend who found me, the family who prayed, the people who told me the truth and fed me and drove me and stayed. Asking for help was not the weakness in my story. It was the hinge the whole door turned on.

A life stands on four pillars, or it leans. Body, mind, heart, spirit — tend all four, or the strongest three will spend themselves holding up the broken one. That is not a theory to me anymore. It is the blueprint of the life I live, and of the healing home I am building for other women.

God's promises hold. Not my willpower — I tested that to destruction. Not my goodness. His promises. That is why the tattoo says what it says, and why this book says what it says, and why I can look you in the eye across these pages and tell you the truest thing I own: it is not too late for you, because it was not too late for me — and the same God held us both.

— Angela

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WEEK ONE

THE BODY PILLAR

Care for the Body You Live In

Every recovery I have ever seen — including my own — started in the body. Before the mind quiets, before the heart heals, before faith feels close again, the body asks for the basics: sleep, food, water, movement, rest. This week we give it those basics on purpose. Nothing fancy, nothing punishing. Just care, repeated daily, until care starts to feel like home.

> *"Or don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought with a price. Therefore glorify God in your body and in your spirit, which are God's."*
>
> 1 Corinthians 6:19–20 — World English Bible

DAY 1

A New Morning, A Standing Start

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"It is because of Yahweh's loving kindnesses that we are not consumed, because his compassion doesn't fail. They are new every morning; great is your faithfulness."*
>
> Lamentations 3:22–23 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I don't have to fix my whole life today.
I only have to begin — and beginning counts.

DAY 1 — TODAY'S READING

Welcome to Day One. Before anything else, I want you to hear this from someone who has been where you are: the fact that you opened this book means something in you has not given up. Hold on to that. For today, it is enough.

On January 29, 2025, after years of addiction, my body finally gave out and I slipped into a coma. For seven days I lay in a hospital bed while my family sat beside me, held my hand, and prayed for a miracle I could not pray for myself. I woke up on February 5 with nothing — no strength, no plan, no idea how to live. What I had was a morning. Just one. And it turns out one morning is enough to start.

Maybe no one has ever told you this: you do not recover a whole life in a day. You recover it in mornings — one honest morning at a time. That is why this journey is built the way it is. Each day asks a little of your body, your mind, your heart, and your spirit, because a life held up by four strong pillars can stand. When one pillar cracks, the whole structure leans — so we tend to all four, gently, every day.

This week belongs to the Body Pillar, because recovery starts in the body you actually live in — not the body you wish you had, not the body you had before. Sleep. Food. Water. A short walk. These are not small things in early recovery; they are the foundation everything else gets built on. We will take them one at a time, and we will take them kindly.

So today we do not fix anything. Today we arrive. Drink a glass of water. Eat something real. Step outside and breathe the morning air if you can. God's mercies were new this morning — and they have your name on them. You are still here, and being here is the whole assignment for Day One. Let's begin.

TODAY'S WORK

WRITE THE TRUTH, GENTLY

Where are you right now — really? What did it take for you to open this book today? Write it plain, the way you would tell a friend who already knows everything and loves you anyway. There is no wrong answer here.

A SMALL PRACTICE

THE ONE-MINUTE ARRIVAL

Sit down somewhere safe. Put both feet flat on the floor. Breathe in slowly, and let it out even slower. Now name, out loud or in your head: **five** things you can see, **four** things you can hear, **three** things you can touch, **two** things you can smell, **one** thing you can taste. This is called grounding, and it does exactly what it sounds like — it brings you back to the ground under your feet.

You have just arrived in this moment — and this moment is survivable. Come back to this practice any time the day gets loud. It works in a meeting, in a parking lot, in the middle of a craving. Your senses are always with you, and they always tell the truth about right now.

PEER TIP

The first night is the hardest for almost everyone. Make it small on purpose: eat something, keep water by the bed, put your phone on the charger where you can reach it, and line up one person you can call or text if cravings spike. You don't have to be strong tonight. You just have to be reachable — and honest.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

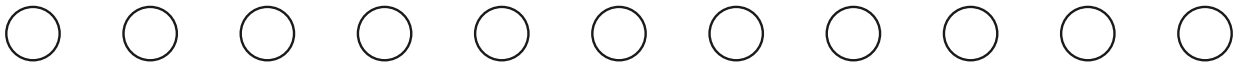
CLOSE THE DAY

☐ I stayed sober today

☐ I ate at least one real meal and drank water

☐ I reached out to someone — or I let myself truly rest

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 2

Rest Is Part of Recovery

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"In peace I will both lay myself down and sleep, for you, Yahweh alone, make me live in safety."*
>
> Psalm 4:8 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Rest is not laziness. Rest is repair —
and my body is allowed to heal.

DAY 2 — TODAY'S READING

Let us talk honestly about sleep, because almost nobody in early recovery is getting enough of it — and almost everybody is quietly ashamed of that, as if broken sleep were a character flaw. It is not. Sleep is one of the last things addiction rearranges and one of the first things recovery has to rebuild. When you used, your body learned a false rhythm: up when it should rest, crashed when it should wake. Unlearning that takes weeks, not nights. Be patient with the process; your body is relearning something it once knew how to do on its own.

Here is what poor sleep does in early recovery: it shortens your patience, sharpens your cravings, and makes every hard feeling feel twice its size. And here is the hopeful side of the same truth: every decent night of sleep lowers all three. Sleep is not a luxury in this journey. Sleep is medicine you do not have to pay for — and protecting it is real recovery work.

A few things genuinely help. Keep one wake-up time and guard it, even on rough mornings — a steady wake-up anchors the whole rhythm. Let the last hour of the day get dimmer and slower: lights lower, phone down, no hard conversations saved for bedtime. Keep the room cool if you can. If your mind races at 2 a.m., do not lie there arguing with it — we will build your 2 A.M. Plan in Week Two. For tonight, just know that a racing mind at night is common, temporary, and not a sign that you are failing.

One more thing, from one tired person to another: rest is more than sleep. Rest is also the ten quiet minutes with your feet up. The shower you take slowly. The afternoon you let yourself sit in the sun without earning it first. A body that carried what yours carried has earned rest without an apology. This week, when tiredness comes at night, let it come. Tiredness in recovery is not the enemy. Tiredness is the body finally safe enough to heal.

TODAY'S WORK

YOUR SLEEP, IN THE LIGHT

No blame, just honesty. What has sleep actually been like for you lately? What time does your body want to sleep and wake? What keeps you up — noise, worry, pain, habit, a phone? And what is one small change you could try tonight? Write it all down; patterns you can see are patterns you can change.

A SMALL PRACTICE

THE WIND-DOWN

Tonight — and every night this week, if you can — give yourself a landing strip. About an hour before bed: dim the lights. Put the phone on its charger, out of arm's reach if you are able. Wash up slowly. Change into sleep clothes like it means something, because it does — you are teaching your body a new signal: *we are safe now; we can stand down.*

Then breathe: in for four slow counts, out for six. Do that five times. If worries line up at the door of your mind, picture them waiting on the porch until morning — worries are patient; they will keep. You do not have to solve your life tonight. Tonight's only job is rest.

PEER TIP

Pick one wake-up time and keep it all week, even on the hard mornings. A kept wake-up time does more for shaky early sleep than almost any other single habit. And keep a small snack and water by the bed — waking up hungry and thirsty at 3 a.m. is your body asking for basics, not a crisis.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

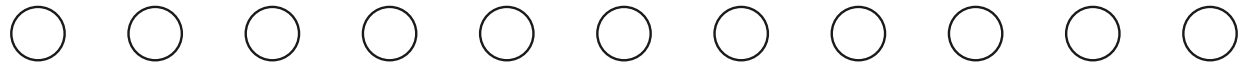
CLOSE THE DAY

☐ I stayed sober today

☐ I kept my wake-up time (or I am setting one tonight)

☐ I gave myself a real wind-down before bed

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 3

Nourish, Don't Punish

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Give us today our daily bread."

Matthew 6:11 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I will feed my body like it matters —
because it does, and so do I.

DAY 3 — TODAY'S READING

Jesus taught us to pray for daily bread — not a feast, not a diet plan, just today's bread. There is a whole recovery philosophy in those five words. In addiction, eating usually went one of two ways: forgotten entirely, or used as the one comfort left. Either way, food became something other than what it is — fuel and care for a body doing hard repair work. This week we bring food back to its simple job: nourishing you, today.

Let me be clear about what this day is *not*. It is not a diet. It is not a weigh-in. Your body does not need punishment dressed up as health, and shame has never once nourished anybody. If eating has been complicated for you — by addiction, by poverty, by years of hard feelings about your body — go gently and get support where you can. The goal today is much smaller and much kinder: eat regularly, eat real food when you can, and drink water like it counts, because it does.

Here is what steady food does in early recovery: it steadies blood sugar, and steadied blood sugar steadies mood, patience, and cravings. Many a 4 p.m. craving is actually a skipped lunch wearing a disguise. So think in simple anchors: something with protein in the morning, a real meal in the middle of the day, something in the evening, water all through. A piece of fruit. A handful of nuts. Soup. Eggs. Whatever is honest food and within your reach counts. Perfection is not on the menu; regular is.

One gentle practice to begin: eat one meal a day sitting down, without a screen, even if it is small. Taste it. Let it be a small daily ceremony that says what this whole week is saying: this body is worth caring for, and I am the one who gets to care for it now.

TODAY'S WORK

THREE HONEST LISTS

Short answers are fine. First: what has eating actually looked like for you this past week? Second: what real foods are within your reach right now — in your kitchen, your budget, your neighborhood? Third: what is one small, kind upgrade you could make this week — breakfast, water, a kept snack for the hard hours?

One kind food promise I am making to myself this week:

[Angela — your story piece for this day goes here: a short memory of a meal, a kitchen, or a person whose cooking meant care to you]

A SMALL PRACTICE

THE FIRST GLASS OF WATER

Start tomorrow — or right now — with one full glass of water before anything else. Before coffee, before the phone, before the day's demands. It takes one minute, and it tells your body the day has begun and you are looking after it.

Then, through the day, keep water where you can see it. Many people in recovery keep a bottle filled the night before, so the morning version of them is cared for by the evening version. Small kindnesses, handed back and forth across the day — that is what self-care actually looks like up close.

PEER TIP

Keep an emergency snack on you — in a bag, a pocket, a car. Granola bar, nuts, whatever keeps. Hungry is one of the most common craving triggers there is, and it is also one of the easiest to answer. Old recovery wisdom says never get too Hungry, Angry, Lonely, or Tired. Today we are handling the H.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

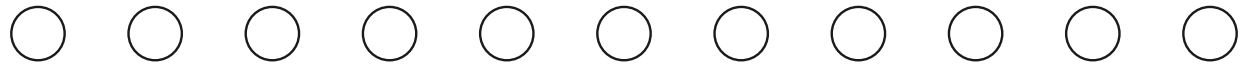
CLOSE THE DAY

☐ I stayed sober today

☐ I ate real meals instead of skipping

☐ I drank water through the day

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 4

Move a Little, Live a Lot

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"But those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint."*
>
> Isaiah 40:31 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I don't have to run. I just have to move —
and every step is a step back into my life.

DAY 4 — TODAY'S READING

Notice what the prophet promises: not everyone runs. Some mount up, some run — and some *walk, and not faint*. Walking counts. In God's economy, the slow faithful movement of an ordinary person is not the consolation prize. It is the promise itself. That is good news for anybody rebuilding a body, because rebuilding never starts with a marathon. It starts with a walk around the block.

Movement in early recovery is not about weight, and it is not about punishment. It is about what gentle motion does for free: it burns off the restless energy that cravings feed on, it lifts mood in a way scientists can measure and grandmothers always knew, it helps you sleep at night, and it gives your mind somewhere to be besides the past. A ten-minute walk after a meal is one of the oldest, cheapest recovery tools in the world.

Start where your body actually is. If walking to the mailbox is your current distance, then the mailbox is a fine finish line this week — go twice. If you were active before, resist the urge to prove something; rebuilding bodies get injured by pride more often than by weakness. Add a little at a time. Stretch gently in the morning. Take the stairs when they are offered. Put music on and move around your own kitchen. It all counts, because the point is not performance. The point is a body learning that it lives in the present again.

I will tell you my own measure: these days I walk on a treadmill most days, and I track my steps like small trophies — not because I am chasing a number, but because every step is proof of something I once was not sure of: this body still has living to do, and I intend to be strong enough to do it. Your version will look like yours. Start today, at your size of step. Walk, and do not faint.

TODAY'S WORK

YOUR MOVEMENT, YOUR SIZE

Write honestly about movement in your life right now. What can your body do today, without pain or proving? What kind of movement have you ever actually enjoyed — walking, dancing, swimming, working with your hands? What is the smallest daily movement you could honestly keep this week? Small and kept beats big and abandoned.

My small daily movement for this week, and when I will do it:

A SMALL PRACTICE

THE TEN-MINUTE WALK

Today, take a ten-minute walk — or five, or two; let your body set the honest distance. Walk somewhere that feels safe. Notice five things as you go: something green, something that moves, a sound you like, the temperature on your skin, the rhythm of your own steps.

If the weather or your body says no to a walk today, move gently where you are: roll your shoulders, stretch your arms to the sky, walk the hallway, stand and sit and stand again. Movement is movement. Your body keeps the books in kindness, not in miles.

PEER TIP

Put your walk on the calendar like an appointment, ideally right after a meal or at the hour cravings usually visit. Anchoring movement to something you already do — breakfast, lunch, the evening news — is how a walk becomes a habit instead of a hope.

WORDS TO CARRY

Built my foundation on the promises of God.

— Angela D. Martini

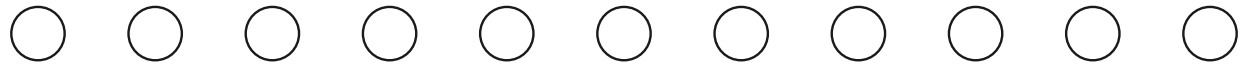
CLOSE THE DAY

☐ I stayed sober today

☐ I moved my body on purpose today

☐ I stayed inside my body's honest limits

Craving right now — circle one (0 = none, 10 = strongest):



What today taught me:

Tomorrow's one thing:

DAY 5

What My Body Has Carried

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"I will give thanks to you, for I am fearfully and wonderfully made. Your works are wonderful. My soul knows that very well."

Psalm 139:14 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My body is not my enemy. It carried me through —
and now I am learning to care for it.

DAY 5 — TODAY'S READING

Yesterday you moved the body you have. Today we take an honest, gentle look at what that body has carried to get you here.

Your body has carried things no one should have to carry — the using, the not sleeping, the not eating, the fear, the withdrawals, the shame that sat on your shoulders like a weight. And still, it kept your heart beating. Still, it woke up this morning. Your body is not your enemy, friend. It is a survivor, just like you.

I know something about a body that starts life carrying more than its share. I was born with a severe clubfoot on my left side, and my left calf has never in my life equaled my right. For years I could have made that a reason to hate the body I was given. Instead — slowly, the way all true things are learned — I have come to see it the way the psalm says: fearfully and wonderfully made does not mean made like everybody else. It means made on purpose, with purpose, scars and uneven places included.

Maybe your body's story includes illness, injury, hunger, violence, or years of being ignored. Whatever it has carried, hear this: your body kept the receipts, but it also kept *you*. It is not behind, and it is not ruined. It is the longest relationship of your life, and this week we are repairing it — not with punishment, but with the steady basics: sleep, food, water, movement, rest. Care, repeated daily, until care starts to feel like home.

TODAY'S WORK

A GENTLE INVENTORY

Three short, honest lists. What has my body carried? What is my body asking for right now? And what is one kind thing I will do for my body today? Let the lists be plain. Plain truth, kindly told, is the whole exercise.

A sentence of thanks I want to say to my body:

A SMALL PRACTICE

FOUR-COUNT BREATHING

Sit tall, shoulders down. Breathe in through your nose for a slow count of **four**. Hold for **four**. Let it out through your mouth for **four**. Rest for **four**. That is one round — do four rounds. If your mind wanders to the past or the future, that is normal; just come back to the count.

This is your body's brake pedal, and it works anywhere: a meeting, a waiting room, the middle of a hard phone call. When the body settles, the heart and mind often follow it down. Practice it now, while things are calm, so it is there for you when they are not.

PEER TIP

If looking at your body honestly stirred up hard feelings today, that is not a setback — that is the work working. Drink some water, move a little, and tell one safe person the plain truth: 'Today was a body day, and it was tender.' Feelings named out loud lose some of their power to run the night.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

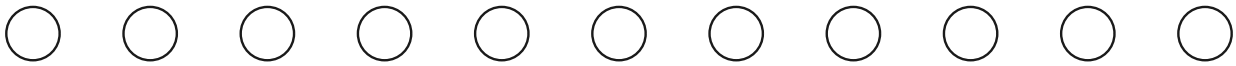
CLOSE THE DAY

☐ I stayed sober today

☐ I did one kind thing for my body

☐ I practiced my breathing at least once

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 6

A Gentle Day — Body Comforts & Senses

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"He makes me lie down in green pastures. He leads me beside still waters. He restores my soul."

Psalm 23:2–3 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Today I practice receiving comfort with open hands and a quiet heart.

DAY 6 — TODAY'S READING

Every week of this journey has one gentle day, and this is Body Week's. No heavy lifting today — no inventories, no hard truths to chase down. Today is for learning something that many of us never learned at all: how to be comforted without numbing.

For years, comfort came in a bottle, a pipe, a pill — fast, total, and always collecting its payment later. Real comfort is slower and smaller. It is a warm shower taken without rushing. Clean sheets. A soft blanket and a window open to evening air. A cup of something warm held in both hands. A pleasant scent in a quiet corner. These things can feel almost embarrassingly small next to the old comfort — until the day they don't, until your body starts to learn that peace can come in honest sizes and stay a while.

Notice the Shepherd in today's verse: He *makes* me lie down. Some of us have to be made — we do not volunteer for rest, because stillness is where the thoughts catch up. If stillness feels hard today, you are not doing the gentle day wrong. Go slowly, keep it short, and let comfort be a practice instead of a test. Green pastures were never a performance. They were a gift, given to tired sheep by a Shepherd who knows exactly how tired they are. So today: receive one small comfort on purpose, and let it count as the work. Because it is.

TODAY'S WORK

A SMALL LIST OF HONEST COMFORTS

Write down the simple, honest comforts that genuinely soothe you — a shower, a walk, a song, a scent, a person, a place, a prayer. Keep the list in this book. On the hard days ahead, this page is your menu: comforts that cost you nothing tomorrow.

A SMALL PRACTICE

BUILD A COMFORT CORNER

Choose one small spot — a chair, a side of the bed, a step outside — and make it your comfort corner this week. One soft thing to touch. One thing that smells good to you. If you enjoy scent, you might keep a favorite lotion there, or a scented oil on a cotton ball in a small dish to breathe in during quiet minutes. Scent here is just a pleasant ritual — a signal that says *we are safe now* — never a treatment. Keep oils off skin unless diluted, never swallow them, keep them away from children and pets, and if you are pregnant or take medication, ask a pharmacist or doctor before using them.

Sit in your corner for five minutes today. Breathe slowly. Let the small signals add up: soft, warm, quiet, safe. You are teaching your body a new definition of the word *comfort* — one honest sense at a time.

PEER TIP

Gentle days are not days off from recovery — they are where recovery learns to be kind. If guilt shows up ('I should be doing more'), answer it plainly: 'Rest is on the plan. My peer wrote it in the book.' Then rest.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

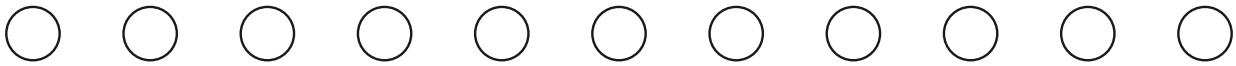
CLOSE THE DAY

☐ I stayed sober today

☐ I received one small comfort on purpose

☐ I rested without apologizing for it

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 7

Week 1 Pillar Review: Body

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"Or don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought with a price. Therefore glorify God in your body and in your spirit, which are God's."*
>
> 1 Corinthians 6:19–20 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Seven days I have shown up for this body.
Showing up is how pillars get rebuilt.

DAY 7 — LOOK BACK BEFORE YOU STEP FORWARD

Seven days. Before we look at a single answer or checkbox, sit with that: a week ago you opened this book, and today you are still here, still turning pages. Whatever else is true of your week — strong days, wobbly days, one day you would rather forget — that is true, and it is how pillars get rebuilt: one honest day, stacked on another.

This week was the Body Pillar: sleep and the wind-down, food without punishment, movement at your size, and comfort that does not collect a payment later. Some of it probably felt almost too basic to matter. It matters. Every life I have seen rebuilt — including mine — was rebuilt on basics repeated until they became ground to stand on.

So look back with kind eyes. What moved? What wobbled? Wobbling is not failing; wobbling is information about where the next small support goes. Answer the next two pages plainly, and then rest. Week Two, we go to work on the mind.

What moved this week? (A small shift counts. Name it.)

What wobbled? (No shame — wobbling is information. What does it teach you?)

Body basics I practiced this week — check every one you did, even once:

☐ I slept — really slept
☐ I ate real food
☐ I moved my body
☐ I drank water through the day
☐ I rested without guilt
☐ I kept a regular wake-up time

Three things my body did for me this week:

1.

2.

3.

One goal for next week (Week Two is the Mind Pillar — make it small and keepable):

WORDS TO CARRY

> *Four pillars. Stable ground. New life.*
>
> — Angela D. Martini

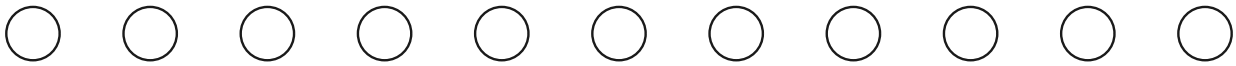
CLOSE THE DAY

☐ I stayed sober today

☐ I looked back at my week honestly

☐ I am letting myself rest before Week Two

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

WEEK TWO

THE MIND PILLAR

Renewing the Mind

The body got the first week because a tired, hungry body makes every other battle harder. Now we turn to the mind — to the thoughts that loop at 2 a.m., the triggers that ambush an ordinary afternoon, and the plain, powerful habit of telling the truth on paper. You cannot always choose your first thought. This week we practice choosing your second one.

> *"Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God."*
>
> Romans 12:2 — World English Bible

DAY 8

The Thoughts That Loop

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Finally, brothers, whatever things are true, whatever things are honorable, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report; if there is any virtue, and if there is any praise, think about these things."

Philippians 4:8 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I cannot always choose my first thought —
but I can choose what I dwell on.

DAY 8 — TODAY'S READING

Everybody in early recovery knows the loop. You are washing a dish, driving a familiar road, lying down at night — and there it is again: the same scene, the same regret, the same argument you have had with yourself a hundred times. The mind in early recovery is like a radio stuck between stations: memories, worries, and cravings all talking at once. If your thoughts loop, you are not broken in some unusual way. You are a person whose mind is healing, and healing minds are noisy before they are quiet.

Here is the first freedom to practice: a thought is not a command. A thought is weather — it moves through; it is not the sky. The thought *one wouldn't hurt* is not a fact about you; it is a cloud with a familiar shape. The thought *everyone would be better off without me* is not the truth; it is exhaustion talking. You do not have to wrestle every cloud. You can notice it, name it — 'there's the loop again' — and let it pass the way weather passes, while you get on with the next right thing.

Paul gives us the other half of the practice: think about *these* things. Not positive thinking, not pretending — deliberate dwelling. True things. Honorable things. Things of good report. A mind gets fed by whatever it chews on all day, so this week we start choosing the menu on purpose: one true sentence in the morning, one good report at night. Keep a short list of true things where you can see them — we will start yours in today's work. The loop may still visit. But it will find the house occupied.

TODAY'S WORK

CATCH THE LOOP, ANSWER IT TRUE

Write down the one thought that loops most for you right now — the exact sentence, the way it sounds in your head. Then, underneath, answer it with what is actually true: the facts, the Scripture, the things a true friend would say. You are not arguing with yourself; you are leaving a note for the next time the loop comes around.

One true sentence I will keep where I can see it:

A SMALL PRACTICE

NAME IT, DON'T OBEY IT

Three times today, when you catch a looping or craving thought, do this small drill silently: **name it** ('That is the loop.'), **locate it** (where do you feel it in your body — chest, jaw, stomach?), **breathe** (four counts in, six out, three times), and **next thing** (what is the next small right action — water, a walk, a text, a task?).

Naming a thought puts you back in the position of the one *having* the thought instead of the one being dragged by it. It sounds too simple to work. Try it for a day and watch what happens to the loop's volume knob.

PEER TIP

Keep your true sentence on a card in your pocket or as your phone's lock screen this week. The loop is loudest when you are tired, hungry, or alone — exactly when reaching for a pre-written truth is easier than composing one on the spot.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

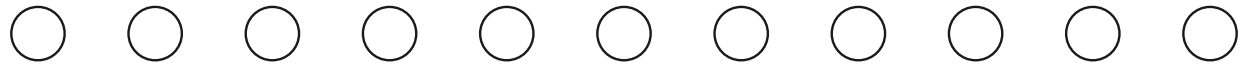
CLOSE THE DAY

☐ I stayed sober today

☐ I caught the loop and answered it with truth at least once

☐ I fed my mind one good thing on purpose

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 9

Triggers: Name Them Before They Name You

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"No temptation has taken you except what is common to man. God is faithful, who will not allow you to be tempted above what you are able, but will with the temptation also make the way of escape, that you may be able to endure it."

1 Corinthians 10:13 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

A trigger named is a trigger weakened.
I can see it coming — and I can choose the way out.

DAY 9 — TODAY'S READING

A trigger is anything that turns an ordinary moment into a craving: a street, a song, a paycheck, a phone number lighting up, a fight, a celebration, the smell of a place you used to be. Triggers are not a sign that your recovery is fake. They are a sign that your brain kept excellent records. The same brain that remembers every shortcut to using can learn, with practice, every shortcut out.

Notice the two promises in today's verse. First: what tempts you is *common* — you are not specially cursed; people have stood exactly where you are standing and stayed. Second: God makes a *way of escape*. In real life, the way of escape usually looks unglamorous: leaving the room, deleting the number, taking the other street home, calling your person *before* instead of after, eating something, telling the truth out loud to another human being. Escape routes work best when they are chosen in advance, on a calm day, in writing — which is exactly what today's work is for.

One caution and one comfort. The caution: willpower at the moment of ambush is the weakest tool you own; a plan made beforehand is the strongest. Do not trust the ambushed version of you to improvise — give that person a script. The comfort: triggers lose power with time and repetition. Every time you meet one and walk out the escape route, the trigger gets a little quieter, the way a path through grass flattens with use. Someday the old street is just a street again. Walk your routes, and let time do its quiet work.

TODAY'S WORK

MY TRIGGER MAP

Map yours honestly. What are your most common triggers — people, places, things, feelings, times of day? Pick your top three and write, for each one, the way of escape you will take: the exact action, the exact words, the exact person you will call. Be specific; vague plans fail at the exact moment they are needed.

[Angela — your story piece for this day goes here: a moment when a trigger caught you off guard — and what you wish you had done]

A SMALL PRACTICE

THE 10-10-10 PAUSE

When a trigger hits today, practice the pause: **10** slow breaths. **10** minutes of delay — set a timer if you need to. **10** honest words said to another person ('I'm triggered and I need to talk' is exactly ten-ish and entirely enough).

Cravings rise, peak, and fall like a wave, usually within about twenty minutes. You do not have to beat the whole ocean. You only have to stay on your feet for one wave — and you have already survived every wave so far.

PEER TIP

Tell your safest person your top three triggers out loud this week. A trigger spoken becomes shared intelligence instead of a private ambush — and the people who love you would rather get the 'I'm triggered' call than the 'I'm sorry' call.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

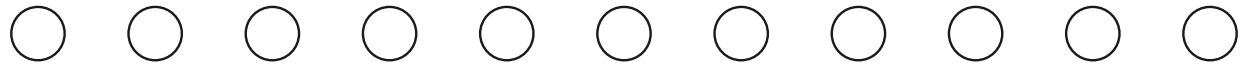
CLOSE THE DAY

☐ I stayed sober today

☐ I named my top triggers and wrote my escape routes

☐ I used the pause at least once — or I told my person my map

Craving right now — circle one (0 = none, 10 = strongest):



What today taught me:

Tomorrow's one thing:

DAY 10

The 2 A.M. Plan

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"He will not allow your foot to be moved. He who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep."

Psalm 121:3–4 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Even at 2 a.m., I am kept.
The night watch is not mine alone.

DAY 10 — TODAY'S READING

Let us talk about the hour nobody puts in the brochure: 2 a.m. The house is quiet, the day is gone, sleep will not come or will not stay — and the mind, unguarded, starts its night shift. Old memories clock in. Shame does its rounds. Cravings whisper that nobody would know. If you have met the 2 a.m. mind, you already know: it is not your wisest counselor, and nothing it says at that hour should be voted on until morning.

Here is the truth to hold at that hour, straight from today's psalm: while you cannot sleep, *God is not sleeping either.* The Keeper of your life does not doze off and leave you alone with the night. You may be awake, but you are not unaccompanied. Many people in recovery keep this psalm by the bed for exactly that reason — to have something truer than their own thoughts within arm's reach at the worst hour.

And because faith and practice hold hands in this book, we plan for 2 a.m. the way we planned for triggers: in advance, in writing, in daylight. A 2 A.M. Plan is a short list of pre-decided moves: get up instead of lying there arguing; water and a small snack; lights low; the psalm or a page of this book; a calming practice instead of the phone's bright scroll; one person who has agreed — actually agreed, in words — to be your night-call if it gets bad. Tonight you will write yours. Then, when the hour comes, you will not have to think. You will just have to follow the list your daylight self left for you.

TODAY'S WORK

WRITE YOUR 2 A.M. PLAN

Write your plan as a simple numbered list, in order: what you will do first, second, third when you are awake and struggling at night. Include: something for your body (water, snack, cool air), something for your mind (a verse, a page, a breathing practice), and the name of your night-call person. Then write one sentence your daylight self wants your 2 a.m. self to read first.

A SMALL PRACTICE

THE NIGHT PSALM

Before bed tonight, read Psalm 121 slowly, out loud if you can. Read it like a letter addressed to you — because across three thousand years, it is. Then place this book, open or marked at this page, where your hand will find it in the dark.

If you wake in the night: feet on the floor, water first, psalm second, plan third. No decisions about your life, your recovery, or your worth are allowed at 2 a.m. Those votes are held in daylight, by the rested version of you, with witnesses.

PEER TIP

Ask your night-call person directly, in daylight: 'If I text you at 2 a.m. because I'm struggling, will you answer?' Most people are honored to be asked. And keep your phone charging across the room if nighttime scrolling is part of your spiral — near enough for an emergency call, far enough to break the scroll.

WORDS TO CARRY

Built my foundation on the promises of God.

— Angela D. Martini

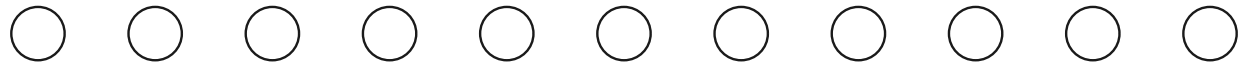
CLOSE THE DAY

☐ I stayed sober today

☐ I wrote my 2 A.M. Plan

☐ I asked my night-call person — or I know who I will ask

Craving right now — circle one (0 = none, 10 = strongest):



What today taught me:

Tomorrow's one thing:

DAY 11

What a Peer Recovery Specialist Is — and How to Get One in Your Corner

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Bear one another's burdens, and so fulfill the law of Christ."

Galatians 6:2 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I don't have to carry this alone.
There are people trained to walk beside me — and I can ask.

DAY 11 — TODAY'S READING

Today is a feature day, because there is a kind of help many people in recovery never hear about until someone tells them — so let me tell you. A **Certified Peer Recovery Specialist** (you will also hear 'peer support specialist' or 'peer recovery coach') is a person who has lived experience of addiction and recovery, and who has been trained and certified to walk beside others on the same road. Not above you. Not instead of your doctor, counselor, sponsor, or pastor. *Beside* you — as living proof that the road can be walked, and as practical company for walking it.

What does a peer actually do? A peer helps you build your own recovery plan in your own words. A peer knows the local landscape — meetings, treatment, sober housing, food support, rides, paperwork — and helps you connect to it. A peer meets you after the hospital, the program, the hard phone call, and asks the most useful question in recovery: *what do you need this week?* And when you say 'I messed up,' a peer does not flinch — because a peer has been the one saying it. I know this work from the inside: I hold this credential myself, and sitting with people in their first hard days is one of the great honors of my rebuilt life.

How do you get one in your corner? Ask. Peers work in hospitals, treatment programs, recovery community organizations, re-entry programs, and some churches and clinics. If you are in a program, ask the staff directly: 'Do you have a peer recovery specialist I can meet with?' If you are not, search for your area's recovery community organization — most take self-referrals, and many peer services are free. Write the names and numbers you find in today's work page, while it is calm. A peer is not a luxury or a last resort. A peer is what it looks like when 'bear one another's burdens' puts on a name tag.

TODAY'S WORK

BUILD YOUR CORNER

Every strong recovery has a corner team. List yours: your peer or the program you'll ask about one; your sponsor or mentor; your safest family member or friend; your faith community contact; your meeting. Next to each, write how to reach them. If a chair in the corner is empty, write the one step you will take this week to fill it.

A SMALL PRACTICE

THE ASK, REHEARSED

Asking for help gets easier when the sentence is ready before the moment is hard. Write your ask on a card and read it aloud twice today: *'My name is ___. I'm in recovery, and I'd like to meet with a peer recovery specialist. Can you help me set that up?'*

If forms or phone trees frustrate you, that is normal — and it is exactly the kind of obstacle a peer, a librarian, or a trusted friend can help you push through. Do not let paperwork be the wall between you and support. Ask for help with the asking. That counts as asking.

PEER TIP

In many places you can simply call **211** (in the United States) and ask for recovery support services near you — they can point you to peer programs, meetings, and sober housing. Outside the U.S., your local treatment service or hospital social worker can usually make the same connection. Keep the number with your trigger map.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

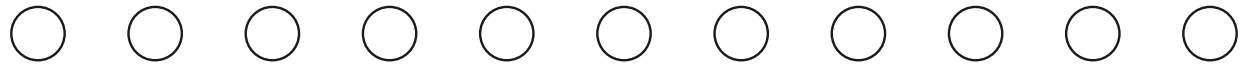
CLOSE THE DAY

☐ I stayed sober today

☐ I listed the people in my corner — names and numbers

☐ I took one step toward a peer or support I didn't have yesterday

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 12

Telling the Truth on Paper

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"And you will know the truth, and the truth will make you free."

John 8:32 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

On paper, I can be honest.
And honesty, written down, sets things free.

DAY 12 — TODAY'S READING

Jesus said the truth will make you free. He did not say the truth will make you comfortable first — and anyone who has ever written a painfully honest page knows the order of operations. But here is what I have found, and what I watch happen in other people's lives week after week: the truth, told on paper, in private, at your own pace, is one of the safest doors out of a tangled mind that exists.

Why paper? Because the mind loops, but the page holds still. A worry that circles for hours in your head becomes, on paper, a paragraph — finite, readable, finished. A shame you have carried for years becomes a sentence you can look at, grieve over, pray over, and one day close the book on. Writing does not fix everything. It does something prior to fixing: it tells the truth about what is actually there, in words you chose, at a speed your heart can handle. That is why this book is full of lines. Every page you have written so far has been this practice in disguise.

A few protections, because honesty needs a safe container. This journal is yours; write what is true, not what sounds acceptable. If writing about certain memories overwhelms you, stop, breathe, ground yourself with Day One's practice, and tell a safe person — some pages should be written, and some should be spoken to a counselor, a sponsor, or a peer first. And if there are things you write that you cannot safely keep where you live, write them, read them once, and let them go in whatever way keeps you safe. The freedom is in the telling. The paper is just the witness.

TODAY'S WORK

ONE TRUE PAGE

Today, write one true page — about anything real: where you are, what you carry, what you hope for, what you have never said out loud. No audience, no grade, no fixing. If you get stuck, start with this sentence: 'The truth about today is…' and keep the pen moving until the lines run out.

[Angela — your story piece for this day goes here: something journaling has already shown you about yourself in these twelve days]

A SMALL PRACTICE

FIVE MINUTES, PEN MOVING

Set a timer for five minutes. Write without stopping, without rereading, without fixing spelling. If you run out of words, write 'I don't know what to write' until the next true thing arrives — it will. When the timer ends, stop, even mid-sentence.

Read it back once, kindly, the way you would read a friend's words. Then close the book. You have just done in five minutes what the loop could not do in five hours: you finished the thought.

PEER TIP

If a blank page intimidates you, steal a first line: 'Right now I notice…' / 'Underneath everything, I feel…' / 'What I actually need today is…' Journaling is not literature. It is honesty with a pen — and messy pages count exactly as much as neat ones.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

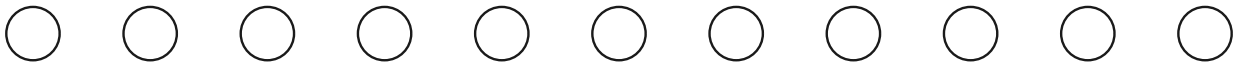
CLOSE THE DAY

☐ I stayed sober today

☐ I wrote one true page

☐ I closed the book on it and let it rest

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 13

A Gentle Day — Quiet Mind Practices

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don't let your heart be troubled, neither let it be fearful."

John 14:27 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My mind can be a quieter place.
Peace is something I can practice, a few minutes at a time.

DAY 13 — TODAY'S READING

It is the gentle day of Mind Week, and the assignment is rest for the hardest-working muscle you own. For six days you have been naming loops, mapping triggers, planning for 2 a.m., and writing true pages. Today we practice the other half of a renewed mind: quiet.

Notice how Jesus gives His peace in today's verse: not as the world gives. The world gives peace the way addiction did — fast, total, and temporary, with a bill arriving later. His peace is different in kind: slower, smaller, and it stays. It looks like five unhurried minutes with a warm drink. Like a single verse read three times until one word of it stands up. Like a mind learning — the way your body learned the wind-down — that it is allowed to stand down, because the watch is being kept by Somebody else.

Do not grade today's quiet. A mind that keeps wandering during a quiet practice is not failing the practice; wandering *is* the practice — every return is one small rep of the exact muscle recovery is built on. Come back a hundred times and you have done a hundred returns. That is not a failed meditation, friend. That is training. Be as patient with your mind today as God has been with all of us: endlessly, and without keeping score.

TODAY'S WORK

WHAT QUIETS ME

Make a short, honest list of the things that genuinely quiet your mind — not what should work, what does: a hymn, a psalm, a walk, a voice, a place, a routine. Beside each, write when you could give it five minutes this week. This list is medicine you already own; today we are just labeling the bottles.

A SMALL PRACTICE

THE VERSE, THREE TIMES SLOW

Take today's verse — or the one truest sentence from this week — and read it three times, slower each time. First reading: just the words. Second: notice which word shines for you today. Third: read it as a prayer, with your own name in it where it fits. ('Peace I leave with *you*.')

Then sit for two quiet minutes with nothing to accomplish. If a pleasant scent helps you settle — a lotion, a candle across the room, fresh air at an open window — let it be part of the ritual, a small signal of safety. Scent is a comfort here, never a cure; the peace is doing the work, not the smell. When your mind wanders, return it the way you'd lead a child by the hand: without scolding.

PEER TIP

> Short and daily beats long and rare. Five quiet minutes every morning this week will do more for your mind than one heroic hour you never repeat. Anchor it to something you already do — the first glass of water, the porch step, the kettle.

WORDS TO CARRY

> *Four pillars. Stable ground. New life.*
>
> — Angela D. Martini

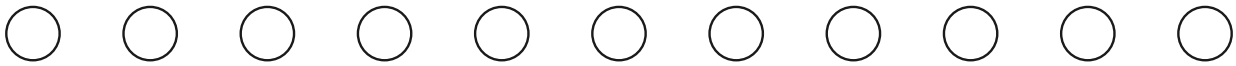
CLOSE THE DAY

☐ I stayed sober today

☐ I gave my mind five quiet minutes

☐ I returned gently instead of grading myself

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 14

Week 2 Pillar Review: Mind

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God."

Romans 12:2 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Two weeks in, my mind is learning new roads.
Renewal is slow — and it is real.

DAY 14 — LOOK BACK BEFORE YOU STEP FORWARD

Fourteen days. Two pillars tended, one honest page at a time. Look back at this week with the same kind eyes you used on your body: you named the loop. You mapped your triggers and wrote your escape routes. You built a 2 A.M. Plan. You learned what a peer recovery specialist is and started building your corner. You told the truth on paper, and you practiced five minutes of quiet. That is not a small week. That is a mind under renovation.

Renewing the mind is the slowest construction project in recovery, because the old roads were paved by years of traffic. Do not be discouraged if the loop still visits or a trigger still lands. Renovation is measured in months of small returns, not in single victories. What matters is the direction of the traffic — and yours has changed direction.

Answer the review pages plainly. Notice especially your second thoughts: the places where you caught the first thought and chose a truer second one. Those moments are the new road being paved in real time. Then rest. Week Three, we open the Heart Pillar.

What moved this week? (A small shift counts. Name it.)

What wobbled? (No shame — wobbling is information. What does it teach you?)

Mind practices I used this week — check every one you did, even once:

☐ I named the loop instead of obeying it
☐ I used an escape route or the 10-10-10 pause
☐ I followed (or wrote) my 2 A.M. Plan
☐ I reached out to someone in my corner
☐ I wrote honestly on paper
☐ I practiced five quiet minutes

Three second thoughts I am proud of this week:

1.

2.

3.

One goal for next week (Week Three is the Heart Pillar — make it small and keepable):

WORDS TO CARRY

> *Built my foundation on the promises of God.*
>
> — Angela D. Martini

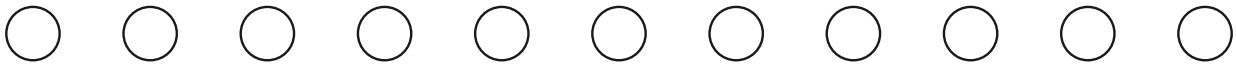
CLOSE THE DAY

☐ I stayed sober today

☐ I looked back at my mind's week honestly

☐ I am letting myself rest before Week Three

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

WEEK THREE

THE HEART PILLAR

Healing the Heart

Underneath every addiction I have ever met — including my own — there is a heart carrying something heavy: trauma, grief, shame, loneliness. This week we stop outrunning it. We will go gently, at the pace of honesty, with every safety practice from the first two weeks in hand. Nothing in this week has to be finished. It only has to be begun, kindly.

> *"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."*
>
> Psalm 34:18 — World English Bible

DAY 15

When Trauma Shows Up

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit."*
>
> Psalm 34:18 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

What happened to me is part of my story —
it is not the whole story, and it is not my fault.

DAY 15 — TODAY'S READING

We begin Heart Week with the day many people quietly hope a book like this will skip. We are not skipping it. For a great many of us, addiction did not start as a party; it started as an escape — from things that happened to us, things done to us, things no one should have to carry, especially not alone and especially not young. Trauma is the name for wounds like that: experiences that overwhelmed what a person could cope with, and that keep echoing in the body and the heart long after the events end. If that is part of your story, hear this from the first page of Heart Week: **what happened to you is not who you are, and it was not your fault.**

Trauma shows up in ordinary disguises: a startle at a raised voice, a smell that empties a room of air, numbness where feelings should be, a heart racing at nothing you can name. These are not character defects. They are a nervous system's old alarm system doing the job it learned in hard years. Understanding that does not erase the past — but it can retire the shame you have been carrying for how you react, and shame retired is room made for healing.

Now the most important paragraph of the day: **this book is a companion, not a clinic.** Working through deep trauma belongs with trained, licensed help — a trauma-informed counselor, your treatment team, people equipped for that work — alongside your peer supports, not instead of them. Today's page asks for no details of anything that happened to you. It asks only this, at whatever depth feels safe: to let the truth be named in gentle, general words, and to practice the skill underneath all healing — noticing when the past is loud, and grounding yourself in the present, where you are safe, and where God promises He is near to the brokenhearted. Near. Not far, not disgusted, not waiting for you to get it together first. Near.

TODAY'S WORK

GENTLE AND GENERAL

No details are required here — today or ever, in this book. If you wish, name in broad, safe words what your heart carries ('a hard childhood,' 'a loss,' 'things from my using years'), and then write what you most need to hear about it. If writing anything at all feels like too much today, write the verse instead, slowly, in your own hand. That is a complete day's work.

[Angela — your story piece for this day goes here: only if you choose — a few words about the support that has helped your heart most]

A SMALL PRACTICE

ORIENT TO THE PRESENT

Practice this now, while it is calm, so it belongs to you when it is not. Look around and name, silently: today's day of the week, the place you are in, your own age, one person who is in your corner, one thing that is different now from the hardest years. *I am here. That was then. This is now, and I am not alone in it.*

Then use your senses the way Day One taught you — five things you can see, four you can hear — and let your feet press the floor. The present is not a perfect place, but it is *this* place, and in this place you have help, and time, and breath. Stay as long as you need. There is no timer on healing.

PEER TIP

Tell your peer, sponsor, or counselor that Heart Week has begun, before the hard days arrive. Support works best when it is arranged in daylight. And if today's page stirred more than expected, that is information, not failure — bring it to your next meeting or session, exactly as it is.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

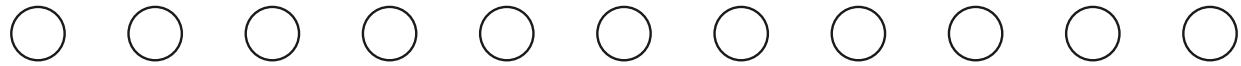
CLOSE THE DAY

☐ I stayed sober today

☐ I practiced orienting to the present at least once

☐ I told (or will tell) one safe person that Heart Week has begun

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 16

Grief for the Years Addiction Took

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"For his anger is but for a moment. His favor is for a lifetime. Weeping may stay for the night, but joy comes in the morning."

Psalm 30:5 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I can grieve what addiction took
and still be grateful for what remains. Both are true.

DAY 16 — TODAY'S READING

Somewhere in recovery, usually when the crisis quiets down, grief arrives — and it surprises people, because nobody warns you that getting better includes mourning. You grieve the years. The birthdays missed, the trust spent, the version of your life you can picture but never lived. Some grieve people — lost to death, to distance, to the plain fact that not every relationship survives what addiction did to it. And some grieve something quieter: the person they were supposed to get to be.

Hear this plainly: grief is not a relapse risk you failed to prevent. Grief is the heart telling the truth at last, in a safe enough season to tell it. The tears that come in month two or three are often tears that were frozen for years — thawing is what hearts do when they finally get warm. The psalm does not scold the weeping; it gives it a shift — *the night* — and then it promises the morning. Weeping may stay for the night. It does not get the deed to the house.

Today we practice grieving on purpose, in a container, with an ending time — because grief that is given a chair and an hour is less likely to kick the door down at midnight. In today's work you will name what addiction took, plainly, the way you'd read names on a memorial wall. And then — just as deliberately — you will name what remains, and what has already been handed back. Both lists are true. Recovery is learning to hold them at the same time without letting either one lie to you: the loss is real, *and* joy comes in the morning. I am living proof of the second half of that sentence. So, already, are you.

TODAY'S WORK

TWO TRUE LISTS

First list: what addiction took — the years, the moments, the people, the chances. Name them plainly; they deserve to be named. Second list: what remains, and what has already been given back. Let the second list be as specific as the first.

What remains — and what is already being given back:

[Angela — your story piece for this day goes here: the loss you feel most — and one small way you have begun to honor it]

A SMALL PRACTICE

A GRIEF MINUTE, WITH EDGES

Set a timer for five minutes. Look at your first list and let yourself feel it — cry if tears come; sit still if they don't. Grief has no performance standard. When the timer ends, stand up, wash your face with cool water, and read your second list out loud.

Then do one ordinary, living thing: make tea, step outside, text your person. You are teaching your heart a new geography — the country of grief is real, and you can visit it without moving there.

PEER TIP

> Anniversaries, songs, and certain streets are grief's favorite ambush sites, just like triggers — you can map them the same way and plan tenderness in advance. And if grief settles in for weeks and will not lift, tell your doctor or counselor. Prolonged, heavy grief deserves professional company, not willpower.

WORDS TO CARRY

> *When you choose peace, it comes with a lot of goodbye.*
>
> — Angela D. Martini

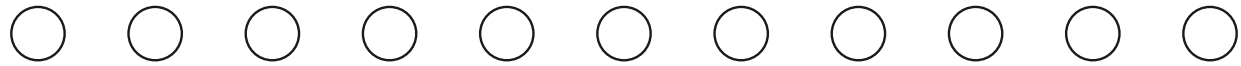
CLOSE THE DAY

☐ I stayed sober today

☐ I named what was lost — and what remains

☐ I ended my grief time on purpose and did one ordinary, living thing

Craving right now — circle one (0 = none, 10 = strongest):



What today taught me:

Tomorrow's one thing:

DAY 17

Shame Is a Liar

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"There is therefore now no condemnation to those who are in Christ Jesus."

Romans 8:1 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I am not what I did.
In Christ, there is no condemnation over my name.

DAY 17 — TODAY'S READING

Let us learn to tell two voices apart, because they sound similar and they are opposites. **Conviction** says: *you did a specific thing, it was wrong, here is the way to make it right.* It is specific, it comes with a road home, and it leaves your worth intact. **Shame** says: *you are the wrong thing. You are the exception. If people really knew, they would leave.* It is global, it offers no road anywhere, and it always — always — drives people toward hiding, and hiding is addiction's favorite room. Shame is not humility. Shame is a liar with a familiar voice.

Paul's answer to shame is not a pep talk. It is a verdict: *no condemnation* for those in Christ Jesus. Not 'less condemnation.' Not 'condemnation until you have suffered enough or explained yourself well.' None. The courtroom you keep rehearsing in your head at 2 a.m. has already adjourned for everyone who is in Christ — and the Judge is not the one reopening your case. Your accuser is. Learn to ask, when the voice starts: *is this specific, and does it come with a way home?* If not, it is not God talking. It is shame, and shame is a liar.

The practical antidote to shame is not arguing with it alone in your head — shame wins arguments in the dark. The antidote is *witness*: one safe person who hears the true thing and does not leave. That is why confession in Scripture is aimed at one another, not just upward — 'confess your faults to one another, and pray for one another, that you may be healed.' Every time you tell the truth to a safe person and watch them stay, shame loses jurisdiction. Start small if you must. But start telling. The liar cannot stand the light of a single honest sentence spoken out loud.

TODAY'S WORK

PUT THE LIE ON PAPER, ANSWER IT

Write the shamiest sentence your mind says to you — the exact words. Then answer it the way Romans 8:1 answers it: what is actually true — about you, about God, about what is and is not held against you? Finally, write the name of the one safe person you could say the sentence to out loud, and watch them stay.

The true sentence I will practice saying instead:

A SMALL PRACTICE

HEAD UP, HANDS OPEN

Shame lives in the body: eyes down, shoulders rounded, voice small. Practice the opposite posture for two minutes today: sit or stand tall, chin level, hands open on your lap or at your sides, breathing slow. Say today's affirmation out loud in that posture.

It may feel like acting. It is actually training — the body teaching the heart what the heart is still learning to believe: *I am a person who can stand in the light.* Two minutes. No audience required. God already sees you, and He is not looking away.

PEER TIP

Notice shame's favorite hours — usually the same hours as cravings and the loop. Shame, exhaustion, and isolation travel as a pack; break up the pack and the spokesman gets quieter. Eat, rest, and tell somebody, in that order or any order.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

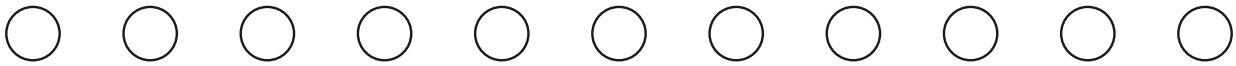
CLOSE THE DAY

☐ I stayed sober today

☐ I answered one shame sentence with the truth

☐ I stood tall and said my affirmation out loud

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 18

Boundaries That Protect Your Peace

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Keep your heart with all diligence, for out of it is the wellspring of life."

Proverbs 4:23 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My peace is worth protecting.
Saying no can be an act of love — for me and for them.

DAY 18 — TODAY'S READING

The Bible's word for it is *keeping* your heart — guarding it the way you would guard a wellspring, because everything in your life flows out of it. Modern language calls the same practice boundaries: the lines that say what you will and will not carry, answer, fund, fix, or attend. In early recovery, boundaries are not relationship theory. They are scaffolding around a pillar that is still setting. You are allowed to protect the construction site.

Let me clear away the two most common lies about boundaries. First: a boundary is not a punishment or a wall of anger — it is information, kindly delivered, about what you will do. 'I can't be around drinking right now, so I'll leave if it starts' is a boundary. It controls exactly one person: you. Second: a boundary is not selfish. People who love you may need a minute to adjust — some were used to the version of you who always said yes, always rescued, always answered at 2 a.m. But the people who truly want *you* well will learn to respect the fence once they understand it protects the wellspring they drink from too.

Start with the recoveries in front of you. Common first fences: not keeping substances or paraphernalia in your home; not lending money you cannot afford to lose; leaving events where using is happening; a phone that goes quiet at a set hour; not taking on other people's crises in your first fragile season. Expect some guilt at first — guilt is often just the echo of an old habit, not evidence you have done wrong. Say the line kindly, say it once, and then let your feet do the repeating. Your peace is worth protecting. Guard the wellspring, friend. Everything flows from there.

TODAY'S WORK

ONE FENCE, KINDLY BUILT

Choose one boundary your recovery needs right now. Write it three ways: the reason (for your own eyes), the kind sentence you will actually say, and what you will do if it is not respected. Rehearse the sentence until it sounds like you on a calm day — because you will need to say it on a hard one.

The exact sentence I will say:

[Angela — your story piece for this day goes here: a boundary you once kept that protected you — what it taught you]

A SMALL PRACTICE

SAY IT TO THE MIRROR

Stand in front of a mirror, shoulders down, voice steady, and say your boundary sentence out loud three times. Not angrily — warmly, the way you would want it said to you. Notice what your body does. Breathe. Say it once more.

Then practice the short version recovery people lean on: 'I can't do that, but here's what I can do.' A boundary with an offered alternative is a door with a window in it — closed to what harms you, open to what doesn't.

PEER TIP

You do not have to explain a boundary to earn it. 'That doesn't work for me' is a complete reason among adults. Long justifications invite negotiation; short kindness invites respect. Say it, mean it, and let silence do the heavy lifting afterward.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

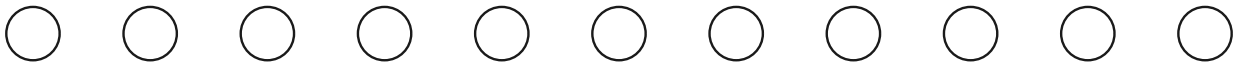
CLOSE THE DAY

☐ I stayed sober today

☐ I chose one boundary and wrote my sentence

☐ I practiced saying it out loud

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 19

Safe People, Safe Places

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"God is our refuge and strength, a very present help in trouble."

Psalm 46:1 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I am building a life with safe people and safe places in it — on purpose.

DAY 19 — TODAY'S READING

By now you have a trigger map and a boundary sentence. Today we draw the other half of the map: not where the danger is, but where the *safety* is. In early recovery, safety is not an accident or a mood — it is an address list. Safe people. Safe places. Written down, rehearsed, and used without apology.

Safe people have a recognisable shape. They tell you the truth without cruelty. They do not offer you what you are recovering from — not as a joke, not 'just once,' not ever. They are glad when you set a boundary and careful with what you confide. And they can be found in more places than you might think: meetings, faith communities, recovery programs, family that has done its own growing. Not everyone from the old life fails this test, and not everyone new passes it. Give people time to show you their shape, and believe what they show.

Safe places matter just as much, and one of the most important is the place you live. If your housing is unstable or the place you stay is not safe for your recovery, treat that as a first-order need, not a someday wish: ask your peer, your program, or your local housing authority about *sober and recovery housing* — homes where the house rules protect sobriety, and where community does some of the work your willpower cannot do alone. There is a short guide in the back of this book, *Finding Safe, Sober Housing*, written for exactly this decision. A refuge is not weakness. The psalm calls God Himself our refuge — needing one puts you in very good company.

TODAY'S WORK

MY SAFETY DIRECTORY

Fill this page like it matters, because it does. Safe people: names, numbers, and what each is best for (a call, a ride, a meeting, a couch in a storm). Safe places: the meeting room, the porch, the library, the church steps — with the hours they are there for you. Finish with one sentence: the place I will go on my worst day is…

[Angela — your story piece for this day goes here: a safe place from your own life that others might look for too]

A SMALL PRACTICE

WALK THE SAFE ROUTE

Today, physically go to one of your safe places — or walk the route to it — while things are calm. Sit there a few minutes. Let your body learn the address: *this is where I go; these are my people; I am known here.*

Safety rehearsed in calm weather is safety available in storms. Armies drill, fire crews drill, choirs rehearse — recovery people visit their safe places on good days so their feet remember the way on bad ones.

PEER TIP

Keep your safety directory and your trigger map in the same place — front of this book works. On a hard day you will not want to hunt for either. One page to flee *from*, one page to flee *to*: that is a plan.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

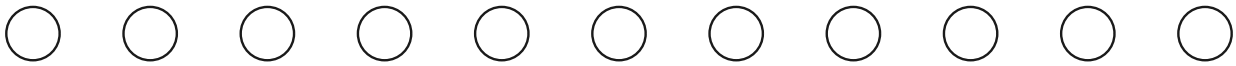
CLOSE THE DAY

☐ I stayed sober today

☐ I wrote my safety directory

☐ I visited (or will visit) one safe place while calm

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 20

A Gentle Day — Comfort Without Numbing

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Yahweh, your God, is among you, a mighty one who will save. He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing."

Zephaniah 3:17 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I can be comforted without disappearing.
Love can calm me — I don't have to numb me.

DAY 20 — TODAY'S READING

Heart Week's gentle day lands where it is needed: after trauma, grief, shame, and boundaries, the heart deserves a day about comfort. Read today's verse slowly, because it paints a picture we are not used to: God not merely tolerating you, not merely rescuing you — *rejoicing over you with singing*. Being delighted in. Being sung over, the way a parent sings over a child who cannot sleep. That is the comfort on offer today: not numbing, but nearness.

There is a difference worth learning in your body, not just your head. Numbing made feeling stop — all feeling, the joy along with the pain, which is why the using years feel so blank in memory. Comfort does the opposite: it turns the volume of the hard feeling down while leaving you *present* — able to taste the tea, hear the song, feel the blanket, know where you are. In Week One you built a list of honest comforts and a small corner to receive them in. Today we simply return there, hearts this time instead of bodies.

So the whole assignment is: be comforted once today, slowly, and stay for it. Let the warmth register. Let the song finish. If tears come — and after this week, they might — let them be the calm kind, the kind that comes when a heart finally believes the singing is real. He rejoices over you with joy. Not over the finished version of you. Over *you*, today, mid-pillar-repair. Rest there a while.

TODAY'S WORK

COMFORTS FOR THE HEART

List the comforts that reach your *heart*, not just your body: the song that feels like a hand on your shoulder, the verse that reads like a letter, the person whose voice settles you, the memory of being truly safe. Keep adding to it all month. This is the playlist of a heart learning it does not have to numb to be okay.

A SMALL PRACTICE

SUNG OVER

Find five quiet minutes and one song that has ever made you feel held — a hymn, a worship song, a lullaby from long ago. Play it or hum it, beginning to end, doing nothing else. If you enjoy a quiet scent in the room while you listen, let it simply be part of the stillness — a comfort ritual, never a treatment.

As it plays, breathe slowly and let the words of Zephaniah stand in front of you: *He will calm you in His love.* Not you calming yourself by force. Being calmed, the way a child is calmed — by Somebody bigger being near and glad. Stay until the song ends. Then let the day be gentle with you, and you with the day.

PEER TIP

On gentle days, protect the gentleness: lighter news, lighter feeds, lighter company. The heart processes the week in the background the way the body heals in sleep — mostly while you are not watching it. Give it an easy room to work in.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

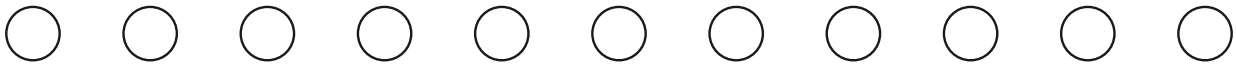
CLOSE THE DAY

☐ I stayed sober today

☐ I let myself be comforted once, slowly

☐ I kept the day gentle on purpose

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 21

Week 3 Pillar Review: Heart

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Create in me a clean heart, O God; and renew a right spirit within me."

Psalm 51:10 — King James Version

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Three weeks in, my heart is telling the truth —
and the truth is where healing starts.

DAY 21 — LOOK BACK BEFORE YOU STEP FORWARD

Twenty-one days. This week asked the most of you so far, and I want to say plainly, before any checkboxes: I am proud of how you walked it. You named trauma gently and without detail-mining. You grieved what addiction took — and named what remains. You put shame's lie on paper and answered it with the verdict. You built one kind fence. You wrote your safety directory and let yourself be comforted without disappearing. That is not a small week. That is the Heart Pillar being rebuilt in the open.

David prayed today's verse after his own worst season, and notice what he asked for: not his old heart back, scrubbed — a *clean heart, created*. New material. That is what this week was actually about. Not excavating the old heart endlessly, but letting God build its replacement while you keep showing up with the truth.

Look back over your pages. Where did your heart move? Where does it still wobble — and is that wobble asking for a person (a counselor, a peer, a pastor) rather than another page? Answer honestly, rest well, and take heart: Week Four turns to the Spirit Pillar, and to the God who has been near for every line of this.

What moved this week? (A small shift counts. Name it.)

What wobbled? (No shame — wobbling is information. What does it teach you?)

Heart work I practiced this week — check every one you did, even once:

☐ I named what my heart carries, gently
☐ I grieved on purpose — and ended on purpose
☐ I answered shame with the truth
☐ I set or kept one kind boundary
☐ I used my safety directory
☐ I let myself be comforted without numbing

Three true things about my heart right now:

1.

2.

3.

One goal for next week (Week Four is the Spirit Pillar — make it small and keepable):

WORDS TO CARRY

> *No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.*
>
> — Angela D. Martini

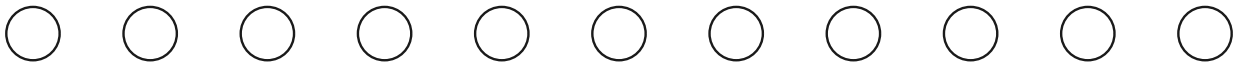
CLOSE THE DAY

☐ I stayed sober today

☐ I looked back at my heart's week honestly

☐ I am letting myself rest before Week Four

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

WEEK FOUR

THE SPIRIT PILLAR

Walking With God

Body, mind, heart — and now the pillar underneath them all. This week is about the God who never let go of you: prayer when words fail, forgiveness at an honest pace, the strange engine of serving others, and the life being built that is finally worth staying for. Come as you are. You have never once been as far from Him as you felt.

> *"Yahweh himself is who goes before you. He will be with you. He will not fail you nor forsake you. Don't be afraid. Don't be discouraged."*
>
> Deuteronomy 31:8 — World English Bible

DAY 22

A God Who Wouldn't Let Go

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Yahweh himself is who goes before you. He will be with you. He will not fail you nor forsake you. Don't be afraid. Don't be discouraged."

Deuteronomy 31:8 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

God never let go of me —
not in the worst year, not in the worst hour.

DAY 22 — TODAY'S READING

Of all the things I need you to believe by the end of this book, this one carries the most weight: **God never let go of you.** Not in the using years. Not in the rooms you are ashamed to remember. Not in the nights you were sure you had finally exhausted heaven. You may have felt far from Him — feelings are weather, remember — but the distance was never His idea, and it was never the truth about where He was standing.

I know this the way you know things that cost you everything to learn. In the winter of 2025, I lay for seven days in a hospital bed, in a coma, unable to pray a single word for myself. And I was not — not for one of those minutes — unaccompanied. My family prayed the prayers I couldn't pray, yes. But underneath their praying was a God who had gone before me into that room and was not leaving it. I woke up on February 5 to a life I had not earned back, held by a God who had never once loosened His grip. That is not my theology. That is my medical history.

So hear today's verse the way it deserves to be heard: as a record, not a wish. He goes *before* you — He is already in your tomorrow, preparing it. He will *be with* you — present tense, today's tense. He will not fail you and will not forsake you — two promises, stacked like pillars, under every day of the road ahead. This week we walk with that God on purpose: in prayer, in forgiveness, in serving, in stillness. Start here, simply: He never let go. Let the rest of the week be you learning to hold on back.

TODAY'S WORK

TRACE THE HAND THAT HELD YOU

Look back over your hardest years and trace where God was holding on — the person who showed up, the door that closed just in time, the morning you woke up when you shouldn't have, the prayer somebody prayed over you. Write the evidence plainly. On the days His nearness is hard to feel, this page is your record that feelings and facts are different things.

A SMALL PRACTICE

THE HELD MINUTE

Sit somewhere quiet and set a timer for one minute. With each slow breath, let one sentence repeat: breathing in — *You never let go;* breathing out — *so I am holding on.* One minute only. When the timer ends, thank Him out loud for one specific rescue from your list — by its name.

Gratitude with specifics is how a held person talks. Vague thanks fades; named thanks builds an altar your memory can return to.

PEER TIP

If 'God never let go' is hard to believe because of what was done to you by people — sometimes in God's name — please hear this: He is not them, and He is not on their side of what happened. A good counselor and a safe faith community can help untangle that knot. It is worth untangling. He is worth knowing as He actually is.

WORDS TO CARRY

Built my foundation on the promises of God.

— Angela D. Martini

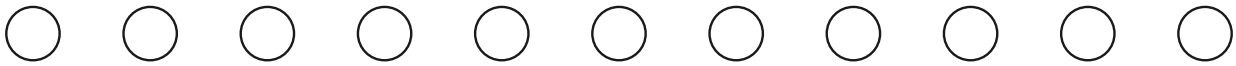
CLOSE THE DAY

☐ I stayed sober today

☐ I traced the evidence of God's holding at least once

☐ I thanked Him for one rescue by name

Craving right now — circle one (0 = none, 10 = strongest):



What today taught me:

Tomorrow's one thing:

DAY 23

Prayer When You Have No Words

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"The Spirit also helps our weaknesses, for we don't know how to pray as we ought. But the Spirit himself makes intercession for us with groanings which can't be uttered."

Romans 8:26 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My wordless prayers are still heard.
Even my silence is translated by love.

DAY 23 — TODAY'S READING

Some days, prayer flows like conversation with an old friend. And some days you kneel down — or sit in the car, or lie in the dark — and there is simply nothing there. No words, no warmth, just static and exhaustion and 'God, I can't.' If you have been treating those days as failed prayer, today's verse is here to correct the record: they may be the most honest prayer of your life, and not one syllable of them is lost.

Read it again: *we don't know how to pray as we ought* — Paul includes himself, the apostle, in the not-knowing. And into that not-knowing steps the Spirit Himself, interceding with groanings too deep for words. Which means the sigh counts. The tears count. The 'help' whispered from the bathroom floor counts, carried to the Father by the very Spirit of God, translated perfectly. During my coma, I prayed nothing at all for seven days — and I have come to believe heaven was not silent over that bed for one minute. Being prayed *for* when you cannot pray is not a lesser kind of prayer life. Sometimes it is the whole of it, and it is enough.

So practice small and honest. The one-word prayer is real prayer: *help, here, please, stay.* The written prayer counts — some of us pray best with a pen, and today's work page is set aside for exactly that. Other people's words count too: a psalm read aloud as your own until it becomes your own. God is not grading your eloquence from a distance. He is near, He is fluent in groaning, and He has never once needed you to be impressive to be heard.

TODAY'S WORK

THE PRAYER WITH NO POLISH

Write a prayer the way it actually sounds inside you today — unedited, unpretty, honest. If you cannot find words, write one word and let the page hold it. If even that is too much, copy out Psalm 121 or today's verse in your own hand, slowly. A copied psalm, prayed on purpose, is a prayed psalm.

A SMALL PRACTICE

BREATH PRAYER

Choose a short line — from Scripture, or one of these: *'Lord, stay near.'* / *'Jesus, I am Yours.'* / *'God, hold me.'* Breathe in on the first half, out on the second, for two minutes. When your mind wanders, return without scolding.

Breath prayer is the oldest portable prayer there is — it fits in a waiting room, a craving, a hospital corridor, a 2 a.m. bed. Make one yours this week. It will be there on the days the words won't come, because that is precisely what it was built for.

PEER TIP

Keep a small prayer list in this book: names of people you are carrying, including your own. On the wordless days, just read the names slowly to God. A list read in love is a prayer — full stop — and some weeks it is the strongest one available.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

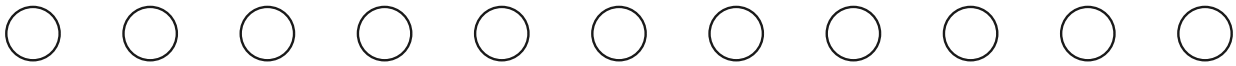
CLOSE THE DAY

☐ I stayed sober today

☐ I prayed honestly at least once — words or no words

☐ I practiced my breath prayer

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 24

Forgiveness — Slow, Honest, Yours to Choose

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you."

Ephesians 4:32 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Forgiveness is a road I can walk at my own pace.
I don't have to run it, excuse it, or fake it.

DAY 24 — TODAY'S READING

Of all the words in recovery, *forgiveness* may be the most loaded — so let us handle it with clean hands. Forgiveness is not saying what happened was okay. It is not forgetting, it is not trusting someone again, and it is absolutely not returning to a place that harms you. Forgiveness is a decision about *your* heart: the decision to stop carrying the debt yourself — to hand the account to God, who settles accounts better than bitterness ever will. It can be slow. It can be chosen in layers. And it is always, always yours to choose in your own time.

Notice the ground Paul puts under it: *just as God in Christ forgave you.* Forgiveness flows downhill from a forgiven person. When the shame work of Day 17 met the verdict of Day 17's verse — no condemnation — something loosened: a person who is not carrying her own condemnation has hands free to set down other people's debts, one at a time, at a sane pace. And some of us must start with the hardest name on the list: our own. Forgiving yourself is not excusing yourself. It is agreeing with God's verdict over your life and letting the gavel rest.

Two protections for the road. First, sequence matters: forgiveness of the people who harmed you deeply — especially where trauma is concerned — belongs in the company of your supports, worked through slowly, sometimes with a counselor's help. This page will never rush you there. Second, forgiveness and reconciliation are different doors: you may forgive a person completely and still keep your boundary from Day 18 standing exactly where you built it. That is not unfinished forgiveness. That is wisdom, keeping your heart with all diligence. One honest step today is enough. It is, in fact, how the whole road gets walked.

TODAY'S WORK

THE LIST, THE PACE, THE FIRST STEP

Write the names your heart carries — including your own, if it belongs there. Beside each, write only where you honestly are: 'not yet,' 'willing to be willing,' 'beginning,' 'done, and keeping it done.' Then choose the smallest true first step available for ONE name — a prayer, a conversation with your peer, simply the willingness itself — and write it down. Honest pacing is the exercise.

My smallest true first step, and for whom:

[Angela — your story piece for this day goes here: a forgiveness — given or received — that you have seen change a life]

A SMALL PRACTICE

THE OPEN HANDS PRAYER

Sit with your hands in your lap, fists closed. Name, silently, one debt you are carrying — yours or someone else's. Now open your hands, palms up, and pray one sentence: *'God, I hand this to You. I will pick it back up a hundred times; take it a hundred and one.'* Open and close the hands as many times as the honesty requires.

Forgiveness is often less a single decision than a practice of handing over, repeated until the hands learn to stay open. Let today count as rep one.

PEER TIP

If someone asks for YOUR forgiveness this season, you are allowed time, truth, and boundaries in the answering. A slow, honest 'I'm working on it' is worth more than a fast, false 'it's fine.' And if you owe an apology, Day 25's service road will help you carry it well.

WORDS TO CARRY

When you choose peace, it comes with a lot of goodbye.

— Angela D. Martini

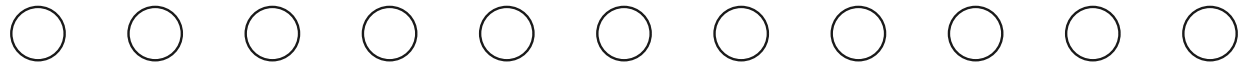
CLOSE THE DAY

☐ I stayed sober today

☐ I was honest about where I am with forgiveness

☐ I took one smallest true step — or I chose willingness, which counts

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 25

Service: The Secret Engine

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

> *"The King will answer them, 'Most certainly I tell you, because you did it to one of the least of these my brothers, you did it to me.'"*
>
> Matthew 25:40 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Helping someone else is not extra credit.
It is one of the ways I heal.

DAY 25 — TODAY'S READING

Here is one of recovery's open secrets, and I can vouch for it from both sides of the chair: **helping others is not what you do after you recover. It is one of the engines that recovers you.** The rooms know it ('you keep it by giving it away'). Scripture knew it first — in today's verse, the King counts a kindness done to the least and the overlooked as done to *Him*. Service is where the Spirit Pillar grows its strongest timber, because service turns a person's eyes outward at exactly the moment self-focus would swallow them whole.

I will tell you my own philosophy of it, the one this work runs on: helping people cannot be about praise or recognition. It has to come from the heart — from a soul that truly wants to see others succeed and to help build them up. That is not a slogan for a wall somewhere; it is the difference between service that heals the server and service that rots into resentment. Motive is the whole machine. Serve to be seen, and you will starve. Serve because a person in front of you matters to God, and you will be fed in ways you cannot explain at the table later.

Start at your actual size. Service in month one is not founding something; it is making the coffee, stacking the chairs, holding the door, texting the newcomer, giving the ride, telling the truth about your own story to the person one chair over who thinks nobody could understand. Small, regular, from the heart. One caution from a friend: keep your boundaries from Day 18 standing while you serve — a helper without fences becomes a casualty, and your own four pillars still come first. Engine, yes. Sacrifice of the whole vehicle, no. Now — look around your life today. Somebody near you needs exactly the thing you have already survived. That is not a coincidence. That is an assignment.

TODAY'S WORK

MY FIRST ASSIGNMENTS

List three acts of service sized honestly for this season: one for today, one for this week, one you are growing toward. Beside each, write the heart-check: am I doing this from the heart, or for the applause? Then write the name of one person whose chair you could sit beside this week — the newcomer, the quiet one, the one chair over.

My one act of service for today:

[Angela — your story piece for this day goes here: a small act of service someone did for you early on, that you have never forgotten]

A SMALL PRACTICE

THE UNSEEN KINDNESS

Today, do one kind thing that nobody will know about and nobody can repay: pray by name for someone who is struggling, leave an encouraging note, take the unglamorous task, put something back better than you found it. Tell no one. Let it be between you and the King of today's verse.

Unseen service is motive school. Every anonymous kindness teaches your heart the deepest lesson of the Spirit Pillar: it was never about being thanked. It was about becoming the kind of person through whom help reliably arrives.

PEER TIP

Say yes to the small service jobs at meetings and in your program — greeter, coffee, clean-up — even when you'd rather slip out. They look minor. They are load-bearing: they attach you to the community, give your week structure, and put you in the room where the next hurting person walks in.

WORDS TO CARRY

No life is worth less than another. Every life has value, and every recovery matters — and there should always be a hand reaching out to help us up when we need it most.

— Angela D. Martini

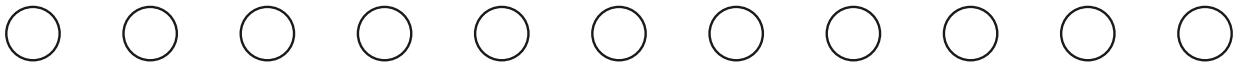
CLOSE THE DAY

☐ I stayed sober today

☐ I did one act of service from the heart

☐ I kept my boundaries standing while I served

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 26

Building a Life Worth Staying For

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"For I know the thoughts that I think toward you, says Yahweh, thoughts of peace, and not of evil, to give you hope and a future."

Jeremiah 29:11 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

A future is being built for me —
and I am building toward it, one true day at a time.

DAY 26 — TODAY'S READING

God spoke today's verse to exiles — people living in a place they did not choose, grieving a life that was gone. He did not tell them the exile wasn't real. He told them the exile wasn't *final*: 'I know the thoughts I think toward you… thoughts of peace… to give you hope and a future.' If you are reading this page from inside a season you did not choose, that sentence has your name on it too.

Here is what twenty-six days of pillar work have been quietly constructing: not just a person who is not using, but a *life worth staying for*. There is a difference, and the difference is the whole game. A life organized only around avoiding the old one stays fragile — take away the crisis and it empties. A life with things in it — people who know your name, work that matters, a body being cared for, mornings with a purpose, a God you actually talk to — that life starts defending itself. You do not white-knuckle your way out of a life you love.

So today we look forward on purpose. Not fantasy-forward — recovery-forward: the job or the training, the repaired relationship, the home made safe, the gift you have that somebody needs, the ordinary Tuesday a year from now that you would not trade. God thinks thoughts of peace toward you; let your planning agree with His thinking. Write the future down in today's work — plainly, believably, in sizes your real life can grow into. Then notice: you are not describing a stranger's life. You are describing the one these thirty days have already started building.

TODAY'S WORK

THE FUTURE, IN BELIEVABLE SIZES

Describe the life you are building, in three horizons: one month from now, six months, one year. Keep it believable and specific — people, places, work, worship, rest. Circle the one piece of that future that makes your heart lift most, and write the smallest next step toward it that exists today.

[Angela — your story piece for this day goes here: one dream for your future that recovery has handed back to you]

A SMALL PRACTICE

BLESS THE FUTURE OUT LOUD

Read your one-year paragraph aloud, slowly, in the present tense where you can: 'I live in a safe place. My people know where to find me. My work helps somebody.' Hear how it sounds in your own voice — the voice of the architect, not the exile.

Then pray one sentence over it: *'God, Your thoughts toward me are peace. Build what I cannot, and show me today's part.'* Planning and surrender are not opposites. In a rebuilt life, they are the same motion.

PEER TIP

Share your circled piece of future with your peer or your safest person this week. Dreams spoken aloud acquire witnesses, and witnesses have a way of becoming helpers — a ride, an introduction, a 'my church has a fund for exactly that.' Closed mouths don't get miracles scheduled.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

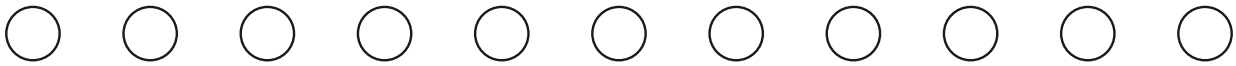
CLOSE THE DAY

☐ I stayed sober today

☐ I described my future in believable sizes

☐ I took (or named) the smallest next step toward it

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 27

A Gentle Day — Stillness & Gratitude

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"This is the day that Yahweh has made. We will rejoice and be glad in it!"

Psalm 118:24 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

This day — this ordinary one — is a gift.
I will rejoice and be glad in it.

DAY 27 — TODAY'S READING

The last gentle day of the month belongs to the Spirit, and its whole curriculum is two old disciplines: stillness and gratitude. Not the gratitude of a poster — the gratitude of a survivor counting real things on real fingers. You have twenty-six days of evidence now. Let today be the day you sit still long enough to *notice* it.

Stillness has been practicing on you all month, in wind-downs and quiet minutes and breath prayers. Here is its secret, if you have not found it yet: stillness is not the absence of God's work; it is where His work becomes audible. The exile ends, the morning comes, the pillar stands — and a person who never sits still will march straight past every one of those mercies without seeing a single one. The psalm does not say 'this is the day Yahweh might get around to.' *Has made.* Already done. Your only assignment is rejoicing — and gladness, it turns out, can be practiced exactly like everything else in this book: on purpose, in small sizes, out loud.

So today, count. Not generally — specifically. The bed you woke in. The name that answered the phone. The meal that was just a meal. The night you slept. The page you wrote that hurt and helped. Every item on the list is a stone in a foundation you watched get poured one day at a time. Be still, friend. Count the stones. Rejoice and be glad — not because everything is finished, but because Someone faithful has been building, and the building is *yours*.

TODAY'S WORK

THE COUNTING PAGE

Fill this page with specific gratitudes from these twenty-seven days — small ones count double. People, mornings, meals, mercies, rescues, ordinary Tuesdays. When the page is full, read it aloud. This is your evidence file for the next hard night.

A SMALL PRACTICE

TEN QUIET MINUTES

Set a timer for ten minutes and sit somewhere you love, with your counting page nearby. No phone, no task. When a thought about what is unfinished arrives, answer it the way we have practiced all month: 'Noted. This is the day He has made; I will rejoice in this part.' Return to stillness.

If ten is too long today, five honest minutes is a complete practice. Stillness is measured in willingness, not in minutes. When the timer ends, say the verse out loud once — as a decision, not a description — and let the rest of the day stay gentle.

PEER TIP

Gratitude lists work best written at night, three items, most days. Tonight's Close the Day has room — use it, and notice over the coming month how the 2 a.m. mind argues with a person who keeps written evidence.

WORDS TO CARRY

Built my foundation on the promises of God.

— Angela D. Martini

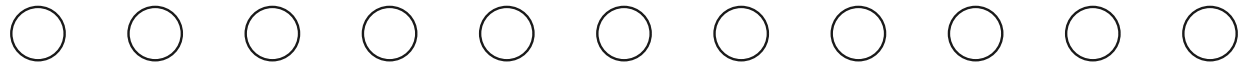
CLOSE THE DAY

☐ I stayed sober today

☐ I sat in stillness on purpose

☐ I wrote my gratitudes specifically and read them aloud

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

DAY 28

Week 4 Pillar Review: Spirit

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Now faith is assurance of things hoped for, proof of things not seen."

Hebrews 11:1 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Four weeks in, all four pillars have been tended.
Faith is my foundation — and it is holding.

DAY 28 — LOOK BACK BEFORE YOU STEP FORWARD

Twenty-eight days, friend. The Spirit Pillar got this week, and it may have been the quietest week and the deepest one: you traced the hand that held you through the worst years. You prayed with words and without them, and learned that both arrive. You stood at the door of forgiveness and told the truth about your pace. You served somebody from the heart, and you looked a year down the road and described a life worth staying for. And yesterday you sat still and counted stones. That is not a small week. That is a faith being built the same way the other pillars were: daily, honestly, by hand.

Hebrews calls faith the *proof* of things not seen — and after four weeks, you hold more proof than you did on Day One. Not proof you can frame, maybe. Proof you can point to: pages written, nights survived, names called, mornings kept. The unseen future of Day 26's work page is being argued for by twenty-eight days of very seen evidence.

Look back over the Spirit week plainly. Then get ready: two days remain in this volume — the two biggest pages of the book. Tomorrow you take an honest inventory of all four pillars standing. On Day Thirty, you build the plan for your next thirty days. Rest tonight. The foundation is poured; now we inspect it together, and then we build on it.

What moved this week? (A small shift counts. Name it.)

What wobbled? (No shame — wobbling is information. What does it teach you?)

Spirit practices I used this week — check every one you did, even once:

☐ I traced God's hand in my hardest years
☐ I prayed honestly — words or no words
☐ I was truthful about my forgiveness pace
☐ I served someone from the heart
☐ I described my future and took a step toward it
☐ I practiced stillness and counted gratitudes

Three pieces of evidence that my faith is growing:

1.

2.

3.

One goal for next week (the next thirty days — your plan, coming on Day 30 — make it small and keepable):

WORDS TO CARRY

> *Built my foundation on the promises of God.*
>
> — Angela D. Martini

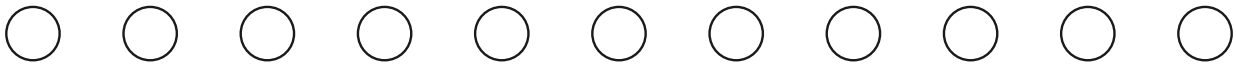
CLOSE THE DAY

☐ I stayed sober today

☐ I looked back at my spirit's week honestly

☐ I am resting before the final two days

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

INTEGRATION · ALL FOUR PILLARS STANDING

DAY 29

All Four Pillars Standing — Part 1: My Honest Inventory

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Search me, God, and know my heart. Try me, and know my thoughts. See if there is any wicked way in me, and lead me in the everlasting way."

Psalm 139:23–24 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I can look at all four pillars honestly —
because I am no longer looking alone.

DAY 29 — TODAY'S READING

Welcome to the inspection. For twenty-eight days you have built one pillar at a time; today we step back and look at the whole structure the way a builder does — not to admire it, and not to condemn it, but to see it truly. David's prayer in today's verse is the right spirit for the work: *search me* is not the prayer of a person bracing for punishment. It is the prayer of a person who finally trusts the Searcher.

So here is the method, and it matters: we inventory with the same kind eyes we have used all month. For each pillar, you will name three things — what is *standing* (stronger than Day One), what is still *setting* (real but fragile), and what needs a *repair crew* (the place to bring in help — a peer, a counselor, a doctor, a pastor). No pillar gets a grade. Every pillar gets the truth. A building is not shamed for a cracked beam; it is *repaired* for it, and the first step of every repair is an honest look.

One more thing before you write: notice, as you go, how the pillars hold each other. The week your body slept, your mind quieted. The day your heart set a boundary, your spirit breathed easier. That is the secret this whole book was built on — they were never four separate projects. They are one life, standing or leaning together. Look at yours with pride in the work and honesty about the cracks. Both are forms of hope. Tomorrow, we turn this inventory into a plan.

TODAY'S WORK

FOUR PILLARS, THREE TRUTHS EACH

For each pillar — BODY, MIND, HEART, SPIRIT — write: one thing standing strong, one thing still setting, one thing that needs a repair crew (name the help, not just the crack). Take your time; use the full page. This inventory is the raw material for tomorrow's plan.

A SMALL PRACTICE

THE BUILDER'S WALK-AROUND

When your inventory is written, take an actual short walk — around the block, the building, the yard. As you walk, name the four pillars aloud and one true sentence about each: 'Body — sleeping, mostly standing. Mind — the loop is quieter…' Let the movement put the inspection in your bones.

Builders walk their sites. You have built something this month that deserves a walk-around: a month of days, kept one at a time, by a person who decided to stand.

PEER TIP

Share this inventory with your peer or safest person before Day Thirty if you can. A repair list spoken aloud becomes a shared project; kept silent, it becomes tomorrow's shame list. Same facts — completely different futures. Choose the shared one.

WORDS TO CARRY

Four pillars. Stable ground. New life.

— Angela D. Martini

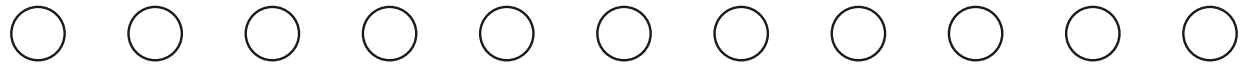
CLOSE THE DAY

☐ I stayed sober today

☐ I inventoried all four pillars honestly

☐ I named the help my repairs need — out loud to someone, or ready to

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

INTEGRATION · ALL FOUR PILLARS STANDING

DAY 30

All Four Pillars Standing — Part 2: My Next-30-Days Plan

FOUR-PILLAR DASHBOARD

☐ **BODY** — one honest word for your body right now:

☐ **MIND** — one honest word for your mind right now:

☐ **HEART** — one honest word for your heart right now:

☐ **SPIRIT** — one honest word for your spirit right now:

TODAY'S SCRIPTURE

"Brothers, I don't regard myself as yet having taken hold, but one thing I do: forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal for the prize of the high calling of God in Christ Jesus."

Philippians 3:13–14 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I have laid the foundation.
Now I press on — one pillar, one prayer, one day at a time.

DAY 30 — TODAY'S READING

Thirty days, friend. Read that again and let it land: thirty days of dashboards and verses, of water and walks and true pages, of loops named and boundaries built and gratitudes counted. Whatever brought you to Day One, you did not stay there. You built. And today we do the builder's last and most important job: we plan the next stretch — because a foundation is not a finish line. It is what a life gets built *on*.

Your plan for the next thirty days writes itself out of yesterday's inventory. For each pillar: one practice to *keep* (it worked — protect it), one repair to *start* (with its crew — the named human help), and one thing to *watch* (the trigger, the hour, the old road). Keep the sizes honest — a plan you can keep on your worst week beats a heroic plan abandoned by Thursday. Then set your supports in writing: your meetings, your people, your peer, your quiet minutes. Structure is kindness you give your future self in advance.

And then — because this journey was always ninety days, not thirty — I want to invite you onward. **Volume Two, Raising the Pillars,** picks up at Day Thirty-One exactly where this page ends: the building days, deeper readings, stronger practices, the structure of a new life rising pillar by pillar. Bring this plan with you; it is your ticket in. Until then, hear the whole book in one sentence, the one written on my own skin and on my own life: *built my foundation on the promises of God.* You have now, too. Press on. I'll be on the next page, right where you left me — proud of you beyond words.

TODAY'S WORK

MY NEXT-30-DAYS PLAN

Using yesterday's inventory, write your plan pillar by pillar: BODY / MIND / HEART / SPIRIT — one practice to keep, one repair to start (name the help), one thing to watch. Finish with your supports: meetings, people, peer, quiet time — written like appointments, because that is what they are.

One sentence for the person I am becoming:

A SMALL PRACTICE

A LETTER TO DAY SIXTY

Close this book the way builders close a foundation: by speaking over it. Write a few lines — here in the practice space of your plan, or on the Notes pages at the back — to the you of Day Sixty: what you hope for them, what you know now that they must not forget, what these thirty days proved.

Then say today's affirmation out loud, standing if you are able, hands open: *I have laid the foundation. Now I press on.* And when you are ready — tomorrow morning, coffee in hand, like every morning that got you here — open Volume Two at Day Thirty-One. We build upward from here.

PEER TIP

Keep this book where you can reach it for the next thirty days. Your trigger map, your 2 A.M. Plan, your safety directory, your counting page — they are tools now, and tools belong in reach, not in storage. A foundation you can stand on is a foundation you can also open.

WORDS TO CARRY

Built my foundation on the promises of God.

— Angela D. Martini

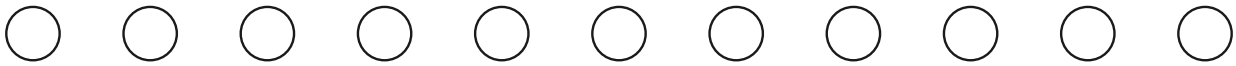
CLOSE THE DAY

☐ I stayed sober today — thirty days of days

☐ I wrote my next-30-days plan for all four pillars

☐ I am ready to press on to Day Thirty-One

Craving right now — circle one (0 = none, 10 = strongest):



0 1 2 3 4 5 6 7 8 9 10

What today taught me:

Tomorrow's one thing:

My Four Pillars Plan — At a Glance

Copy the heart of your Day 30 plan onto this page, and keep the book open to it for the next thirty days.

BODY — keep: _____ · start: _____ · watch: _____

MIND — keep: _____ · start: _____ · watch: _____

HEART — keep: _____ · start: _____ · watch: _____

SPIRIT — keep: _____ · start: _____ · watch: _____

My repair crew (the named help from Day 29 — people, not just plans):

My standing supports (meetings, people, peer, quiet time — days and times):

Your Thirty Days at a Glance

Every day you finished, check it off. On Day 30, this page is your evidence.

WEEK ONE — BODY

☐ Day 1 — A New Morning, A Standing Start
☐ Day 2 — Rest Is Part of Recovery
☐ Day 3 — Nourish, Don't Punish
☐ Day 4 — Move a Little, Live a Lot
☐ Day 5 — What My Body Has Carried
☐ Day 6 — A Gentle Day: Body Comforts & Senses
☐ Day 7 — Week 1 Pillar Review: Body

WEEK TWO — MIND

☐ Day 8 — The Thoughts That Loop
☐ Day 9 — Triggers: Name Them Before They Name You
☐ Day 10 — The 2 A.M. Plan
☐ Day 11 — What a Peer Recovery Specialist Is
☐ Day 12 — Telling the Truth on Paper
☐ Day 13 — A Gentle Day: Quiet Mind Practices
☐ Day 14 — Week 2 Pillar Review: Mind

WEEK THREE — HEART

☐ Day 15 — When Trauma Shows Up
☐ Day 16 — Grief for the Years Addiction Took
☐ Day 17 — Shame Is a Liar
☐ Day 18 — Boundaries That Protect Your Peace
☐ Day 19 — Safe People, Safe Places
☐ Day 20 — A Gentle Day: Comfort Without Numbing
☐ Day 21 — Week 3 Pillar Review: Heart

WEEK FOUR — SPIRIT

☐ Day 22 — A God Who Wouldn't Let Go
☐ Day 23 — Prayer When You Have No Words
☐ Day 24 — Forgiveness — Slow, Honest, Yours to Choose
☐ Day 25 — Service: The Secret Engine
☐ Day 26 — Building a Life Worth Staying For
☐ Day 27 — A Gentle Day: Stillness & Gratitude
☐ Day 28 — Week 4 Pillar Review: Spirit

INTEGRATION

☐ Day 29 — My Honest Inventory
☐ Day 30 — My Next-30-Days Plan

Finding Safe, Sober Housing

A short guide for one of the most important decisions in early recovery: where you live while you heal.

Your housing can carry part of your recovery — or fight it every night. If where you live now is not safe for your sobriety, treat finding a safer place as urgent recovery work, not a someday project. You have more options than you may think:

Sober / recovery housing. Homes where every resident is in recovery, house rules protect sobriety (no substances on the premises, curfews, chores, meeting attendance), and a house manager or peer community shares the load. Quality varies — a good home is happy to answer questions and show you the house rules in writing.

Questions worth asking any sober home: What are the house rules, in writing? What does it cost, and what does that include? What happens if someone relapses — is there a plan that protects the house? How many people share a room and a bathroom? Is there staff or a house manager on site? Can residents come and go for work, meetings, and church? Are visitors allowed, and where? How are medications handled and stored?

Faith-based and mission programs. Many communities have Christian recovery residences and missions with structured programs. Ask the same questions, plus: what is required of residents spiritually, and are outside counselors, doctors, and peer supports welcome in the plan?

Transitional and supportive housing. Programs through local nonprofits, counties, and housing authorities bridge the gap between treatment and independent living. Waiting lists are common — get on them early, while other plans are still in motion.

How to start: ask your peer recovery specialist, your treatment program, or a recovery community organization for the local list — they keep it current. In the United States you can also call **211** and ask for recovery housing near you. If a place will not put its rules in writing, will not let you visit, or pressures you to decide on the spot — treat that as your answer, and keep looking. A safe place is worth the search; you are building on it for a year or more.

And hear this from Volume One's author, who founded a healing home for exactly this reason: no life is worth less than another, and everyone recovering deserves a door that locks, a bed that is theirs, and a house that is rooting for them.

Resources & Crisis Support

Keep this page. Use it early — reaching out is a strength, and it is what these lines exist for.

IF YOU ARE IN CRISIS RIGHT NOW

If you may harm yourself, or you feel you cannot keep yourself safe: call your local emergency number (911 in the United States) or go to the nearest emergency room. In the **United States**: call or text **988** — the Suicide and Crisis Lifeline, free and answered around the clock. You can also text **HOME** to **741741** to reach the Crisis Text Line. **Outside the U.S.**: search for 'crisis helpline' plus your country, or ask any hospital, and they will connect you — nearly every country has one, and they answer every day of the year.

HELP WITH ADDICTION AND TREATMENT

SAMHSA National Helpline (U.S.): 1-800-662-4357 — free, confidential, 24/7, for treatment referrals and information. **211 (U.S.):** dial 2-1-1 for local recovery services, peer programs, food, housing, and rides. **Peer support:** ask any treatment program, hospital, or recovery community organization about meeting a certified peer recovery specialist — see Day 11 of this book.

MEETINGS AND COMMUNITIES

Alcoholics Anonymous (aa.org) and Narcotics Anonymous (na.org) list meetings worldwide, in person and online. Celebrate Recovery (celebraterecovery.com) is a Christ-centered recovery community meeting in churches in many countries. InTheRooms (intherooms.com) hosts live online meetings around the clock — a meeting is never more than an hour away, anywhere on earth with an internet connection.

A NOTE ON WITHDRAWAL

Withdrawal from alcohol and from benzodiazepines can be medically dangerous, and opioid withdrawal, while rarely dangerous by itself, drives many people back to use at doses their bodies can no longer handle. If you are dependent and stopping, please do it with medical support — a doctor, a detox program, or an emergency department can make stopping safer. Getting medical help to stop is not weakness or cheating. It is the Body Pillar, taken seriously.

MY SUPPORT LIST — FILL THIS IN TODAY

Do not wait for a hard day to gather these. Names and numbers, in ink, while it is calm:

My peer / sponsor / mentor:

My safest person (daytime):

My night-call person (Day 10):

My meeting & its meeting time:

My doctor / clinic:

My counselor / pastor / faith community:

My local crisis line & emergency number:

ABOUT THE AUTHOR

Angela D. Martini is a woman in long-term recovery who writes from the road she has walked herself. A Certified Peer Recovery Specialist, she is the author of Unyielding Grace and Rebuilding the Pillars and the founder of Pillars of Grace Healing Home. Her heart is simple: no one heals alone, and no life is beyond rebuilding.

Built my foundation on the promises of God.

The Journey Continues

Volume One — Laying the Foundation (Days 1–30). The book in your hands: beginning, body basics, and the first footing on four pillars.

Volume Two — Raising the Pillars (Days 31–60). The building days: deeper readings, honest journal work, and practices that hold when motivation fades — the structure of a new life, rising.

Volume Three — Standing Strong (Days 61–90). The standing days: gratitude, purpose, and giving back — the practices that keep a life standing long after the books close.

ALSO BY ANGELA D. MARTINI

Unyielding Grace — her memoir of addiction, the coma that nearly took her life in 2025, and the grace that wouldn't let go.
Rebuilding the Pillars — Breaking the Chains — her story and framework for rebuilding a life on four pillars.
Rebuilding the Man — her companion volume written for men in recovery.

Angela is the founder of **Pillars of Grace Healing Home** — pillarsofgracehealinghome.org — a healing home being built in Minnesota for women rebuilding their lives on four pillars: Body, Mind, Heart, and Spirit.

A BLESSING FOR THE ROAD AHEAD

Before the road, receive this — an old blessing, carried by God's people for three thousand years, spoken now over everyone who finished this book:

> *"The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace."*
>
> Numbers 6:24–26 — King James Version

Go in that blessing. Keep your pillars tended, your people close, and your mornings honest. And on the days the road is long, remember the sentence this whole journey stands on:

Built my foundation on the promises of God.

Four pillars. Stable ground. New life.

— *Angela*

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For the thoughts that don't fit in the lines.

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