A CHRISTIAN RECOVERY WORKBOOK & JOURNAL

THE FOUR PILLARS

A 90-Day Recovery Journey

RAISING THE PILLARS

Volume Two · Days 31–60

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

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ABOUT THIS BOOK

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This workbook is **peer support** — one person in recovery sharing what has helped her and many others. It is not treatment, therapy, medical advice, or a substitute for professional care. If you are withdrawing from alcohol or drugs, withdrawal can be dangerous; please get medical help. If you ever feel you may harm yourself, contact someone you trust, a crisis line, or emergency services in your area right away. In the United States, you can call or text **988** at any hour.

Four pillars. Stable ground. New life.

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.

Where You Are in the Journey

Thirty days ago — whether it feels like yesterday or a lifetime ago — you began. In **Volume One, Laying the Foundation**, you set the ground floor of a rebuilt life. You started with your **Body**: sleep, food, movement, and the basics your body was begging for. You moved to your **Mind**: the looping thoughts, the triggers, the 2 a.m. plan. You opened your **Heart**: grief, shame, boundaries, and the people who are safe. And you turned to your **Spirit**: prayer, forgiveness, service, and the God who never let go of you. Then you stood back and looked at all four pillars at once.

If you finished Volume One, look at what is true: you have shown up for thirty days of honest work. That is not a small thing. Most people who start a journey like this do not finish the first month. You did — or you are here, which means something in you is still reaching. Either way, welcome. This book begins exactly where you are.

If you are starting the series here, you can. Read the short version of the foundation below, go gently, and consider picking up Volume One when you can — the basics in it will carry you for years.

THE FOUNDATION, IN ONE PAGE

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.

And the truth underneath all of it, the one this whole journey is built on: **if one pillar is broken, the structure it holds up is not strong.** Four pillars carry the roof of a life. We tend to all four — not once, but as a way of living.

WHAT THIS STRETCH ASKS OF YOU

Days 31–60 are the **building days**. The newness of the first month has worn off — and that is precisely the point. Anyone can be carried for a while by a fresh start. The life gets built in the ordinary middle: on the days when motivation is quiet, when the work feels plain, when nobody is clapping. These thirty days ask for something deeper than starting. They ask for *continuing*.

Week 5 — Body, Deeper. Your body is steadier now; we ask more of it — real sleep habits, food that heals, movement that builds, and honesty with the medical side of recovery.
Week 6 — Mind, Deeper. The story you tell yourself, your patterns in the open, cravings that carry memories, and words that wound or heal.
Week 7 — Heart, Deeper. The people we hurt and the people who hurt us, amends done carefully, the hardest forgiveness, boundaries that hold, and learning to let joy back in.
Week 8 — Spirit, Deeper. Prayer with depth, Scripture as food, serving before you feel ready, and your own story becoming a lantern for someone else.
Days 59–60 — All Four Pillars Standing. An honest inventory of the whole structure, and your personal plan for the final thirty days.

HOW EACH DAY WORKS

The rhythm is the same one you learned in Volume One: the **Four-Pillar Dashboard** (one honest word for each pillar) · a **Scripture** to carry · an **Affirmation** to say out loud · a short **Reading** · **Today's Work** · a small **Practice** · a **Peer Tip** · and a short **Close the Day**. Each day ends with a **Keep Writing** page — open space for whatever the day stirred up. About twenty minutes a day. Some days go deeper; every week still holds one deliberately gentle day. Both kinds count.

ONE HONEST NOTE

If you missed days, you did not fail. Pillars do not fall because you rested. Pick up at today's date, or at the day where you left off — whichever helps you actually continue. The only wrong move is putting the book down for good. You do not rebuild a life all at once. You do it one honest day at a time. This is day thirty-one of those days. Let's raise the pillars.

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WEEK FIVE — THE BODY, DEEPER

In the first month, you kept your body alive to the idea of recovery: you slept when you could, ate something real, moved a little. This week we build on that mercy. The body that carried you through addiction is now being asked to carry you into a life — and it can, if you train it gently, feed it honestly, rest it on purpose, and stop hiding from the medical truth. Deeper does not mean harder on yourself. It means more honest, more steady, more kind.

THIS WEEK

Day 31 — Stronger Than Survival Mode
Day 32 — Sleep Like You Mean It
Day 33 — Food That Helps You Heal
Day 34 — Movement That Builds You
Day 35 — Making Peace With the Doctor
Day 36 — A Gentle Day: Rest That Restores
Day 37 — What My Body Knows Now

DAY 31

Stronger Than Survival Mode

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 am not just surviving anymore.
I am building strength — one honest day at a time.

DAY 31 — TODAY'S READING

Welcome to the building days. Thirty days of showing up have changed something in you, whether you can feel it yet or not. Your body has begun to trust the new rhythm: food arriving, sleep coming, morning after morning without the old chaos. This week we go deeper into the Body pillar — not to punish it into shape, but to build it into something that can carry the life you are making.

Here is a truth from my own road. As I write this, I am twenty months sober from methamphetamine and fourteen years sober from alcohol. People sometimes ask what changed — as if there were one dramatic moment. There was a dramatic moment, and you will hear about it later in this book. But what actually rebuilt me was undramatic: thousands of small acts of care, repeated on days when I did not feel like a success story at all. Strength in recovery is mostly that — ordinary care, refused to quit.

Your body spent a long time in survival mode. Survival mode is brilliant at one thing: getting through the next hour. It borrows from tomorrow to pay for today — sleep skipped, meals missed, pain ignored, warning signs overridden. Coming out of survival mode feels strange at first. The quiet can feel like emptiness. The steadiness can feel boring. It is neither. It is your body learning that the emergency is over.

This week, notice what your body can do now that it could not do thirty days ago. Maybe your hands are steadier. Maybe your mind stays in the room longer. Maybe you laughed once, really laughed, and it surprised you. These are not small things. They are the first visible courses of a wall going up — one pillar, rising.

So we begin Week Five the way we began the whole journey: honestly, and one day at a time. Only now you are not starting from the ground. You are building on a foundation that held.

TODAY'S WORK — NOTICING THE STRENGTH

Name what your body can do today that it could not do — or could barely do — thirty days ago. Be specific and be fair. Then write about the one physical change that matters most to you, and why.

One thing my body is still asking for:

A SMALL PRACTICE — THE STRENGTH SCAN

Lie down or sit somewhere comfortable. Starting at your feet and moving slowly upward, pause at each part of your body and simply notice it: temperature, tension, energy, pain, ease. Do not fix anything. When you reach your hands, open and close them slowly and notice their steadiness. When you reach your chest, take one slow breath and feel it rise. This body — this exact one — carried you here. Thank it, out loud if you can: *Thank you for not giving up on me.*

PEER TIP

> Set a weekly ten-minute 'body appointment' with yourself — same day, same time — to check sleep, food, movement, and any symptom you have been ignoring. What gets scheduled gets noticed, and what gets noticed early rarely becomes a crisis.

WORDS TO CARRY WITH YOU

> *You do not rebuild a life all at once. You do it one honest day at a time — one pillar, one prayer, one true thing laid on top of another, until the ground under you holds.*
>
> — Angela D. Martini

CLOSE THE DAY

☐ I stayed sober today

☐ I noticed one real way my body is stronger than it was

☐ I did one act of care for my body 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:

KEEP WRITING

Write whatever is still loud in you tonight. No editing, no performing — just true.

DAY 32

Sleep Like You Mean It

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 a reward I have to earn.
Tonight, I let my body do its holy work.

DAY 32 — TODAY'S READING

By now you have probably noticed: sleep is not a side issue in recovery. It is one of the main events. A tired brain craves louder. A tired heart takes everything personally. A tired spirit starts to believe the old lies again. When people in recovery talk about HALT — never let yourself get too Hungry, Angry, Lonely, or Tired — tired is on that list for a reason.

In Week One we protected sleep like medicine. This week we build it like a pillar. That means a real wind-down: the same steps, in the same order, at roughly the same time, until your body learns the sequence the way it once learned the sequence of using. Bodies learn by repetition — which was the bad news in addiction and is the good news now.

It also means telling the truth about what steals your sleep. For many of us it is the phone, glowing until midnight. For some it is caffeine riding late into the day. For some it is the argument we replay, the bill we are avoiding, the grief that visits only at night. Name your thief. You cannot guard a door you refuse to look at.

And hear this, especially if your sleep is still broken: troubled sleep in recovery is common and it is not a verdict on your sincerity. Brains heal on their own timetable. Keep the rhythm anyway. Show up for rest the way you show up for a meeting — whether or not it 'works' tonight — and let the accumulation do what single nights cannot.

God built rest into the design of you. Tonight's assignment is not to achieve perfect sleep. It is to lie down in peace on purpose — and to let that be an act of trust.

TODAY'S WORK — NAMING THE SLEEP THIEF

Write honestly about your sleep this past week: what helped, what hurt, what time your mind finally quieted. Then name the one thing that most steals your rest, and write the smallest change you are willing to make about it this week.

My wind-down, in order, will be:

TODAY'S PRACTICE — THE 30-MINUTE LANDING

Tonight, thirty minutes before bed, begin the landing. Lights lower. Phone charges outside the bed — across the room is fine. Wash your face or take a warm shower. If you use scent as part of your evening ritual, keep it the same each night; a familiar, pleasant scent can become your body's signal that the day is over. (Scent here is comfort and ritual only — never a treatment.) Then one page of this book or a few verses, lights out, and the four-count breathing from Day 2 until sleep comes or the ten minutes pass. Same steps tomorrow night. The repetition is the medicine.

PEER TIP

> If you cannot sleep, do not lie there at war for hours. Get up, keep lights low, read something calm in another chair, and return to bed when drowsy. And tell your doctor or peer if insomnia lasts — there is no medal for white-knuckling exhaustion.

CLOSE THE DAY

☐ I stayed sober today

☐ I kept a wind-down routine tonight

☐ I named my sleep thief honestly

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:

KEEP WRITING

Describe today in detail: what you saw, heard, ate, felt. Small details are where a life is.

DAY 33

Food That Helps You Heal

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

I feed this body like it matters —
because it is the only one I get to live in.

DAY 33 — TODAY'S READING

Nobody's recovery was ever ruined by a sandwich, but plenty of hard days were made harder by an empty stomach. In addiction, food was an afterthought — eaten late, eaten fast, sometimes not eaten at all, while substances did the talking. In the building days, food becomes one of the steadiest tools you own: three real meals, at roughly real times, whether your feelings cooperate or not.

Here is what nobody told most of us: blood sugar swings feel like emotions. The crash that arrives at 4 p.m. after a skipped lunch can feel exactly like despair, irritability, or a craving — and sometimes it is simply a body asking for food. Before you interpret a hard feeling, eat something with staying power and wait twenty minutes. You may be amazed how much of the storm was lunch.

Deeper does not mean a diet, and it never means punishment. Your body has been punished enough. Deeper means building a small, repeatable rhythm you can keep on your worst week: something with protein in the morning, real food in the middle of the day, an evening meal you sit down for, water moving through the day instead of arriving all at once at night. Simple food, eaten regularly, beats ambitious food eaten rarely.

If food itself is a complicated territory for you — if eating, or not eating, has its own grip — you are not alone in that either, and it deserves the same honesty as everything else in this book. Mention it to your doctor, your peer, your people. Secrets starve recovery; truth feeds it.

You were bought with a price, and the body that price redeemed is this one — scarred, healing, worthy of care. Feeding it well is not vanity. It is maintenance on a temple under renovation.

TODAY'S WORK — BUILDING MY STEADY TABLE

Write out what you actually ate and drank yesterday, hour by hour, as best you remember — no judgment, just data. Circle the longest gap without food. Then design your simplest repeatable day of eating: three meals and water, made of foods you will truly eat.

The longest gap I will allow between meals this week:

A SMALL PRACTICE — THE FIRST PLATE

Today, before your first meal, pause for ten seconds. Look at the food. Remember out loud, or in your heart: *Someone who is rebuilding a life is about to eat this.* Then eat slowly enough to taste it. That is all. Attention is the difference between refueling and merely filling — and your body can tell the difference even when your mind is busy.

PEER TIP

> Keep an anchor snack where cravings find you — your bag, your car, your desk. Nuts, a granola bar, cheese, fruit: anything real. The goal is never to let 'starving' be the loudest voice in the room when a decision gets made.

CLOSE THE DAY

☐ I stayed sober today

☐ I ate three real meals

☐ I drank water through the day, not just at night

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:

KEEP WRITING

Write the prayer you would pray if you were not afraid of being honest.

DAY 34

Movement That Builds 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

> *"Don't be grieved, for the joy of Yahweh is your strength."*
>
> Nehemiah 8:10 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My body was made to move, and every step is a brick in the life I am building.

DAY 34 — TODAY'S READING

In Week One, movement meant a short walk and the mercy of fresh air. This week we ask a little more — not because you owe your body a performance, but because movement is one of the most honest antidepressants, sleep aids, and craving tools that exists, and it is free, and it is yours.

Cravings have a lifespan. Most ride through the body like a wave: they rise, they peak, and — if you do not feed them — they fall, usually within twenty minutes. Movement is how many of us learned to ride the wave instead of being pulled under by it. A brisk walk around the block has ended more relapses than willpower ever has.

Build movement the way you build everything in this book: small, scheduled, repeatable. A daily walk at the same time. Stairs taken on purpose. Ten minutes of stretching while the coffee brews. I keep it simple myself — walks on my treadmill, steps counted by the little band on my wrist, nothing fancy. The band does not make me move. But seeing the day add up reminds me that this body and I are on the same team now.

Listen to your body as you build — truly listen. Soreness that fades is growth. Pain that sharpens is information. If you live with injury, illness, or a body that has never fully cooperated, your movement will look different from someone else's, and it still counts in full. The pillar is not 'athletic.' The pillar is *alive and moving*.

Joy is allowed in this, by the way. Dance in the kitchen. Walk the dog the long way. The joy of the Lord is your strength — and sometimes strength looks a lot like a body glad to be in motion again.

TODAY'S WORK — MY MOVEMENT PLAN, IN INK

Design the movement week you will actually keep: one daily anchor (what, when, how long) and two 'wave tools' — movements you can do in ten minutes or less when a craving or a heavy feeling rises. Write them like promises to a friend you intend to keep.

When a craving wave rises, my first move will be:

TODAY'S PRACTICE — THE TEN-MINUTE WAVE RIDE

At some point today, take a ten-minute walk — outside if you can, halls or a treadmill if you cannot. No phone in hand. Let your arms swing. Match your breathing to your steps: in for four steps, out for four steps. If a thought starts shouting, return to the count. When you come back, notice three things: your breathing, your shoulders, your mind. Write nothing yet — just learn what ten minutes can do. You will use this knowledge on a harder day.

PEER TIP

> Lay out tomorrow's walking shoes and clothes tonight, where you will see them before your excuses wake up. Decisions made the night before survive mornings much better than decisions made during them.

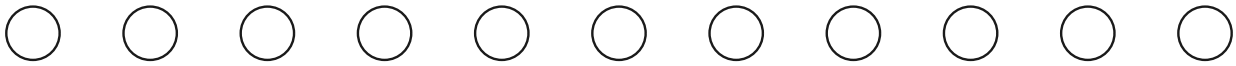
CLOSE THE DAY

☐ I stayed sober today

☐ I moved my body on purpose for at least ten minutes

☐ I noticed how movement changed my body or my mood

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:

KEEP WRITING

Write about a moment today — even a tiny one — when you felt a little more like yourself.

DAY 35

Making Peace With the Doctor

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

"Beloved, I pray that you may prosper in all things and be healthy, even as your soul prospers."

3 John 1:2 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My health is part of my recovery.
I do not hide from the people who can help me heal.

DAY 35 — TODAY'S READING

For many of us, the medical world carries history: emergency rooms we barely remember, providers who spoke about us like we were not in the room, problems we hid until they became emergencies. Avoiding doctors can feel like self-protection. In the building days, we tell a different truth: a body in recovery deserves a medical team that knows the whole story — and honesty is how you get one.

I write this as someone whose heart has been through a great deal — a heart attack, and heart failure that I now manage every single day. There were things I did not want to hear and medicines I did not love taking. But here is what I learned: the doctor cannot protect a recovery she does not know about, and a medication cannot help a person who quietly stops taking it. My heart and I have an agreement now. I tell the truth, I show up, I take what protects it. In return, it keeps beating for the life I am building.

Making peace with the doctor looks practical: a checkup scheduled, not just intended. A list of your medicines, brought along. Your history — all of it — said out loud without shrinking. Questions written down before the appointment, because every one of us forgets them in the room. And if a provider treats you without respect, you are allowed to find another. Dignity is not a reward for the healthy; it is the right of every patient.

One more honesty matters here: medicines that affect the mind — for pain, for sleep, for anxiety — deserve a plain conversation with your provider about your recovery. Not fear, not secrecy: a conversation. Good providers have it every day. You are protecting your pillars, and that is exactly their job too.

Your body is the only vehicle this new life gets to ride in. This week, we stop apologizing for maintaining it.

TODAY'S WORK — MY MEDICAL HONESTY PAGE

Write the medical truth you have been carrying quietly: appointments you have avoided, symptoms you minimize, medicines you take inconsistently, questions you are afraid to ask. Then turn it into a plan — the one appointment, call, or conversation you will actually make this week.

The call or appointment I will make this week, and when:

A SMALL PRACTICE — THE WALLET CARD

Take a card or a note in your phone and write: your medicines and doses, your conditions, your allergies, your doctor's name and number, and one emergency contact. Add one line at the top: *In recovery since* — and your date. This small card has spoken for many people when they could not speak for themselves. It takes five minutes. Do it today.

PEER TIP

> Bring a trusted person or your peer to a hard appointment if you can — a second set of ears hears what fear filters out. And write the follow-up date on your calendar before you leave the building; 'we'll call you' is where good intentions go to be forgotten.

CLOSE THE DAY

☐ I stayed sober today

☐ I took my medicines as directed — or told the truth about them

☐ I made one medical call, appointment, or honest conversation

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:

KEEP WRITING

What would you say to a friend standing exactly where you are standing? Say it here.

DAY 36

A Gentle Day: Rest That Restores

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

"Come to me, all you who labor and are heavily burdened, and I will give you rest."

Matthew 11:28 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I am allowed to rest before I am exhausted.
Rest is building, too.

DAY 36 — TODAY'S READING

Every week of this journey holds one gentle day, and in the Body weeks the gentle day is about rest — not collapse, not escape, but rest on purpose, taken early, without guilt.

There is a difference between resting and crashing. Crashing is what happens when we run on fumes until the body makes the decision for us. Resting is a choice made by a person who believes their life is worth maintaining. In addiction, many of us only stopped when we fell. Learning to stop while we are still standing is one of recovery's quiet superpowers.

So today, the work is deliberately light. Nap if your body asks. Eat slowly. Let the walk be short and the evening be early. If a voice in you calls this laziness, answer it with the truth: pillars are not only raised by lifting. The mortar sets while the wall rests. What you did all week is becoming strength right now, in the stillness.

Come to me, Jesus said, all you who labor and are heavily burdened. He did not say, 'Come to me once you have your life together.' He said come — burdened, laboring, exactly as you are — and I will give you rest. Today, take Him at His word.

TODAY'S WORK — DESIGNING MY REST

Short writing today. What does true rest look like for you — not numbing, not scrolling, but restoring? List five forms of rest your body actually believes in, and circle the one you will take today.

A SMALL PRACTICE — THE LONG EXHALE

Lie down somewhere safe and comfortable. Place one hand on your chest and one on your belly. Breathe in for a count of four, and out for a count of six — the longer exhale is the signal your nervous system waits for. Ten breaths. If sleep comes, let it. If thoughts come, let them pass like cars on a road you are no longer standing in. Ten breaths is enough. Rest is enough.

PEER TIP

> Guard one rest hour this week the way you would guard a meeting — phone in another room, door closed, no explaining yourself. People who love the new you will learn to love your rest, too.

CLOSE THE DAY

☐ I stayed sober today

☐ I rested on purpose, before I was empty

☐ I let one thing stay undone without punishing 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:

KEEP WRITING

Name what you are carrying into tomorrow, and what you are setting down tonight.

DAY 37

What My Body Knows Now

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

"Therefore I urge you, brothers, by the mercies of God, to present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service."

Romans 12:1 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My body is learning a new life,
and I am proud of what it knows now.

DAY 37 — TODAY'S READING

Seven days of deeper body work are behind you. Before we turn to the Mind next week, stand back and look at this pillar the way a builder looks at a wall: not for perfection, but for plumb — is it straighter than it was? Is it carrying weight it could not carry before?

Your body knows things now. It knows the feeling of a morning that does not start in dread. It knows food arriving like clockwork instead of like accident. It knows a walk taken on purpose, a doctor told the truth, a night landed gently instead of crashed into. Knowledge like that does not live in your head. It lives in your muscles, your gut, your heartbeat — which is exactly why it will still be there on the days your head forgets.

Paul called the body a living sacrifice — presented, offered, holy. That phrase used to be hard for people like us, whose bodies were spent on everything except God. Hear it fresh: your body, cared for and offered up one ordinary day at a time, is itself an act of worship. Every meal, every walk, every honest appointment is an amen your body says.

The Body pillar will need tending for the rest of your life — that is not bad news; that is just what pillars are. But this week it grew. Tomorrow we review the week honestly. Tonight, thank the body that carried you here — it has earned the thanks.

TODAY'S WORK — THE BODY, IN REVIEW

Write your body's report card for this month — not grades, but truth. What is stronger? What is still healing? What surprised you? End with a short letter of thanks to your body: a few honest lines, from you, to the one who carried you through everything and is still here.

The body habit I am carrying into next week, no matter what:

TODAY'S PRACTICE — HANDS THAT THANK

Place both hands over your heart. Feel it beating — steady, unglamorous, faithful. Say, out loud or in your heart: *Thank you for every day you kept going when I gave you no reason to. I am taking care of us now.* Stay there for three slow breaths. This is not sentiment. It is a treaty between you and the body you live in — and treaties kept daily become peace.

PEER TIP

> Before the week turns, put next week's body basics on the calendar as appointments — sleep window, walks, the meal you skip most. What is written down survives busy days; what is 'whenever' usually becomes 'never.'

CLOSE THE DAY

☐ I stayed sober today

☐ I thanked my body in some real way

☐ I can name one way this pillar is stronger than last week

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:

KEEP WRITING

Write whatever is still loud in you tonight. No editing, no performing — just true.

END OF WEEK FIVE

WEEK FIVE REVIEW

The Body Pillar, Deeper — look back before you step forward

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 built on this week — check every one you did, even once:

☐ I kept a wind-down and a sleep window
☐ I ate three real meals most days
☐ I moved my body on purpose
☐ I was honest with a medical provider — or made the plan to be
☐ I rested before I was empty

MY FOUR PILLARS THIS WEEK

For each pillar, mark where it stands today — **stronger**, **steady**, or **shaky** — then write one honest line about why.

☐ stronger ☐ steady ☐ shaky **BODY**:

☐ stronger ☐ steady ☐ shaky **MIND**:

☐ stronger ☐ steady ☐ shaky **HEART**:

☐ stronger ☐ steady ☐ shaky **SPIRIT**:

One goal for next week (small and keepable):

A month ago you were laying a foundation. Now look — a pillar is rising, and it is made of slept nights, real meals, honest appointments, and walks you did not feel like taking. That is what strength actually looks like. Rest tonight. Next week, we go to work on the mind.

WEEK SIX — THE MIND, DEEPER

In Volume One you learned to catch the thoughts that loop. This week we go underneath them — to the story you have been telling yourself about who you are, the patterns that run your hardest days, and the cravings that arrive carrying memories. The mind that addiction trained can be retrained. Not by force, and not by pretending — by honesty, practiced daily, in ink.

THIS WEEK

Day 38 — The Story You Tell Yourself
Day 39 — Your Patterns, in the Open
Day 40 — When the Craving Has a Memory
Day 41 — Honesty in the Hard Places
Day 42 — Words That Wound, Words That Heal
Day 43 — A Gentle Day: A Quiet Mind, Practiced
Day 44 — What My Mind Is Learning

DAY 38

The Story You Tell Yourself

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

The old story is not the whole story.
God is writing truer lines in me.

DAY 38 — TODAY'S READING

Every one of us walks around narrating our own life. Underneath the day's events runs a voice: *Here is who I am. Here is what people like me get. Here is how this story ends.* For years, addiction held the pen. The story it wrote was short and cruel: you are the one who ruins things. You are too much and not enough. You will always go back.

Here is what recovery teaches, slowly: the narrator can be retrained. Not by arguing with the old story once, loudly — but by writing a truer one daily, in small lines, until the new voice is the one that sounds like home. That is why this book puts a pen in your hand every single day. Ink is how the story changes hands.

Paul's list in today's Scripture is a narrator's assignment. True things. Honorable things. Lovely things. Not pretend things — *true* things. The truest story of your life includes the addiction, yes — and it also includes the morning you got up and tried again, the people who stayed, the God who never once let go of you, and the thirty-eight days of evidence stacked on this table.

Today we name the old story plainly, in writing, where we can look at it. A story dragged into the light loses some of its power to run the house from the dark. Then we write the first lines of the true one — not the fantasy version, the *true* version: a person, wounded and rebuilding, held by God, doing today's work today.

TODAY'S WORK — TWO STORIES, SIDE BY SIDE

First, write the old story — the one addiction narrated. What did it say you were? How did it say your life would end? Get it on paper, plainly. Then, underneath, begin the true story: who you are, as God and these thirty-eight days tell it.

The truest sentence I can write about myself today:

FROM THE AUTHOR'S ROAD

[Angela — your story piece for this day goes here: the story you used to tell yourself about who you were in addiction, and the first true sentence you learned to say instead.]

A SMALL PRACTICE — CATCH AND CORRECT

Three times today, catch the narrator mid-sentence. When the old story starts talking — in the mirror, in a memory, in a mistake — stop and say, silently or aloud: *That is the old story. The true story is…* and finish with one true sentence. You are not lying to yourself. You are testifying. Thirty-eight days of evidence beats a voice that only knows the past.

PEER TIP

> Keep one 'evidence page' at the back of this book: dates and tiny facts that disprove the old story — a craving survived, a promise kept, a kind word received. On loud days, read the evidence before you believe the narrator.

CLOSE THE DAY

☐ I stayed sober today

☐ I caught the old story and answered it with truth, at least once

☐ I wrote one true sentence about who I am becoming

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:

KEEP WRITING

Describe today in detail: what you saw, heard, ate, felt. Small details are where a life is.

DAY 39

Your Patterns, in the Open

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 my patterns without fear.
What I can see, I can change.

DAY 39 — TODAY'S READING

In Week Two of Volume One, you named your triggers — the people, places, feelings, and hours that pull toward the old life. This week we go a layer deeper, from triggers to *patterns*: the sequence your hardest days tend to follow, like a trail worn into grass.

Patterns are rarely random. For many of us the trail runs something like this: a slight or a disappointment in the morning, shame by noon, isolation by afternoon, bargaining by evening — 'just once, just to sleep, just to stop feeling this' — and danger by dark. The details differ. The shape is familiar to everyone who has ever relapsed and then wondered, bewildered, how it happened *again*.

Here is the hopeful arithmetic: a pattern interrupted anywhere is a pattern weakened everywhere. You do not have to win at the last link of the chain. You can step off at the first link — the morning slight answered with a phone call instead of shame, the afternoon isolation broken by a meeting, the evening bargaining met with food, a shower, and bed. Recovery is mostly this: learning your own trail so well that you stop walking it by accident.

Today's Scripture is a prayer for exactly this work: *Search me… try me… know my thoughts.* We are not dragging our patterns into the open to be shamed by them. We are doing it with God's help, for God's purpose — to be led, as the psalm says, in the everlasting way. Honesty this deep is not self-punishment. It is map-making.

TODAY'S WORK — MAPPING MY TRAIL

Draw your hardest-day pattern in words: start with the earliest warning sign you can remember from a past relapse or near-relapse, and follow the trail link by link to the danger point. Then mark two places on the trail where you will now step off — and write exactly what you will do there instead.

My earliest warning sign — the first link — is:

TODAY'S PRACTICE — THE FIRST-LINK DRILL

Choose your first link — the earliest, smallest warning sign on your trail. Now decide its answer, in advance, like a fire drill: when this sign appears, I will (one specific action — text one specific person, walk one specific route, say one specific prayer). Say it aloud three times. Fire drills work because nobody improvises well in smoke. Neither do we — so we practice in the calm.

PEER TIP

> Tell one person your first link and its answer, out loud, this week. A pattern spoken to a witness loses its favorite weapon — privacy — and gains an ally who can spot it before you do.

CLOSE THE DAY

☐ I stayed sober today

☐ I mapped my hardest-day pattern honestly

☐ I chose and rehearsed my first-link answer

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:

KEEP WRITING

Write the prayer you would pray if you were not afraid of being honest.

DAY 40

When the Craving Has a Memory

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 remember the former things, and don't consider the things of old. Behold, I will do a new thing. It springs out now. Don't you know it? I will even make a way in the wilderness, and rivers in the desert."

Isaiah 43:18–19 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

A memory is not a command.
I can remember — and still choose the new thing.

DAY 40 — TODAY'S READING

Some cravings are simple: the body asking for what it used to get. But the cravings that ambush people at day forty are usually carrying luggage — a song, a street, a smell of rain on hot pavement, the particular light of a certain season. Underneath the urge is a memory, and underneath the memory is often a feeling we never got to finish: grief, celebration, belonging, escape from a room we could not stand to be in.

That is why 'just don't think about it' fails so often. The memory is not the enemy; it is the messenger. It is telling you what the craving is actually *for*. The drink at the wedding was for belonging. The pills after the funeral were for grief too big to hold. The run after the fight was for a door out of helplessness. When you can name what it was for, you can ask — honestly, today — what would meet that need without burning the house down.

Isaiah's word is not 'forget everything.' God never asks us to lie about the past. He says: do not *live* in the former things, because I am doing a new thing — can you perceive it? The new thing might be quieter than the old: a way made in the wilderness, rivers in a dry place. Your memories can come along as teachers. They just cannot drive anymore.

So when a craving arrives with a memory in its hands this week, try the peer move: greet it, name it, learn from it, and let it pass through without obeying it. You are not weak for remembering. You are a person with a past, building a future, in a body that is learning — day by day — which one it lives in now.

TODAY'S WORK — READING THE MESSENGER

Think of your last strong craving — or imagine the kind that finds you. Write the memory it carried: the scene, the season, the feeling underneath. Then answer it in writing: what was that craving actually *for*? And what could meet that need today, in the new life?

When this memory visits, my planned answer is:

A SMALL PRACTICE — NAME IT TO TAME IT

Next time an urge rises today or this week, pause and name it out loud, precisely: *This is a craving. It is carrying the memory of ___. Underneath, I am feeling ___. It will peak and pass in about twenty minutes.* Then set a gentle timer and ride it with a tool — walk, water, a call, this book. Naming shrinks a wave back down to weather. Weather passes.

PEER TIP

> Build new memories on purpose in the old places when it is safe: coffee with a recovery friend on the street you used to avoid, a celebration that ends with you clear-eyed and proud. The brain believes what it experiences most recently and most often.

CLOSE THE DAY

☐ I stayed sober today

☐ I named what a craving was really for — or practiced naming my feelings

☐ I let a memory be a teacher instead of a driver

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:

KEEP WRITING

Write about a moment today — even a tiny one — when you felt a little more like yourself.

DAY 41

Honesty in the Hard 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

"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

I do not have to perform my recovery.
The truth is enough — and it sets me free.

DAY 41 — TODAY'S READING

Addiction runs on edited truth. We minimized ('it wasn't that bad'), we omitted ('I forgot to mention'), we performed ('I'm fine' said through our teeth). Most of us did not lie because we were born liars. We lied because the truth felt like it would cost us everything — and sometimes, in the short run, it would have. Lying was survival. It is just very poor building material.

By day forty-one, the obvious lies are usually gone. What remains are the refined ones: telling our support people the version that makes them worry least. Skipping the meeting and calling it 'rest.' Counting a craving we rode out in secret as strength, when telling someone would have made it safety. Performing recovery for an audience instead of practicing it for a life.

Jesus ties truth to freedom — not truth to punishment. Notice that. In this book, honesty is never the tax you pay to be acceptable. It is the door out of the room where addiction kept you. Every uncomfortable truth told in recovery — to God, to a peer, to a sponsor, to yourself in this journal — removes one brick from that room's walls.

Start with the smallest hard place. You know the one I mean: the thing you have been rounding down when you describe your week. Say it true today, somewhere safe. Watch what happens. The sky does not fall. The people who love the real you lean *in*. And you will feel something the old life never gave you: the clean, quiet floor of a mind with nothing hidden under it.

TODAY'S WORK — ONE TRUE THING

Write the rounded-down truth — the thing you have been describing more gently than it deserves. Then write what you are afraid will happen if you say it plainly, and one person it would be safe to tell this week. This page is between you and God; no one else ever has to read it.

The person I will trust with one true thing this week:

TODAY'S PRACTICE — THE UNEDITED DAY

For the rest of today, practice microscopic honesty: answer 'how are you?' truthfully in one sentence. Say 'I don't know' when you don't. Arrive when you said you would, or say honestly that you can't. Notice how light it feels to carry no edits. A mind that tells the truth in small things builds the strength to tell it in the large ones — the ones that keep you sober.

PEER TIP

> If a lie slips out today — it happens to all of us — repair it the same day with a simple 'I need to correct what I said earlier.' Fast repairs keep small dishonesties from moving in and redecorating.

CLOSE THE DAY

☐ I stayed sober today

☐ I told one unedited truth to a safe person

☐ I repaired or refused one small dishonesty

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:

KEEP WRITING

What would you say to a friend standing exactly where you are standing? Say it here.

DAY 42

Words That Wound, Words That Heal

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

"Death and life are in the power of the tongue; those who love it will eat its fruit."

Proverbs 18:21 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I speak to myself the way I would speak to someone I am helping to heal.

DAY 42 — TODAY'S READING

Listen, sometime today, to the way you talk to yourself. Would you say those words to a friend in early recovery? Would you say them to someone in your chair at a meeting, shaking, on day three? Most of us would be horrified. And yet the inner voice runs its commentary all day: *Idiot. Hopeless. There you go again. Who do you think you are?*

Proverbs says death and life are in the power of the tongue — and the tongue we hear most is the one inside our own head. Those sentences are not just noise. Repeated daily, they become the climate a life grows in — or withers in. Addiction loved that climate. It kept us convinced we were exactly the kind of person who might as well use.

Retraining the voice does not mean flattering yourself. Healing words are not compliments; they are *true* words, spoken in the tone of a good peer: 'That was a mistake. It is not your name.' 'You are craving, not failing.' 'Get up. We do the next right thing.' A peer who has walked the road talks to you like someone worth saving — because that is the truth about you, and it was the truth even at your worst.

This week, we practice out loud. The affirmations in this book are not decoration — say yours today like you mean to be heard by the person who needs it most. She is listening. He is listening. They have been waiting years to hear a kind voice from the inside.

TODAY'S WORK — REWRITING THE COMMENTARY

Write the three sentences your inner critic says most often — the greatest hits. Then, under each one, write the healing version: what a wise, kind peer who knows your whole story would say instead. Keep it true. Keep it in words you can actually believe by day sixty.

The healing sentence I will practice most this week:

A SMALL PRACTICE — THE MIRROR WORDS

Stand at a mirror today — this will feel awkward; do it anyway. Look yourself in the eye and say today's affirmation out loud, slowly, once. Then add one healing sentence from your writing. Your face has heard a lot of condemnation in that mirror over the years. It is time it heard the building crew arrive.

PEER TIP

> Borrowed words count. If you cannot find kind words yet, borrow them: from Scripture, from this book's affirmations, from something a peer said that stayed with you. Say them 'as if' until the 'as if' wears off — that is how fluency in any language is built.

CLOSE THE DAY

☐ I stayed sober today

☐ I answered my critic with a true, kind sentence at least once

☐ I said today's affirmation out loud, to my own face

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:

KEEP WRITING

Name what you are carrying into tomorrow, and what you are setting down tonight.

DAY 43

A Gentle Day: A Quiet Mind, Practiced

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

"Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth."

Psalm 46:10 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I do not have to outrun my thoughts.
I can be still — and still be safe.

DAY 43 — TODAY'S READING

The gentle day of Mind week is an invitation most of us resist at first: stillness. Not sleep, not scrolling, not the television murmuring — actual quiet, with our own mind for company.

Addiction kept the volume up for a reason. Quiet is where the unfiled feelings live: the grief under the noise, the fear under the anger, the plain loneliness we outran for years. Early in recovery, the quiet can feel less like peace and more like a room we are afraid to enter. If that is true for you, hear this from a friend: the room is safer than it looks, and you do not have to enter it for long, or alone.

Stillness is a skill, and like every skill in this book it is built in small reps. Two minutes of quiet with your coffee. A Psalm read slowly, twice. A walk where the earbuds stay home. The mind will wander to the past and the future — that is what minds do; gently walk it back the way you would lead a child back to the path, without scolding.

'Be still, and know that I am God.' The knowing grows in the stillness — not because God was absent in the noise, but because we can finally hear Him in the quiet. Today's work is light on purpose. Practice the quiet the way you practiced everything else this month: briefly, honestly, and again tomorrow.

TODAY'S WORK — MY FIRST QUIET

Short writing today. Describe your relationship with quiet: what rises up in you when the noise stops? Then write where and when you will take five honest minutes of stillness today — and what you will do with your phone during them.

TODAY'S PRACTICE — FIVE MINUTES OF STILL

Set a timer for five minutes. Sit somewhere safe. Phone face down, in another room if you can bear it. Breathe normally. When thoughts come — and they will — name them gently: *planning… remembering… worrying…* and return to the breath. Five minutes. When the timer sounds, notice: you survived your own mind, unmedicated, and it is still here with you. That is no small thing. That is a pillar being built.

PEER TIP

> If stillness ever brings up more than you can hold — panic, memories that flood — open your eyes, name five things you can see, and reach for a person. Gentle days are for training, not for flooding; a good peer will help you pace this work.

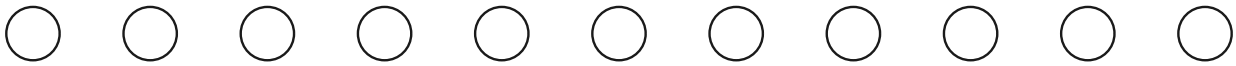
CLOSE THE DAY

☐ I stayed sober today

☐ I practiced five minutes of stillness

☐ I was gentle with whatever the quiet showed me

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:

KEEP WRITING

Write whatever is still loud in you tonight. No editing, no performing — just true.

DAY 44

What My Mind Is Learning

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

My mind is being renewed —
thought by thought, day by day.

DAY 44 — TODAY'S READING

Paul's word for the mind's change is *renewing* — not a single dramatic renovation, but an ongoing one, the way a house is kept: daily attention, small repairs, seasons of deeper work. That is exactly what these two weeks have been. In Volume One you noticed the loops. This week you went under them: the story, the patterns, the memories inside the cravings, the edited truth, the commentary track.

Look at the evidence with a builder's eye. You can probably name your earliest warning sign now — could you, at day one? You have at least one true sentence to answer the old story. You have watched a craving arrive carrying a memory, named what it was for, and let it pass without obeying it. None of that is willpower theatre. That is a mind being genuinely retrained — new trails worn into the grass by daily walking.

The mind will need this tending for life; renewing is present tense. Old trails do not vanish, but they grow over when they are not walked, and the new ones get easier to find. On the hard days ahead — and they will come — you will not be starting from zero. You will be a person with maps, drills, true sentences, and a quieter room inside.

Tomorrow we review the week. Next week belongs to the Heart — the people, the amends, the goodbyes, the joy. Bring this learning mind with you. The heart's work goes better when the mind can tell the truth about it.

TODAY'S WORK — THE MIND, IN REVIEW

Write your mind's report for these two weeks: the old story's loudest line and your truest answer to it; your earliest warning sign and its drill; one craving you understood instead of obeyed. End with the state of the room inside your head — quieter? louder? different how?

The mind practice I am carrying into Heart week:

TODAY'S PRACTICE — A LETTER FROM THE NEW NARRATOR

Write a short note to yourself — five or six sentences — in the voice of the new narrator: the wise peer voice you practiced on Day 42. Speak to yourself about this week: what you did, what it cost, what it proves. Read it aloud once. Then keep it in this book. On a loud day in the weeks ahead, this letter is evidence — in your own handwriting — that the story has already changed.

PEER TIP

> Brains consolidate learning in sleep and in review — which is why this book keeps circling back. Trust the repetition. The days that feel 'the same' are often the days the new trails get worn deepest.

CLOSE THE DAY

☐ I stayed sober today

☐ I can name my earliest warning sign and my answer to it

☐ I wrote to myself in the new narrator's voice

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:

KEEP WRITING

Describe today in detail: what you saw, heard, ate, felt. Small details are where a life is.

END OF WEEK SIX

WEEK SIX REVIEW

The Mind Pillar, Deeper — look back before you step forward

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 caught the old story and answered it with a true sentence
☐ I spotted my first-link warning sign — or honestly looked for it
☐ I named what a craving was really for
☐ I told one unedited truth
☐ I practiced stillness, even briefly

MY FOUR PILLARS THIS WEEK

For each pillar, mark where it stands today — **stronger**, **steady**, or **shaky** — then write one honest line about why.

☐ stronger ☐ steady ☐ shaky **BODY**:

☐ stronger ☐ steady ☐ shaky **MIND**:

☐ stronger ☐ steady ☐ shaky **HEART**:

☐ stronger ☐ steady ☐ shaky **SPIRIT**:

One goal for next week (small and keepable):

> The mind that once narrated your ruin is learning to narrate your rebuilding — truer sentences, earlier warnings, quieter rooms. That is not positive thinking. That is a pillar going up, one honest thought at a time. Rest tonight. Next week, we do the tender work of the heart.

WEEK SEVEN — THE HEART, DEEPER

In Volume One, the Heart week taught us to name feelings, set first boundaries, and find safe people. This week the work gets tender and brave: the people we hurt and the people who hurt us, amends made carefully instead of carelessly, the forgiveness that costs the most, boundaries that actually hold — and the strange, holy work of letting joy back into a heart that learned to expect pain. Go slowly. Nothing in this week needs to be finished this week. It needs to be begun, honestly.

THIS WEEK

Day 45 — The People We Hurt, the People Who Hurt Us
Day 46 — Amends Without Making It Worse
Day 47 — The Hardest Forgiveness
Day 48 — Boundaries That Hold
Day 49 — The Goodbyes Peace Requires
Day 50 — A Gentle Day: Joy, on Purpose
Day 51 — What My Heart Can Hold Now

DAY 45

The People We Hurt, the People Who Hurt Us

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

"bearing with one another, and forgiving each other, if any man has a complaint against any; even as Christ forgave you, so you also do."

Colossians 3:13 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I can hold my whole story —
the hurting and the hurt — without looking away.

DAY 45 — TODAY'S READING

Every person in recovery carries two lists, whether we have written them down or not. On one are the people we hurt: the ones who got the edited version of us, the promises we meant when we made them and broke anyway, the ones who learned to brace when we walked in. On the other are the people who hurt us: some who knew exactly what they were doing, and some who were drowning themselves and pulled us under without ever meaning to.

Most of us spend years refusing to look at one list or the other. We either drown in the first list — shame so heavy it becomes its own relapse risk — or we live entirely in the second, where our addiction is always somebody else's fault. The Heart pillar cannot be built on either refusal. It is built in the honest middle: *both lists are true, and neither list is the whole of who anyone is.*

Today is not amends day, and it is not forgiveness day. Those have their own pages, and they deserve them. Today is simply the day we let both lists exist on paper, in the presence of a God who already knows every name on them and has not stopped loving a single person involved — including you.

Go gently. Some names will cost you something to write. Write them anyway, briefly, the way you'd set down something heavy you've carried a long way. You are not sentencing anyone today, and you are not excusing anyone. You are surveying the land the heart has to heal in — honestly, so the building can be real.

TODAY'S WORK — THE TWO LISTS

On the lines below, write the names (initials are fine) for both lists: people I hurt in my addiction, and people who hurt me. Beside each name, one or two words only — what happened. No essays today, no verdicts. If a name brings a flood, pause, breathe, and remember: this page is a map, not a courtroom.

The name that costs me the most to write, and one gentle sentence about why:

A SMALL PRACTICE — HANDS OPEN

Sit with both hands open in your lap, palms up. Read your two lists once more, slowly. Then pray — aloud if you can — a short prayer with three parts: *God, here are the people I hurt. Here are the people who hurt me. I don't know what to do with all of it yet. Hold what I can't hold.* Leave your hands open a moment longer after the words end. Open hands are the whole practice: nothing clenched, nothing hidden.

PEER TIP

> Do this week's heart work with support nearby — a peer, a sponsor, a meeting on the calendar. These pages stir real weather. That's expected and even good, but nobody should walk through a storm unwitnessed if they don't have to.

CLOSE THE DAY

☐ I stayed sober today

☐ I let both lists exist on paper without verdicts

☐ I asked God to hold what I cannot hold yet

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:

KEEP WRITING

Write the prayer you would pray if you were not afraid of being honest.

DAY 46

Amends Without Making It Worse

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

"If therefore you are offering your gift at the altar, and there remember that your brother has anything against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift."

Matthew 5:23–24 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

**I can own my part — cleanly, kindly,
and without making new harm.**

DAY 46 — TODAY'S READING

Amends are not apologies with better lighting. An apology says words; an amend *changes something* — a debt repaid, a lie corrected, a pattern ended, a presence restored. And amends are not for clearing our conscience at someone else's expense. A rushed, hungry amend can tear open a person who had finally begun to heal without us. The goal is their good and the truth — not our relief.

That is why wise recovery paces this work. Living amends come first and matter most: the rent paid on time now, the call returned now, the birthday remembered now, month after month. Long before most of us said a single formal word, the people we hurt were watching the evidence. Many still are. Let them. Evidence over time is the amend that cannot be faked.

When spoken amends are right, they are short and specific: what I did, that it was wrong, what has changed, and — where it is safe and wanted — what I can do to make it right. No excuses smuggled in. No fishing for comfort. And no expectation of a particular response: the other person's forgiveness is theirs to give or withhold, on their timetable, and our job is to remain steady either way.

Some amends should not be made directly — where contact would injure the person, endanger us, or violate a boundary they have set. Those become indirect amends: the change lived out, the debt paid forward, the story never repeated. Talk these through with a sponsor, a peer, or a pastor before you act. Amends done carefully are a pillar going up. Amends done carelessly can crack two lives at once.

TODAY'S WORK — PREPARING, NOT PERFORMING

From yesterday's list, choose one name where an amend may be owed. Write what a careful amend could look like: the living evidence already underway, the specific words if spoken amends are right, and what could make this amend harmful if rushed. End with your next single step — which may honestly be 'keep living it, and ask my peer first.'

The person I will talk this through with before acting:

FROM THE AUTHOR'S ROAD

[Angela — your story piece for this day goes here: an amend you made on your own road — what you did, what you said, and what it taught you about doing it carefully.]

TODAY'S PRACTICE — THE LIVING AMEND, TODAY

Choose one living amend you can perform today, small and complete: return the call, pay the small debt, show up on time, send the honest thank-you, do the unglamorous kind thing with no announcement. Do it without mentioning recovery, this book, or your growth. The quietness is part of the amend. Somebody's day gets easier because the new you is real — that is the whole sermon.

PEER TIP

> Never make a spoken amend when you are hungry, exhausted, fresh from conflict, or hoping it will win the person back. Amends are gifts, not strategies — schedule them rested, supported, and with your expectations surrendered in advance.

CLOSE THE DAY

☐ I stayed sober today

☐ I performed one quiet living amend

☐ I planned carefully instead of rushing to relieve my conscience

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:

KEEP WRITING

Write about a moment today — even a tiny one — when you felt a little more like yourself.

DAY 47

The Hardest Forgiveness

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

"Be kind to one another, tenderhearted, 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 am walking —
I do not have to arrive today.

DAY 47 — TODAY'S READING

In Volume One, we began forgiveness the honest way: slow, chosen, yours. This week we face the name that stayed at the bottom of the list — the one where 'I'm working on it' has lived for a long time. Maybe it is a person. Maybe it is an institution, a moment, a version of God you were handed. Maybe, if we are telling the deepest truth, it is yourself.

Let us be plain about what forgiveness is not. It is not saying it was fine. It is not trusting again, reconciling, or restoring access — those are separate decisions, sometimes wise and sometimes not. It is not forgetting; some things cannot be forgotten and should not be. Forgiveness, at its core, is a transfer: you stop carrying the debt-collecting job. You hand the account to God — not because the debt was imaginary, but because carrying it is costing the wrong person. It is costing you.

For many of us, the hardest forgiveness is the one owed inward. We can extend to strangers a mercy we refuse ourselves. Hear the Scripture's logic: forgive *just as* God in Christ forgave you. His forgiveness of you is not the prize for finishing yours of everyone else. It is the source, the pattern, and — on the days your own name is the hard one — it includes you in its reach.

If you are not there yet, say so — to God, in this book, out loud. 'Not yet, but I am willing to be willing' is a real place on the road, and people have started from exactly there and arrived. Forgiveness built this way — honestly, in stages, without pretending — tends to stay built.

TODAY'S WORK — THE ACCOUNT I AM CARRYING

Write about the hardest forgiveness on your list: what happened, what carrying it costs you now (sleep, peace, relationships, your own recovery), and what stage you are honestly at — not yet, willing to be willing, beginning, or somewhere freer. No performing. The true stage is the right starting point.

One sentence I can honestly say to God about this today:

A SMALL PRACTICE — THE HANDED-OVER DEBT

Write the name or the situation on a small piece of paper — a scrap is fine. Hold it while you pray, in your own words: *God, I have been carrying this. I am not saying it was fine. I am saying I cannot be its jailer and be free. I hand You the account.* Then put the paper somewhere out of your daily sight — inside this book's back cover works. If the weight returns this week (it may), picture the paper where you left it. The account has an address now, and it is not your chest.

PEER TIP

> Forgiving someone does not require telling them, meeting them, or reopening contact. If the process brings up trauma that floods you, pause and bring in support — a counselor, a pastor, a trusted peer. Pacing is not avoidance; it is wisdom.

CLOSE THE DAY

☐ I stayed sober today

☐ I named my honest stage of forgiveness without pretending

☐ I handed one account to God, even if only as a first step

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:

KEEP WRITING

What would you say to a friend standing exactly where you are standing? Say it here.

DAY 48

Boundaries That Hold

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 'no' protects my 'yes.'
I can guard my heart without hardening it.

DAY 48 — TODAY'S READING

In Volume One, we set first boundaries — often the emergency kind, built mid-storm. By day forty-eight, the question changes. Storm boundaries keep us alive; *standing* boundaries let us live. The difference is maintenance: a boundary is not a speech you gave once. It is a practice you keep, kindly and consistently, until the people around you — and your own heart — believe it.

Boundaries that hold share three traits. They are **clear**: stated in words a tired person could understand, before the moment of pressure. They are **mine**: they describe what *I* will do, not what I demand you do — 'I don't stay where there's using in the house' holds; 'you have to stop' argues. And they are **kept**: enforced the first time, gently, without a courtroom speech. A boundary enforced once with love teaches more than a hundred announcements.

Proverbs frames this as guarding the wellspring — the source everything else in your life flows from. That is not selfishness; that is stewardship of the very heart God is rebuilding. The people who belong in your new life will adjust to your boundaries. The ones who cannot were often loving the access, not the person.

Expect some weather when a boundary firms up. Guilt will argue — especially if you were raised, as many of us were, to keep peace at any price. Let the guilt talk; do not let it drive. You can love people and limit their access to your healing at the same time. In fact, by now you have probably learned: you cannot truly do the first for long without the second.

TODAY'S WORK — ONE BOUNDARY, BUILT TO HOLD

Choose one boundary that keeps wobbling. Rewrite it in the holding form: clear words, my action, stated ahead of pressure. Then write what you will actually do the first time it is tested, who will know your plan, and the kind sentence you will use when you keep it.

My boundary, in one clear sentence:

TODAY'S PRACTICE — THE SMALL NO

Practice today with a small, safe 'no': decline one thing you would normally accept out of habit — the extra task, the draining call, the plan your body is begging to skip. Say it plainly and kindly, without a paragraph of justification: *I can't do that today.* Notice the world continuing. Notice your heart, still soft, still yours. Small no's are the training weight for the big ones your recovery may someday need.

PEER TIP

> State boundaries before the hard moment whenever you can — at breakfast, not at midnight; in calm, not in conflict. And write them down. A written boundary is much harder for guilt to renegotiate at 11 p.m.

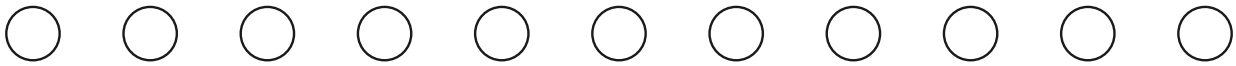
CLOSE THE DAY

☐ I stayed sober today

☐ I rewrote one wobbling boundary in the holding form

☐ I practiced one small, kind 'no'

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:

KEEP WRITING

Name what you are carrying into tomorrow, and what you are setting down tonight.

DAY 49

The Goodbyes Peace Requires

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 everything there is a season, and a time for every purpose under heaven: a time to weep, and a time to laugh; a time to mourn, and a time to dance;"

Ecclesiastes 3:1, 4 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Letting go is not losing.
I can grieve what I release — and still be free.

DAY 49 — TODAY'S READING

Nobody warns you about this part, so let a friend say it plainly: peace has a guest list, and not everyone from the old life is on it. By day forty-nine, most of us have discovered that some goodbyes cannot be postponed forever — the friend who only calls with chaos, the place that undoes us every time, the relationship that requires us to be smaller, sicker, or quieter than the truth.

These goodbyes hurt in a particular way, because many of them are not to villains. They are to people we laughed with, survived with, sometimes loved truly — people who may, in their own time, find their own road. The goodbye is not a verdict on their worth. It is a decision about your healing. Both things can be true: *I wish you well, and I cannot walk with you anymore.*

Ecclesiastes gives grief its dignity: there is a season to weep and mourn — the goodbyes of recovery live in that season, and rushing past it does not work. Grieve what the relationship was supposed to be. Grieve the version of you who needed it. Then notice what else the passage promises: the seasons turn. There is also a time to laugh, and a time to dance — and the heart makes room for those seasons partly by finishing this one honestly.

If you are mid-goodbye right now, you are not doing recovery wrong. You are doing one of its bravest parts. Keep your side clean, keep your heart soft, keep your distance where distance is the medicine — and let God be the one who keeps the whole story.

TODAY'S WORK — A GOODBYE, WITH CLEAN HANDS

Write about one goodbye this season has required — finished, underway, or still ahead of you. What did the relationship give you that was real? What did it cost your healing? End with the blessing you would honestly send them, from a safe distance.

What I am making room for, on the other side of this goodbye:

A SMALL PRACTICE — THE EMPTY CHAIR BLESSING

Picture the person (or place, or habit) in an empty chair across from you. Say — aloud if you can — three short sentences: *Thank you for what was good. I release what was harmful. I wish you well, and I am going a different way.* Then stand up and do one concrete thing in your new life: make the tea, take the walk, open this book to tomorrow. Goodbyes are sealed by walking, not just by words.

PEER TIP

> Change the practical access, not just the intention: the number saved under a name that tempts you to answer, the route you drive, the standing Friday plan. Willpower at midnight is a thin wall; a changed routine is a thick one.

WORDS TO CARRY WITH YOU

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

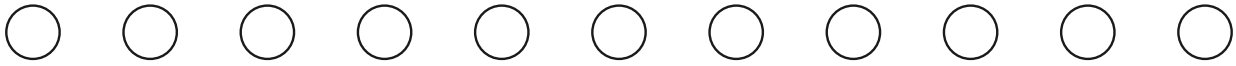
CLOSE THE DAY

☐ I stayed sober today

☐ I honored a goodbye honestly — grieved it, blessed it, or began it

☐ I changed one practical access point that keeps the old life close

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:

KEEP WRITING

Write whatever is still loud in you tonight. No editing, no performing — just true.

DAY 50

A Gentle Day: Joy, on Purpose

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

Joy is not the prize at the end of my healing.
Joy is part of how I heal.

DAY 50 — TODAY'S READING

The gentle day of Heart week is about the feeling many of us trust least: joy. We learned to brace under good things — waiting for the cost, the catch, the fall. Some of us numbed joy as thoroughly as we numbed pain, because joy felt dangerously like the start of using: loud, hungry, out of control.

Recovery joy is a different creature. It is quieter and it lasts longer: the laugh that surprises you at the sink, sunlight doing its ordinary miracle, a song you can finally hear all the way through, food shared with people who know your whole story and set you a place anyway. It does not demand anything. It does not need to be chased. It needs — mostly — to be *allowed*.

The psalm's promise is not that weeping never comes. It says weeping may stay for the night — and joy comes in the morning. Night and morning are both real. The heart pillar is not built by denying the night; it is built by a heart that can hold both: grief in its season, and joy in its, without numbing either one.

So today's assignment is almost embarrassingly simple: do one joyful thing on purpose, in the daylight, with your whole attention. Small is perfect. Then — this is the training — let yourself have it without apologizing, bracing, or paying for it in advance with worry. Joy is not a relapse risk when it is received as a gift. It is a vital sign.

TODAY'S WORK — A MAP OF SMALL JOYS

Short writing today. List the small joys that have found you in these fifty days — sights, sounds, tastes, moments, people. Star the three that cost nothing. Then write which joy you will give yourself today, on purpose, and when.

FROM THE AUTHOR'S ROAD

[Angela — your story piece for this day goes here: a small, ordinary joy from your own recovery road — a moment when gladness surprised you and you let yourself have it.]

TODAY'S PRACTICE — FIVE SENSES OF GLAD

During your chosen joyful moment today, slow it down with your senses: name one thing you can see, hear, smell, taste, and touch inside the joy. This anchors gladness in the body — the same body that once only registered craving and dread. You are teaching it a new vocabulary, one glad minute at a time.

PEER TIP

> Keep a running 'joy list' in the back of this book — when a flat, gray stretch comes (it will), you will not have to invent gladness from nothing. Past joy, written down, is a map back.

CLOSE THE DAY

☐ I stayed sober today

☐ I did one joyful thing on purpose and let myself have it

☐ I noticed joy without bracing for a price

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:

KEEP WRITING

Describe today in detail: what you saw, heard, ate, felt. Small details are where a life is.

DAY 51

What My Heart Can Hold Now

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 the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus."

Philippians 4:7 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My heart is bigger than my fear now.
It can hold sorrow and joy — and stay soft.

DAY 51 — TODAY'S READING

Look at what this heart of yours has held this week without breaking or bolting: two honest lists, an amend prepared with care, a debt handed to God, a boundary rewritten to hold, a goodbye blessed from a safe distance, and — hardest of all for some of us — an hour of unguarded joy. Fifty-one days ago, could it have held even half of that without reaching for the old anesthesia?

That is what a pillar growing looks like in the Heart: not a heart that feels less, but a heart that can feel *more* — more truth, more grief, more gladness — and stay in the room. The peace Paul describes is not the absence of weather. It is a guard posted at the door of a heart that finally lives somewhere protected: in Christ, accompanied, no longer weathering storms alone and unarmed.

Some of this week's work will take months or years to finish. Amends unfold. Forgiveness deepens. Goodbyes settle. That is not failure; that is the normal timetable of a heart. What changed this week is not that the work ended — it is that you proved to yourself you can *do* the work, at a human pace, with support, without running. Hearts that can do that can heal almost anything, given time and honesty.

Tomorrow, we review. Next week, the Spirit pillar goes deeper — prayer, Scripture as food, service, and the story you now carry for others. The heart you bring into that week is not the one you started with. It is softer and stronger at once — which, it turns out, is the same thing.

TODAY'S WORK — THE HEART, IN REVIEW

Write your heart's report for this week: the list that cost the most, the amend you are preparing and its pace, the account you handed over (or are learning to), the boundary now written to hold, and one joy you actually let yourself have. End with what this heart can hold now that it could not hold at day one.

The heart work I am carrying forward — at a human pace:

TODAY'S PRACTICE — A HAND ON THE HEART

Place your hand over your heart — the same gesture as Day 37, now for the pillar we have been building. Feel the beat. Pray slowly: *Guard this heart, God. You know what it has carried and what it carried this week. Keep it soft. Keep it brave.* Three slow breaths. Then write nothing, fix nothing. Some practices are just two friends — you and God — acknowledging the work.

PEER TIP

> Keep one heart practice on repeat after this week ends: the monthly two-lists check-in. Names move off lists as amends land and forgiveness lands. Watching the lists change is some of the best evidence a heart can collect.

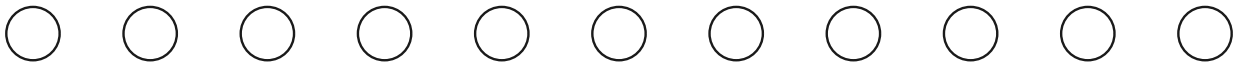
CLOSE THE DAY

☐ I stayed sober today

☐ I can name what my heart can hold now that it could not before

☐ I asked God to guard this heart — and believed He would

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



What today taught me:

Tomorrow's one thing:

KEEP WRITING

Write the prayer you would pray if you were not afraid of being honest.

END OF WEEK SEVEN

WEEK SEVEN REVIEW

The Heart Pillar, Deeper — look back before you step forward

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 touched this week — check every one you did, even once:

☐ I let both lists exist on paper
☐ I prepared or performed an amend with care
☐ I named my honest stage of forgiveness
☐ I rewrote or kept one boundary
☐ I let myself have one real joy

MY FOUR PILLARS THIS WEEK

For each pillar, mark where it stands today — **stronger**, **steady**, or **shaky** — then write one honest line about why.

☐ stronger ☐ steady ☐ shaky **BODY**:

☐ stronger ☐ steady ☐ shaky **MIND**:

☐ stronger ☐ steady ☐ shaky **HEART**:

☐ stronger ☐ steady ☐ shaky **SPIRIT**:

One goal for next week (small and keepable):

Your heart did brave, tender work this week — and it is still soft, which is the miracle addiction swore was impossible. The lists are shorter than they were, the boundaries clearer, the goodbyes blessed. Rest now. Next week the Spirit pillar goes deeper — and a heart like this one is ready to pray.

WEEK EIGHT — THE SPIRIT, DEEPER

In Volume One, the Spirit week was about finding God again — prayer when you have no words, a God who would not let go. This week the pillar goes higher: prayer with real depth, Scripture eaten like food instead of admired like decoration, service offered before you feel qualified, and your own story — the one you once hid — becoming a lantern someone else will navigate by. This is not the graduation week. It is the week the building starts to look like what it is: a life God is raising on purpose.

THIS WEEK

Day 52 — Prayer That Goes Deeper
Day 53 — Scripture as Food, Not Decoration
Day 54 — The God Who Stayed
Day 55 — Serving Before You Feel Ready
Day 56 — Your Story Is a Lantern
Day 57 — A Gentle Day: Stillness and Gratitude, Deeper
Day 58 — What My Spirit Knows Now

DAY 52

Prayer That Goes Deeper

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 the same way, 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

I do not need perfect words to be heard.
The Spirit prays with me — and in me.

DAY 52 — TODAY'S READING

By now, prayer has probably stopped being a theory. You have prayed desperate prayers and grateful ones, angry ones and wordless ones. This week we go deeper — not fancier. Deeper prayer is not longer prayer or prettier prayer. It is honester prayer, offered more often, with longer listening at the end of it.

Paul removes the biggest obstacle on the first page: you do not have to know how to pray as you ought. Read that again. The weakness you are ashamed of is the exact place the Spirit of God joins you — interceding, groaning alongside, translating the prayers your vocabulary cannot carry. The sob at the kitchen table was a prayer. The 'help' whispered at the meeting was a prayer. Heaven heard them in full sentences.

Deeper also means broader. Early prayer is mostly about us — rescue me, fix this, take this craving. It should be; survival is a holy subject. But as the pillar rises, prayer stretches: for the people on your two lists from Heart week. For the person still out there who sat where you sat. For the ones coming behind you who do not know your name yet. Intercession is strength training for the spirit — it lifts weights that are not yours, and somehow yours get lighter.

Build one small architecture for it: a place, a time, a way to begin. A chair. A porch step. The same psalm to open. Anchors matter because feelings fluctuate; the chair is there on the days the feelings are not. God has been meeting people in ordinary places all along. He will meet you in yours.

TODAY'S WORK — MY PRAYER, WIDER

Write three prayers today, in ink: one honest prayer for yourself — the unpolished kind; one for a person on your lists from Heart week (either list); and one for a stranger still in addiction whom you will never meet. Notice what happens in you as the circle widens.

My prayer anchor — the place and time I will keep:

TODAY'S PRACTICE — TEN MINUTES, THREE MOVEMENTS

Set a timer for ten minutes and pray in three movements. Three minutes of thanks — specifics, not generalities. Three minutes of honesty — the truth about today, unedited. Then four minutes of *listening*: sit in the quiet you practiced on Day 43, Bible open or hands open, and let God have the last word — or the silence. Listening is not the empty part of prayer. Many of us find it is the part where the pillar actually sets.

PEER TIP

> Keep a small prayer list in the back of this book with dates. When an answer comes — and they come in sizes from whisper to earthquake — write the date beside the request. A dated list is faith with a memory, and it preaches on the days you feel unheard.

CLOSE THE DAY

☐ I stayed sober today

☐ I prayed wider than my own needs today

☐ I practiced listening as part of 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:

KEEP WRITING

Write about a moment today — even a tiny one — when you felt a little more like yourself.

DAY 53

Scripture as Food, Not Decoration

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

"Your word is a lamp to my feet, and a light for my path."

Psalm 119:105 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

God's word feeds me.
I come to it hungry — and I leave with light.

DAY 53 — TODAY'S READING

Every day of this journey, a verse has waited for you at the top of the page. By day fifty-three you have read more than fifty of them. Now let us talk honestly about the difference between Scripture as decoration — a nice frame on the wall of a hard life — and Scripture as food: taken in, chewed slowly, and turned into strength for the actual road.

Food is eaten in small amounts, regularly, and it becomes part of the body. That is exactly how to treat a verse. One verse, read three times slowly. One phrase carried into the day like a lamp in the hand — the psalm's image is not a lighthouse miles away; it is a lamp at your *feet*, light for the next step, which is mercifully all you are ever asked to walk.

It also helps to ask the verse questions instead of only admiring it: What does this say about God? What does it say about me? Is there a promise to carry, a warning to heed, a next step to take before dark? You will be surprised how much food is in a single verse when you sit down to the meal instead of walking past the table.

Build your own small pantry: the verses that have carried you in these fifty-three days, copied onto one page you can find in the dark. Everyone's pantry differs — yours will have Lamentations mornings and Isaiah wings and a psalm about joy coming. That page is yours. On the night the craving or the grief is loudest, you will not have to search for light. You will know exactly where you keep it.

TODAY'S WORK — BUILDING MY PANTRY

Look back through this book and Volume One if you have it. Choose the three verses that have carried you most and copy them below in your own handwriting, with one line each about when they held you. Then take today's verse the slow way: read it three times and write what it says about God, about you, and about your next step.

The verse I am carrying into this week, in my pocket or phone:

A SMALL PRACTICE — ONE VERSE, THREE READINGS

Choose one verse — today's works. First reading: read it aloud, plainly. Second reading: read it again and underline (in your mind or in a notebook) the single word that stands tallest. Third reading: pray the verse back to God in your own words, inserting your name where it fits. Three readings take four minutes. The verse will still be working in you at supper. That is the difference between a decoration and a meal.

PEER TIP

> Put one verse where your worst moments find you — the bathroom mirror, the car visor, the lock screen. Verses placed in advance are reinforcements stationed before the battle, not searched for during it.

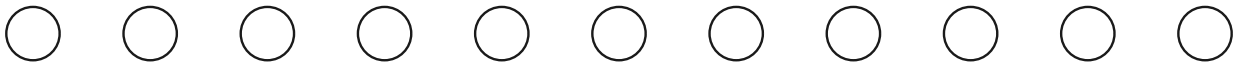
CLOSE THE DAY

☐ I stayed sober today

☐ I took one verse the slow way — three readings

☐ I started my pantry page of carried verses

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



What today taught me:

Tomorrow's one thing:

KEEP WRITING

What would you say to a friend standing exactly where you are standing? Say it here.

DAY 54

The God Who Stayed

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 left — not even then.
I build my life on His promises.

DAY 54 — TODAY'S READING

On January 29, 2025, my friend Brandon found me unresponsive. My body — after years of addiction — had finally given out: meningitis, sepsis, a severe infection, one system after another failing. The doctors placed me in a coma, and for seven days I lay in a hospital bed while the people who loved me kept vigil over a woman who could not pray, could not repent, could not even ask to live. If my survival had depended on my effort that week, I would not be writing this book. I woke up on February 5 because God stayed when I could not even stay conscious.

I tell you this on the Spirit week's deepest day because some of you have a January 29 in your story too — the night you should not have survived, the car that should have killed you, the overdose someone reversed, the morning you woke up somewhere you never chose to be. And here is the truth we build on: it was not luck. The same God who goes before you now was in that room then — not failing you, not forsaking you, keeping an appointment with your future that you had done everything to cancel.

Fourteen years sober from alcohol. Twenty months sober from methamphetamine. A heart that has failed and keeps beating. I do not list these as trophies; I list them the way you list the courses of a foundation — as evidence, in writing, that the promises hold weight. My tattoo says it in one line, and these books carry it too: *built my foundation on the promises of God.* Not on my strength. Not on my record. On His promises.

Your story has its own evidence. A night you survived. A door that opened. A person who appeared at the exact hour. Do not let the enemy narrate those moments as accidents. They were a God staying. And the One who stayed through your worst week is worthy of your trust for the ordinary ones — which is where, from here on, most of your building will happen.

TODAY'S WORK — MY EVIDENCE OF THE GOD WHO STAYED

Write your own January 29 — the moment (or moments) you should not have survived or escaped, but did. Then write what that evidence means: if God stayed then, what does that say about the fear you are carrying today? Be specific. This page may preach to you for years.

The promise I am building on, in one line:

A SMALL PRACTICE — THE THANK-YOU, UNSCRIPTED

Today, pray a prayer with no requests in it at all — only thanks and memory. Walk through your evidence: the night, the person, the opened door, the morning you woke up. Thank God for each one by name. If tears come, let them; gratitude of this kind is a form of strength the old life never taught us. End simply: *You stayed. I remember. I trust You.*

PEER TIP

Tell the January 29 part of your story to one safe person this week, if you never have. Evidence spoken aloud gets stronger — and the person listening may be carrying a night they think was an accident, too.

WORDS TO CARRY WITH YOU

Built my foundation on the promises of God.

— Angela D. Martini

CLOSE THE DAY

☐ I stayed sober today

☐ I wrote my evidence of the God who stayed

☐ I thanked God with no requests attached

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:

KEEP WRITING

Name what you are carrying into tomorrow, and what you are setting down tonight.

DAY 55

Serving Before You Feel Ready

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

"even as the Son of Man came not to be served, but to serve, and to give his life as a ransom for many."

Matthew 20:28 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I do not have to be finished to be useful.
What I have lived can help someone today.

DAY 55 — TODAY'S READING

Here is one of recovery's best-kept secrets, hidden in plain sight: helping someone else is not the graduation ceremony after recovery. It is one of the engines inside it. The meeting coffee you make, the chair you set up, the newcomer you greet by name — these are not chores around the real work. They are the real work, wearing an apron.

Most of us delay serving because we feel unqualified: *Who am I, at fifty-five days, to help anybody?* Ask the person at day three. To them, you are a marvel and a map. You do not need to be finished to be useful. You need to be honest, present, and a few steps further down the road — which, today, you are.

My own conviction about this was forged early and has never left me: 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 be built up. Service done for applause curdles fast. Service done quietly, from love, becomes one of the strongest timbers in a rebuilt life — and one of the surest protections against relapse ever discovered. It is very hard to throw away a life that other people are leaning on.

Start where your feet are: one small, regular, unglamorous act of service, kept weekly. In your meeting, your church, your building, your family. Do not announce it. Let it become one of the load-bearing habits of the new life — a pillar with your name quietly carved on the inside, where only God reads it.

TODAY'S WORK — MY FIRST REGULAR SERVICE

Choose your first standing act of service: small, weekly, unglamorous, and genuinely needed. Write what it is, where, when it happens, and who (if anyone) you need to ask. Then write honestly about your motive-check: how will you keep this about them, not about being seen?

My first service happens on (day/time), starting:

TODAY'S PRACTICE — THE SECRET SERVE

Sometime today, do one kind thing for someone that no one will ever trace to you: the anonymous note, the chore done silently, the bill quietly covered if you are able, the prayer prayed for a person who will never know. Secret service purifies the motive and surprises the heart with how good it feels. This is practice for a lifetime of helping that stays clean.

PEER TIP

> Serve inside your limits — an hour you keep beats a ministry you abandon in three weeks. And if serving ever starts feeding the old hunger to be needed, say so to your peer. Even this good thing works best in the light.

CLOSE THE DAY

☐ I stayed sober today

☐ I chose and scheduled my first regular act of service

☐ I did one kind thing in secret

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:

KEEP WRITING

Write whatever is still loud in you tonight. No editing, no performing — just true.

DAY 56

Your Story Is a Lantern

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

"They overcame him because of the Lamb's blood, and because of the word of their testimony. They didn't love their life, even to death."

Revelation 12:11 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

My story is not my shame.
In God's hands, my story is a light for others.

DAY 56 — TODAY'S READING

For years, your story was the thing you edited, hid, or told only in pieces to people who already knew. This week we consider a scandalous possibility: that the true story — all of it, told at the right time, to the right people, in the right measure — is one of the most powerful tools you now own. Revelation calls it the word of your testimony, and ranks it beside the blood of the Lamb. Heaven does not consider your story small.

A testimony is not a performance and it is not a confession booth with an audience. It is a lantern: it does not exist to draw attention to itself, but so that someone behind you can see the road. The useful shape is simple and old: what it was like, what happened, what it is like now. The middle part — what happened — is where God gets the credit and the listener gets the hope.

Tell it in measure. Not every listener earns every detail, and not every room is ready for the whole road. Wisdom about audience is not shame; it is stewardship. Start small: five honest minutes with one safe person, or the short version at a meeting. Notice what happens in the room — the nodding heads, the held breath, the person who finds you afterward and says the words every lantern-carrier lives for: *Me too. I thought I was the only one.*

You do not have to feel brave for this. Most of us told our first testimony with shaking hands and a voice that quit twice. Shake and tell it anyway, when the time and the room are right. Somewhere in your future is a person who will stay sober one crucial night because your story reached them first. You may never know their name. God will.

TODAY'S WORK — MY STORY IN THREE MOVEMENTS

Draft your testimony in the three movements: what it was like (briefly — a paragraph's worth), what happened (the turning, in detail), and what it is like now (the evidence of these fifty-six days). Write the five-minute version — the one you could actually say out loud to one safe person.

The one sentence I most want a listener to carry home:

FROM THE AUTHOR'S ROAD

[Angela — your story piece for this day goes here: the first time you shared your testimony with someone who needed it — where you were, what you said, and what happened in the room.]

A SMALL PRACTICE — SAY IT ONCE, OUT LOUD

Read your three movements aloud once today — to an empty room, on a walk, in the car. Hearing your own voice tell the true story is a threshold: what has only been thought can still feel like a rumor; what has been spoken starts to feel like a testimony. Time yourself loosely. If emotion rises, let it — a lantern is allowed to flicker. It still gives light.

PEER TIP

> Pray before you share, and keep the graphic details few — the goal is hope, not shock. And protect the anonymity of others in your story: their names and sins are theirs to tell, not yours.

CLOSE THE DAY

☐ I stayed sober today

☐ I drafted my story in the three movements

☐ I spoke my testimony aloud once, even to an empty room

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:

KEEP WRITING

Describe today in detail: what you saw, heard, ate, felt. Small details are where a life is.

DAY 57

A Gentle Day: Stillness and Gratitude, Deeper

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

"Rejoice always. Pray without ceasing. In everything give thanks, for this is the will of God in Christ Jesus toward you."

1 Thessalonians 5:16–18 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

Gratitude is my native language now.
I practice it until it is fluent.

DAY 57 — TODAY'S READING

The gentle day of Spirit week joins the two quietest practices in this book: the stillness you learned on Day 43, and gratitude — not the greeting-card kind, but the deep kind that has learned to say thank you with evidence in its hands.

Notice the Scripture does not say give thanks *for* everything. It says *in* everything. Some things that happened to us were evil, and gratitude does not rename them. But *in* everything — in the hospital and the homecoming, in the goodbye and the new beginning — there is a God who stayed, a breath still arriving, a day still being given. Deeper gratitude thanks Him in the middle of the story, not only at its happiest pages.

Stillness and gratitude belong together because hurry is gratitude's natural predator. A racing mind inventories problems; a stilled one starts noticing gifts: the coffee that tastes like coffee again, the friend who texts back, the body that slept, the meeting that will be there tonight whether you feel like going or not. Nothing on that list is small to a person who once had none of it.

Today's work is light — a list, a psalm, ten quiet minutes. But do not mistake light for shallow. These two practices, repeated for years, are how ordinary people become the calm, glad, unshakeable elders the rest of us lean on. You are allowed to become one of those. It starts with days like this one.

TODAY'S WORK — GRATITUDE WITH EVIDENCE

Short writing today. List ten things you are grateful for in this season — each with its evidence attached ('my peer, because she called Tuesday when I wanted to disappear'). Specifics are the difference between a list and a testimony.

TODAY'S PRACTICE — TEN QUIET MINUTES

Take ten minutes of stillness — the Day 43 practice, doubled. Timer set, phone away. For the first five minutes, let your mind rest in the quiet. For the second five, walk slowly through your gratitude list in prayer, one item at a time, saying thank You for each out loud or in your heart. Ten minutes. That is the whole assignment — and for many of us, the most spiritual thing we will do all week.

PEER TIP

> End the day by telling one person one specific thank-you from your list — not 'thanks for everything,' but the exact thing, with the exact day it happened. Specific gratitude lands like rain on dry ground; people remember it for years.

CLOSE THE DAY

☐ I stayed sober today

☐ I practiced ten minutes of stillness with gratitude

☐ I thanked one person specifically, with evidence

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:

KEEP WRITING

Write the prayer you would pray if you were not afraid of being honest.

DAY 58

What My Spirit Knows Now

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

My future is in God's hands —
and His thoughts toward me are peace.

DAY 58 — TODAY'S READING

Twenty-eight days ago, this stretch of the journey began with a body that needed deeper care. Since then you have prayed wider, eaten Scripture like food, handed your story's worst night to the God who stayed through it, served in secret, and drafted the testimony that will someday carry a stranger home. Look at the Spirit pillar. It is not the pillar it was.

Here is what your spirit knows now that it did not know at day thirty-one — or perhaps what it knew only as a rumor and now knows as an address: God is not a topic in your recovery. He is a presence in it, daily, in the chair where you pray and the quiet where you listen. His thoughts toward you — a person with your exact history — are named in Scripture without flinching: peace. Not evil. Hope. A future.

Two days of integration remain in this volume: an honest look at all four pillars standing, and your plan for the final thirty. Bring this spirit with you — the one that prays, listens, serves, and tells the truth. The inventory goes better with a spirit that knows it is loved. So does everything else for the rest of your life.

Tomorrow, we stand back and look at the whole structure. Tonight, rest in the simplest sentence of the week, the one underneath every page you have written: you are known, you are kept, and you are being built — by hands steadier than your own.

TODAY'S WORK — THE SPIRIT, IN REVIEW

Write your spirit's report for this month: how prayer has changed (words, width, listening), the verse your pantry cannot do without, the service you have begun, and what your testimony-in-progress is teaching you about your own story. End with what your spirit knows now — in one true paragraph.

The spirit practice I will protect for the rest of my life:

TODAY'S PRACTICE — THE BLESSING, SPOKEN ALOUD

Speak a blessing over yourself today, out loud, in the words of today's Scripture made personal: *God knows the thoughts He thinks toward me — thoughts of peace, and not of evil, to give me hope and a future.* Say it at the mirror, at the sink, at the door before you leave. We end this week the way a pillar is finished: by speaking over the structure the words that will hold it.

PEER TIP

> Keep the prayer list, the pantry page, and your testimony draft together at the back of this book. Together they are your spirit's toolbox — and in the final thirty days, you will reach for all three.

CLOSE THE DAY

☐ I stayed sober today

☐ I can name what my spirit knows now that it did not before

☐ I spoke God's promise over myself 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:

KEEP WRITING

Write about a moment today — even a tiny one — when you felt a little more like yourself.

END OF WEEK EIGHT

WEEK EIGHT REVIEW

The Spirit Pillar, Deeper — look back before you step forward

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

☐ I prayed for people beyond my own needs
☐ I took one verse the slow way
☐ I thanked God for the night He stayed
☐ I served — scheduled, actual, or secret
☐ I spoke my story or my blessing aloud

MY FOUR PILLARS THIS WEEK

For each pillar, mark where it stands today — **stronger**, **steady**, or **shaky** — then write one honest line about why.

☐ stronger ☐ steady ☐ shaky **BODY**:

☐ stronger ☐ steady ☐ shaky **MIND**:

☐ stronger ☐ steady ☐ shaky **HEART**:

☐ stronger ☐ steady ☐ shaky **SPIRIT**:

One goal for next week (small and keepable):

The Spirit pillar stands taller tonight: a person who prays and listens, who feeds on the Word, who serves quietly, who is learning to shine. Two days remain in this volume — the honest inventory and the plan. Bring all four pillars with you. You will need every one of them, and the good news is: they are yours now.

INTEGRATION · ALL FOUR PILLARS

ALL FOUR PILLARS, STANDING

Sixty days asked a lot of you. These final two days of Volume Two ask the most important thing of all: that you stop, stand back from the building, and look at it whole — honestly, gratefully, and with a plan for what comes next. Tomorrow's inventory tells the truth about the structure. The day after turns that truth into your plan for Standing Strong.

THIS WEEK

Day 59 — All Four Pillars Standing: My Honest Inventory

Day 60 — The Bridge to Standing Strong

INTEGRATION · ALL FOUR PILLARS

DAY 59

All Four Pillars Standing: 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

"Let us search and try our ways, and turn again to Yahweh."

Lamentations 3:40 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I can look at my whole life honestly —
and what I see is a structure standing.

DAY 59 — TODAY'S READING

In Volume One, your journey ended with this same assignment — because it is the assignment that keeps a rebuilt life honest. Builders inspect. Pilots run checklists. And people who intend to stay free take regular, unflinching inventory of the whole structure: not to grade themselves, but to see what needs tending before a wobble becomes a lean.

Search and try your ways, Lamentations says — and then the crucial second half: *and turn again.* Inventory in this house is never an ending; it is a turning. Toward God, toward the next honest step, toward the final thirty days. We do not inventory to admire or to despair. We inventory to aim.

As I write this book's sixtieth day, I think of my own inventory — a woman who woke from a coma with every pillar in rubble, now twenty months sober from methamphetamine and fourteen years from alcohol, still tending a heart, still keeping appointments, still doing the dashboard most mornings. If you had told the woman in that hospital bed what her life would look like now, she would not have believed you. That is what sixty and ninety honest days can do. You are mid-proof of the same arithmetic.

So take the inventory bravely. Somewhere on the extra page after today's work, one of your pillars will surprise you with its strength. Another will ask for tenderness. Both reports are good news, because both are true — and truth, you have learned, is the only material worth building with.

TODAY'S WORK — SEARCHING AND TRYING MY WAYS

Write the headline of each pillar's month (the worksheet on the next page holds the detail): the truest one-paragraph summary you can write of your Body, your Mind, your Heart, and your Spirit at day fifty-nine — where each stands, in your own honest words.

The pillar I am proudest of, and why:

A SMALL PRACTICE — THE BUILDER'S WALK

Take a slow walk today — around your home, your block, any ground you know. As you walk, visit each pillar in your mind like rooms of a house: the body's room, the mind's, the heart's, the spirit's. In each room, name one thing that is new there since day one. Four rooms, four gifts. Walk slowly. The structure you are inspecting is a life, and it is yours, and it is standing.

PEER TIP

> Share your inventory headlines with your peer or sponsor this week — not the details unless you choose, just the headlines. An inventory witnessed becomes a baseline; the next one, at day ninety, will have something honest to be measured against.

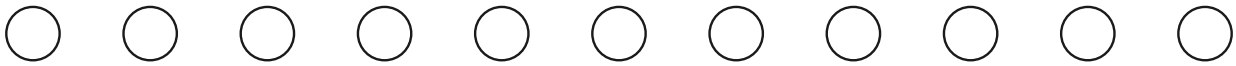
CLOSE THE DAY

☐ I stayed sober today

☐ I completed an honest inventory of all four pillars

☐ I found at least one pillar stronger than I expected

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:

KEEP WRITING

What would you say to a friend standing exactly where you are standing? Say it here.

DAY 59 — THE FOUR-PILLAR INVENTORY

For each pillar: what is stronger now (two lines), and what still wobbles (two lines). Truth in both columns — that is the whole exercise.

BODY — stronger now:

BODY — still wobbles:

MIND — stronger now:

MIND — still wobbles:

HEART — stronger now:

HEART — still wobbles:

SPIRIT — stronger now:

SPIRIT — still wobbles:

INTEGRATION · ALL FOUR PILLARS

DAY 60

The Bridge to Standing Strong

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

"Haven't I commanded you? Be strong and courageous. Don't be afraid. Don't be dismayed, for Yahweh your God is with you wherever you go."

Joshua 1:9 — World English Bible

TODAY'S AFFIRMATION — SAY IT OUT LOUD

I am not finished — I am founded.
The next thirty days, I learn to stand.

DAY 60 — TODAY'S READING

Sixty days. Say it out loud, wherever you are: *sixty days.* Some of you counted every one of them like a climber counts rope-lengths. Some arrived here surprised, the way you arrive at a far shore after a long night of rowing in the dark. Either way — look at the shore. Look at what is standing on it.

Volume Three — *Standing Strong* — is about the life on the other side of building: gratitude that goes deeper than a list, purpose that gets you up before the alarm, giving back as a way of life, and the skills for ordinary days after day ninety, when there is no next page telling you what to do. It is a good country. These sixty days were the road to its border, and your plan — written today, in your own hand — is the bridge across.

Joshua heard today's words standing exactly where you are standing: at the edge of the next stretch, with everything behind him that had been survived and everything ahead that had been promised. God's instruction was not 'feel strong.' It was *be* strong and courageous — because of a fact, not a feeling: *Yahweh your God is with you wherever you go.* The companionship is the courage. It has carried you sixty days. It is not retiring at sixty-one.

So finish this volume the way you have done everything in it: honestly and in ink. Write the plan. Name the people. Set the first day of Standing Strong like a stone at the top of a wall. Then close this book gently, builder. The foundation held. The pillars rose. Now — we stand.

TODAY'S WORK — LOOKING BACK, IN ONE SITTING

Before the plan, the gratitude: write the story of these thirty days as you would tell it to someone at day thirty-one who is afraid the middle will not hold. What happened? What carried you? What do you know now that you would go back and whisper to yourself?

The sentence I would whisper to myself at Day 31:

TODAY'S PRACTICE — SETTING THE STONE

Choose the date you will open Volume Three and write it on the plan page — tomorrow, or after a short rest of a day or two, but a *date*, not a 'someday.' Put Book Three where this book lived, with a pen inside it. Builders finish one stage by preparing the next. Tonight, when you close this cover, say the words that have carried this whole volume, one more time, out loud: *Four pillars. Stable ground. New life.*

PEER TIP

Keep this book. On the hardest day of the final thirty, your own handwriting in these pages — the inventories, the true sentences, the evidence — will preach to you in a voice you trust: your own, from a day when you were telling the truth.

WORDS TO CARRY WITH YOU

You do not rebuild a life all at once. You do it one honest day at a time — one pillar, one prayer, one true thing laid on top of another, until the ground under you holds.

— Angela D. Martini

CLOSE THE DAY

☐ I stayed sober today

☐ I wrote my plan for Days 61–90, with a start date for Book Three

☐ I can say it and mean it: the pillars are rising

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:

KEEP WRITING

Name what you are carrying into tomorrow, and what you are setting down tonight.

DAY 60 — MY PLAN FOR DAYS 61–90

One goal per pillar — small, specific, keepable for thirty days. Then the supports that will hold the plan when motivation is quiet.

BODY — my one goal:

MIND — my one goal:

HEART — my one goal:

SPIRIT — my one goal:

The people in my corner for the final thirty days:

When it gets hard, my first three moves will be:

RESOURCES

Help, Wherever You Are

Recovery is not meant to be walked alone, and help exists in more places than most of us were ever told. Keep this page. Use it on a good day to prepare for a hard one.

IF YOU ARE IN CRISIS — UNITED STATES

988 Suicide and Crisis Lifeline: call or text **988**, any time, day or night. Free, confidential, staffed by people who have heard it all and will not judge you.
Crisis Text Line: text **HOME** to **741741**.
SAMHSA National Helpline: 1-800-662-4357 — free, confidential treatment referrals and information, 24/7, in English and Spanish.
Emergency: call **911**.

IF YOU ARE OUTSIDE THE UNITED STATES

Crisis lines differ by country, and they change. Two starting points that keep current lists: **findahelpline.org** and the **International Association for Suicide Prevention** crisis-centre directory (iasp.info). Your local emergency number, a hospital, or a trusted person can also connect you. Please do not let a border stop you from asking — help for this exists in nearly every country on earth.

FELLOWSHIP AND SUPPORT

Alcoholics Anonymous (aa.org), Narcotics Anonymous (na.org), and Celebrate Recovery (celebraterecovery.com) all keep meeting directories, including online meetings at nearly every hour. InTheRooms.com hosts live online meetings around the clock. If one meeting feels wrong, try a different one before you decide meetings are not for you — rooms differ the way people differ.

SUPPORT FOR THE ROAD

A peer recovery specialist or recovery coach is someone with lived experience, trained to walk beside you without judging you. Many treatment centers, recovery community organizations, hospitals, and churches can connect you with one — ask. It is one of the strongest supports a person in early recovery can have.

Safe, sober housing matters more than most people realize. Look for recovery residences certified by your state affiliate of the National Alliance for Recovery Residences (NARR), ask local recovery organizations what they trust, and visit before you commit when you can.

Medical care: tell your doctors and dentist the truth about your history. They cannot protect a recovery they do not know about — and most will respect you more, not less, for your honesty.

Faith communities: if faith is part of your journey, a local church, mosque, synagogue, or recovery ministry can become family. You were not made to do this alone.

A LAST WORD ABOUT THIS PAGE

Saving a number in your phone on a calm day is a gift to yourself on a stormy one. Do it now, before you turn the page: one crisis line, one person, one meeting. Future you says thank you.

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 FOUR PILLARS

A 90-Day Recovery Journey

Volume One — Laying the Foundation (Days 1–30). The first month: the basics of body, mind, heart, and spirit, and the ground everything else stands on.

Volume Two — Raising the Pillars (Days 31–60). The building days: deeper work, honest repair, and perseverance when motivation fades. *You are here.*

Volume Three — Standing Strong (Days 61–90). The final stretch: standing tall in the life you have built — gratitude, purpose, giving back, and a plan for the days after day ninety.

Also by Angela D. Martini: *Unyielding Grace* and *Rebuilding the Pillars* — her own story of addiction, a coma she was never expected to wake from, and the God who brought her back to build again.

BEFORE YOU OPEN BOOK THREE

The Pillars Are Rising

Look back for a moment. Sixty days ago, this structure was an idea — a hope you were almost afraid to say out loud. Now there are pillars standing where rubble used to be. They are not finished. Neither are you. But they are *up*, and they are holding.

The last thirty days of this journey — **Volume Three, Standing Strong** — are about learning to live under the roof you have built: gratitude that goes deeper than a list, purpose that gets you up in the morning, giving back what was given to you, and a plan for ordinary life after day ninety, when the book closes but the building continues.

Rest a day or two if you need to. Then open Book Three. The foundation held. The pillars rose. Now we learn to stand.

Four pillars. Stable ground. New life.

YOUR NINETY-DAY MAP

One box for every day of the journey. Mark each day as you complete it — from Volume One through this book and into Volume Three — and watch the road fill in behind you.

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10
☐ 11	☐ 12	☐ 13	☐ 14	☐ 15	☐ 16	☐ 17	☐ 18	☐ 19	☐ 20
☐ 21	☐ 22	☐ 23	☐ 24	☐ 25	☐ 26	☐ 27	☐ 28	☐ 29	☐ 30
☐ 31	☐ 32	☐ 33	☐ 34	☐ 35	☐ 36	☐ 37	☐ 38	☐ 39	☐ 40
☐ 41	☐ 42	☐ 43	☐ 44	☐ 45	☐ 46	☐ 47	☐ 48	☐ 49	☐ 50
☐ 51	☐ 52	☐ 53	☐ 54	☐ 55	☐ 56	☐ 57	☐ 58	☐ 59	☐ 60
☐ 61	☐ 62	☐ 63	☐ 64	☐ 65	☐ 66	☐ 67	☐ 68	☐ 69	☐ 70
☐ 71	☐ 72	☐ 73	☐ 74	☐ 75	☐ 76	☐ 77	☐ 78	☐ 79	☐ 80
☐ 81	☐ 82	☐ 83	☐ 84	☐ 85	☐ 86	☐ 87	☐ 88	☐ 89	☐ 90

Days 1–30: Laying the Foundation · Days 31–60: Raising the Pillars · Days 61–90: Standing Strong