

REBUILDING THE PILLARS

Breaking the Chains

Rebuilding the Physical, Mental, Emotional, and Spiritual Pillars of Recovery Through Higher Power Strength

A Spiritual-Led Workbook for Lasting Recovery

> *My past is a chapter, not the whole story. Today I pick up the pen and keep writing.*

Angela Dustine Martini

Certified Peer Recovery Support Specialist

Breaking the chains of addiction, trauma, and pain — and leaning on my Higher Power for strength.

DEDICATION

To the people of R.S. Eden —

From the residents I have the honor of serving, to the coworkers who stand beside me every day — this page is for you.

Thank you for encouraging me. Thank you for supporting me. And thank you for letting me be part of your lives.

Being part of this organization has given me more than I could ever put into words — purpose, belonging, and a daily reminder of why this work matters so much to me.

You have each taught me something. You have each made me stronger. And if my story, my presence, or even my smile can be an inspiration to one person walking through those doors, then every step of my journey was worth it.

It is my hope to continue this work for as long as I am able — to keep supporting, guiding, and bringing a little sunshine into the lives of everyone I meet along the way.

With all my heart, thank you.

DEDICATION

First and foremost, I dedicate this book to *my Higher Power*, 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.

WHY I BELIEVE IN REBUILDING

There comes a point in the darkest of storms where the fight simply drains out of you. For thirteen years, my life was consumed by the suffocating grip of addiction—a relentless cycle of alcohol and methamphetamine that slowly stripped away everything I was, everything I cared about, and every ounce of hope I had left. There were days, and even years, when I truly believed the world would be better off without me. I had looked in the mirror and seen a stranger, convinced that the damage was too deep, the road too long, and my story too far gone to ever be rewritten.

Addiction does not just test your spirit; eventually, it takes your body to the absolute brink. Mine finally gave out. When my body failed, I found myself pulled into the silent, terrifying depths of a hospital coma. I was suspended in a place between life and death. But even when I was entirely powerless, wrapped in monitors and machines, I was never alone. Surrounding my hospital bed was a circle of unwavering, fierce love. My family—my mom, my brothers, my sister, and my children, David and Breanna—refused to let go. While I had given up on myself, they held onto hope with both hands. They sat by that bed, keeping vigil, loving me through the terror, and holding onto hope for a miracle. Their prayers and their presence became a lifeline pulled tight across the abyss, anchoring me back to the living world when I had nothing left of my own strength to draw upon.

This book is dedicated to that miraculous turning point—to the people who cared enough never to give up on someone who had stopped believing in her own worth.

Rebuilding the Pillars is a testament to the fact that hitting the absolute bottom is not the end of the story. It is about the profound, shattering honesty it takes to wake up, to face the wreckage, and to realize that healing is possible, even after many years in the dark. It is for anyone who has ever looked at their life and thought it was too late, and for the families who stand in the gap, loving their people

back to life when the light seems completely gone.

May these pages remind you that no matter how far you have fallen, healing can find you in the dark, and it is never too late to begin again.

WELCOME TO YOUR RESTORATION

This workbook was born in the world of addiction recovery — but its pillars hold up any rebuilding. Whether you are recovering from substance use, trauma, abuse, homelessness, incarceration, grief and loss, anger, or any hardship that knocked your life down, these pages are for you. The tools are the same: honesty, accountability, connection, and a willingness to lean on something greater than yourself.

This workbook is crafted specifically to guide you through the process of restoring four vital pillars of human wholeness: The Physical, The Mental, The Emotional, and The Spiritual. Each pillar is essential. If one is neglected, the entire building shifts. But when all four are aligned with the timeless truth, wisdom, and promises of my Higher Power's guidance, your recovery becomes grounded in something far greater than temporary human willpower—it becomes anchored in my Higher Power's steady strength.

As you work through these pages, remember: you are not doing this in your own strength. Every affirmation included in this workbook is drawn from hard-won recovery wisdom — honest, practical truth designed to break chains, renew minds, heal broken hearts, and establish your feet upon solid rock.

A note on the reflections in this book: Throughout these pages you will find boxed reflections and Recovery Shields — short, powerful affirmations to read aloud, memorize, and return to. They are hard-won wisdom for your rebuilding journey — short truths to speak over yourself when the lies get loud. When a lie speaks, answer it with one of these truths.

How to Use This Workbook

- **Engage Daily:** Work through one section or prompt at a time. Do not rush. Restoration is a deliberate, day-by-day journey.
- **Read the Affirmations Aloud:** The boxed reflections are meant to be spoken. Hearing truth in your own voice is powerful — let it

saturate your mind and spirit.

- **Be Honest in Your Writing:** The reflection spaces are your private sanctuary. Write openly about your struggles, desires, and hopes.
- **Stand on These Truths:** When doubt or cravings arise, return to the Recovery Shields and action steps provided in each pillar.
- **Lean on Your Higher Power:** This workbook is built on the belief that lasting recovery pairs your honest effort with strength from something greater than yourself — however you understand your Higher Power.

A note on the stories in this book: The recovery stories in these pages are illustrative examples — composite pictures of what rebuilding can look like. I did not personally meet, serve, or counsel these characters; they are not accounts of real people from my life or my work. They are here to show you what is possible, so you can picture your own rebuilding.

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THE FOUNDATION: SOMETHING GREATER THAN WILLPOWER

For generations, recovery has often been framed as a matter of self-control, discipline, or mental toughness. While responsibility and action are vital, human willpower alone has an upper limit. Under severe pressure, grief, temptation, or hardship, human resolve can fatigue. This is where self-reliance ends and something greater begins — the steady strength of a Higher Power, paired with your own honest effort.

> *I do not have to rebuild my life alone. There is a strength greater than my own, and today I choose to lean on it.*

Picture an arm of flesh: strong for a season, but limited. Now picture being carried by something greater than yourself — a Higher Power whose strength does not run out. This workbook will teach you to stop relying on willpower alone and start leaning on your Higher Power, one day at a time.

Understanding the Four Pillars

Human beings were made for connection — to one another, and to something greater than themselves. When that connection breaks, people try to fill the emptiness with substances, habits, or distractions. Recovery is the rebuilding of that connection: to your Higher Power, to honest community, and to the person you were made to be.

- **The Physical Pillar:** Caring for the physical body as a sacred home, restoring health, sleep, nutrition, and breaking physical dependencies.
- **The Mental Pillar:** Dismantling lies and toxic thought cycles, taking thoughts captive, and training the mind in Spiritual truth.
- **The Emotional Pillar:** Surrendering resentment, grief, fear, and shame to your Higher Power, allowing healing to reach deep

emotional wounds.

- **The Spiritual Pillar:** Cultivating a direct, active relationship with my Higher Power, surrendering daily to the Higher Power, and walking in greater purpose.

Initial Baseline Reflection

Which of the four pillars feels the most neglected in your life right now? What steps have you tried in your own strength, and how is your Higher Power inviting you to surrender that area today?



PILLAR I: THE PHYSICAL PILLAR

The body keeps the score — and it also keeps the victories. Rebuild the home you live in, one healthy choice at a time.

PILLAR I SELF-ASSESSMENT: WHERE AM I TODAY?

Before you rebuild the physical pillar, take an honest snapshot of where it stands today. There are no failing grades here — only a starting line. You will revisit this page later and see how far you have come.

Rate each statement from 1 (never true of me) to 5 (always true of me). Write your number on the line.

1. I sleep 7-8 hours most nights and wake up rested.

_____

2. I eat regular, nourishing meals instead of skipping or binging.

_____

3. I move my body (walk, stretch, exercise) most days.

_____

4. I stay hydrated and avoid substances that harm my body.

_____

5. I keep up with medical, dental, and vision care.

_____

6. I have a wind-down routine that helps me rest.

_____

7. I notice my body's warning signals instead of numbing them.

_____

8. I treat my body with respect — no self-harm, no neglect.

_____

Scoring: 32-40 — strong pillar, keep building. 24-31 — growing; give this pillar extra attention this month. 16-23 — shaky; make this a priority. 8-15 — rebuilding zone; be gentle with yourself and start small.

My strongest area, my weakest area, and one small step I will take this week:

PILLAR I: THE PHYSICAL PILLAR

Honor Your Body • Restoring Physical Health, Discipline, & Grounding

Module 1.1: The Body as Your Home

Your body is the home you live in every single day. It is not a machine to punish or a stranger to ignore — it is the sacred home of your recovery. When you were in active addiction or deep hardship, your body paid the price: broken sleep, poor nutrition, neglected health, exhaustion. Rebuilding starts here, in the home you live in.

> *My body is my home. Today I will treat it like somewhere worth living.*

Think of your body as a house you are restoring room by room. You would not trash a home you love — you would clean it, repair it, and care for it daily. Your body deserves that same respect. Every healthy meal, every night of real sleep, every walk around the block is a brick laid in your new foundation.

— RECOVERY SHIELD —

My body is my home. I care for it today.

Physical Pillar Action Checklist

- ☐ I will eat regular, nourishing meals instead of skipping or binging
- ☐ I will get 7-8 hours of sleep and keep a consistent bedtime
- ☐ I will move my body daily — walking, stretching, or exercise
- ☐ I will keep up with medical care, medications, and checkups
- ☐ I will treat my body as my home — with respect, not punishment

Personal Physical Audit & Reflection

Before you rebuild, you need an honest look at where you stand. Your Higher Power already knows the truth — this audit is for you, so you can see clearly and start where you are.

Module 1.2: Renewal of Strength in Physical Weakness

The reflections in this book are short, powerful truths. Read them slowly. Read them aloud. Let them sink past your doubts and into your bones. When an old lie speaks — *you can't do this, you're too far gone, just one more time* — answer it with one of these truths. Truth spoken aloud is a weapon against despair.

Rest is not a reward I earn. It is fuel my rebuilding requires.

— RECOVERY SHIELD —

I am worth the effort of rebuilding.

Affirmation Application Worksheet

Choose one affirmation from this module that hit you the hardest. Write it below, then answer honestly:

Module 1.3: A Story of Restoration -- Rebuilding After Total Loss

When Everything Falls at Once

Picture a man named Eddie. He is fifty-two years old, and for most of his adult life he did everything he was supposed to do. He worked the same warehouse job for nineteen years. He paid his rent on time. He coached his nephew's basketball team on weekends. Then, in the span of eight months, his entire life came apart.

First the warehouse closed, and Eddie lost the job that had been his identity for nearly two decades. Then, without that paycheck, he lost his apartment and spent three months sleeping on his sister's couch, then two more in his car. Then came the health scare — chest pains

that turned out to be his heart telling him it could not carry this much stress anymore. And somewhere in the middle of all of it, the woman he had been with for six years told him she could not watch him disappear anymore, and she left.

What was broken can be rebuilt. What was lost can be grieved. What comes next can be good.

The Four Pillars Shattered

Eddie's story is not just about losing a job or an apartment. It is a complete collapse of all four pillars of a person's life — and that is exactly why his rebuilding had to address all four.

Physical Pillar: Eddie's body was worn down by stress, sleepless nights in his car, and fast food eaten in parking lots. His blood pressure climbed. His chest hurt. He was exhausted in a way that sleep alone could not fix, because he had nowhere peaceful to sleep.

My body carried me through the storm. Now I will carry it toward healing.

Mental Pillar: Eddie's mind became a battlefield of confusion and shame. He kept asking himself the same question on a loop: *How did I end up here?* He had done everything right, and it still fell apart. The thoughts came fast and cruel, and he started to believe the worst ones.

My thoughts are not facts. I can question them, test them, and choose better ones.

Emotional Pillar: Eddie's emotional pain was perhaps even heavier than his physical exhaustion. He grieved his job, his home, his relationship, and the man he used to be — all at once, with no time to process any of it. He told himself that real men do not cry. So he

did not. And the grief went nowhere.

Grief is love with nowhere to go. I give it somewhere healthy to land.

Spiritual Pillar: Despite everything, Eddie had always believed in something greater than himself. But in those months, he felt abandoned by it. He would sit in his car at night and whisper, *Are you still there?* — and hear nothing back. The silence felt like an answer, and the answer felt like no.

The Principle: Hard Times Do Not Mean You Are Forgotten

Here is the truth that Eddie's story teaches everyone in recovery: **Suffering, devastation, and loss are not proof that you have been abandoned or that you are being punished.** They are proof that you are human, living in a world where hard things happen to good people who did everything right.

Eddie had absorbed a quiet lie without even realizing it — the idea that if his life was falling apart, he must have done something to deserve it. That lie kept him from asking for help, because asking for help would mean admitting he was someone who needed it. The turning point came when a friend at the shelter said something Eddie never forgot: *'You did not cause the storm. But you get to choose how you rebuild after it.'*

I release the weight of yesterday so I can carry the hope of today.

— RECOVERY SHIELD —

My past does not get a vote on my future.

Restoration Through Surrender and Support

Eddie's restoration did not come through figuring everything out on his own. It came the day he finally said out loud, in a circle of folding chairs at a community support meeting: *'My name is Eddie, and I cannot do this alone anymore.'* That single sentence — honest, humbling, terrifying — was the first brick of his new foundation.

> *I do not have to rebuild my life alone. There is a strength greater than my own, and today I choose to lean on it.*

This is the turning point. Eddie stopped demanding to know *why* everything happened and started asking *what now?* He moved from shame to surrender — not surrender as giving up, but surrender as finally letting other people and his Higher Power help carry what was too heavy for him alone.

> *Surrender is not defeat. It is the moment I stop fighting alone and start healing with help.*

Slowly, pillar by pillar, Eddie rebuilt. He got into a transitional housing program and slept in a real bed for the first time in months. His blood pressure came down. He started walking every morning — just around the block at first. He got honest about his grief in a support group and finally cried for everything he had lost. And one night, sitting quietly in his small room, he felt something he had not felt in a year: a quiet sense of being held by something greater. Not fixed. Not finished. But held.

Application to Your Recovery

Eddie's story can be your story. You may have experienced devastation across all four pillars — your health, your mind, your heart, your spirit. Like Eddie, you may be tempted to believe the ruins mean you are forgotten. They do not. They mean you are human, and humans rebuild. The question is not *why did this happen to me?* The question is *what do I build now, and who will help me*

build it?

Reflection Prompts: Eddie's Story and My Story

- Which of Eddie's losses feels most familiar to your own experience?
- What is the 'why did this happen' question you keep asking — and what would change if you asked 'what now' instead?
- Who is one person — or one community — you could let help you carry what is too heavy alone?

Worksheet: Mapping My Four Pillars -- Where I Am Now vs. Where I Am Headed

Use this worksheet to honestly assess the current state of each pillar and to name where you are headed in your restoration.

PHYSICAL PILLAR

Current State (Where I Am Now): What is the honest condition of my physical body today? (Consider: sleep, nutrition, movement, pain, medical needs, substance use.)

My Restoration Vision (Where I Am Headed): What does a rebuilt physical pillar look like for me? What is one change my body is asking for?

One Action Step This Week:

MENTAL PILLAR

Current State (Where I Am Now): What thought patterns are running my mind today? (Consider: shame loops, fear, confusion, negative self-talk.)

My Restoration Vision (Where I Am Headed): What does a renewed mind look like for me? What truth do I need to start telling myself?

One Action Step This Week:

EMOTIONAL PILLAR

Current State (Where I Am Now): What unprocessed emotional pain am I carrying? (Consider: grief, shame, anger, loneliness.)

My Restoration Vision (Where I Am Headed): What does emotional healing look like for me? What feeling needs a healthy place to land?

One Action Step This Week:

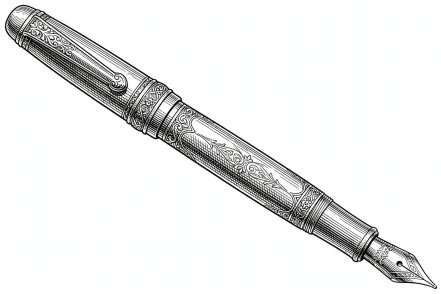
SPIRITUAL PILLAR

Current State (Where I Am Now): What is the honest state of my spiritual life today? (Consider: connection, trust, hope, willingness.)

My Restoration Vision (Where I Am Headed): What does spiritual connection and surrender look like for me in this season?

One Action Step This Week:

YOUR TURN: WRITE IT OUT



Write about your body honestly — what it has survived, what it needs now, and the care you are committing to give it.

Module 1.4: A Story of Discipline -- Rebuilding the Body One Day at a Time

Starting Over in a New Place

Imagine a woman named Maria. She is thirty-eight, ninety days into recovery, and living in a sober house across town from everything she has ever known. New room, new roommates, new bus routes, new grocery store. Everything is unfamiliar — including, if she is honest, herself.

Maria's body is still catching up to her decision to get clean. Years of methamphetamine use stripped weight from her frame, rotted her teeth, and wrecked her sleep. She falls asleep at 3 a.m. and wakes at noon. She skips meals, then binges on sugar at midnight. Her back aches. Her skin is still healing. She looks in the mirror and barely recognizes the woman looking back.

> *My body is my home. Today I will treat it like somewhere worth living.*

Small Disciplines, Big Changes

Maria's house manager gives her one piece of advice in her first week: *'Do not try to rebuild your whole life this month. Just rebuild your days.'* So Maria starts embarrassingly small. She sets an alarm for 8 a.m. — and actually gets up. She eats breakfast, even when she is not hungry: toast, peanut butter, a banana. She walks to the end of the block and back. That is it. That is the whole plan.

But here is what Maria discovers: the small things are not small. Within two weeks of regular sleep, her thinking is clearer. Within a month of real meals, her hands stop shaking. The daily walk gets longer — around the block becomes a mile, a mile becomes two. She makes her dental appointment and actually shows up. She says no when an old friend invites her to 'just come hang out' at a place she

knows she should not go — and she feels something unfamiliar afterward. Pride.

Every healthy meal is a brick in my new foundation.

Maria also learns that discipline is not punishment. Nobody is forcing her to eat breakfast or take a walk. She is *choosing* these things, and that choice is the whole point. Every kept promise to herself is evidence — real, physical evidence — that she is someone who can be trusted again. First by herself. Then by everyone else.

The Principle: Discipline Is Self-Respect in Action

Here is what Maria's story teaches: **Your body cannot rebuild on good intentions. It rebuilds on repeated small actions.** Motivation gets you started, but discipline — the quiet, unglamorous kind — is what carries you through the months when motivation runs dry.

Notice what Maria did *not* do. She did not sign up for a marathon. She did not overhaul her entire diet overnight. She did not wait until she 'felt like it.' She picked three tiny disciplines — sleep, food, movement — and she protected them like they were sacred. Because they were. They were the first pillars going back up.

I honor my body with movement, nourishment, and rest — one day at a time.

— RECOVERY SHIELD —

My body is my home. I care for it today.

Application to Your Recovery

You do not need Maria's exact routine. You need your own version of small and repeatable. What are the two or three physical disciplines that would change everything if you actually did them

daily? A consistent bedtime? A real breakfast? A walk? That doctor's appointment you keep postponing? Pick the smallest version of each — so small you cannot fail — and start today. Discipline is just self-respect, practiced daily.

Reflection Prompts: Maria's Story and My Story

- What is the current honest state of my physical pillar — sleep, food, movement, medical care?
- What are two or three tiny physical disciplines I could start this week — so small I cannot fail?
- Where do I need to say 'no' to protect the body I am rebuilding?

Going Deeper: Steady Discipline in My Own Life

Maria did not rebuild her health in a single heroic week. She rebuilt it in a thousand small, boring, faithful choices: the walk she took when she didn't feel like it, the bedtime she kept when the night felt long, the doctor's appointment she finally made. This is what discipline actually looks like — not intensity, but consistency.

> *I do not need to be perfect. I need to be consistent. Small steps, taken daily, rebuild a life.*

- **Small beats heroic.** Maria's walks started at ten minutes. Ten minutes, repeated daily, rebuilt her body. Don't despise small beginnings.
- **The basics are the breakthrough.** Sleep, food, movement, medical care — unglamorous, un-postable, and utterly transformative.
- **Care is a form of self-respect.** Every time Maria kept a promise to her body, she was telling herself: *I am worth caring for.*

Reflection: Maria's Story and Mine

Where is my body asking for basic care right now — sleep, food, movement, or medical attention?

What is one 'boring' health habit I have been avoiding, and what would it look like to start tiny?

When have I treated my body like it doesn't matter? What would treating it like it matters look like this week?

Who could support me in a health goal — a walking partner, an accountability friend, a doctor I trust?

What would I say to a friend whose body was as run-down as mine? Can I say it to myself?

Worksheet: My Steady Discipline Action Plan

Discipline is not about doing everything perfectly. It is about choosing one small thing and doing it daily. Design your own steady-discipline plan below.

One sleep habit I will commit to: (Example: lights out by 10:30, no phone in bed.)

One nutrition habit I will commit to: (Example: eat breakfast, drink water before soda.)

One movement habit I will commit to: (Example: walk 10 minutes after dinner.)

One medical step I have been putting off: (Example: schedule the checkup, refill the prescription.)

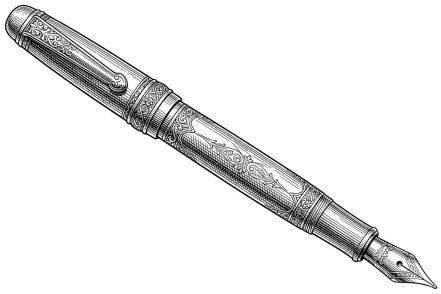
How I will track it: (Example: check marks on a calendar, a note on my mirror.)

— RECOVERY SHIELD —

My body is my home. Today I will treat it like somewhere worth living.

Free Writing Space — Use these lines for anything Maria's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Describe the physical habit you are building. Why does it matter? What will you do on the days you do not feel like it?

Module 1.5: Advanced Physical Stewardship — Exercise, Toxin Removal, and Whole-Person Alignment

Movement as Gratitude, Not Punishment

Exercise is not punishment for your past — it is gratitude for your present. Every time you move your body, you are saying *thank you* for legs that carry you, lungs that breathe, a heart that keeps beating. You are not working off shame. You are celebrating strength.

Start where you are. If a walk around the block is all you have today, that is enough. Consistency matters more than intensity. A body in motion tells the mind: *we are moving forward.* And the mind believes what the body keeps proving.

> *Every healthy meal is a brick in my new foundation.*

Toxins are not only substances. Resentment is a toxin. Isolation is a toxin. Shame is a toxin. As you remove harmful substances from your body, also begin removing harmful inputs: the people, places, and patterns that poison your peace. A clean body in a toxic environment is still under attack — guard your space like you guard your sobriety.

- **It reduces stress and anxiety** by releasing endorphins and regulating cortisol.
- **It improves sleep quality**, which is essential for physical and mental restoration.
- **It increases mental clarity** by improving blood flow to the brain.
- **It rebuilds physical strength** that was depleted during active addiction.
- **It creates structure and routine**, which stabilizes all four pillars.

Whole-person alignment means your actions match your intentions. You say you want recovery — does your schedule show it? You say

you want peace — do your relationships reflect it? Alignment is not perfection. It is honesty: noticing the gap between what you want and what you do, and closing it one choice at a time.

— RECOVERY SHIELD —

One honest thought at a time renews my mind.

Deep Dive: Removing Physical Triggers from Your Living Space

Your physical environment has more power over your recovery than you may realize. The spaces you inhabit either support your covenant with your Higher Power or undermine it. This is why removing physical triggers is not optional—it is essential. A physical trigger is any object, substance, location, or sensory cue that activates cravings or pulls you back toward destructive behavior. This could include:

- Substances or paraphernalia associated with past use
- Clothing or items that remind you of your former lifestyle
- Furniture or spaces where you engaged in destructive behavior
- Phone numbers, social media contacts, or digital content connected to your past
- Even certain scents, music, or lighting that your brain associates with addiction

The recovery wisdom is clear about the need to remove sources of temptation:

I honor my body with movement, nourishment, and rest — one day at a time.

Be radical about removing what harms you. If something in your environment threatens your recovery — a person, a place, a habit, a

trigger — treat it seriously. You would not keep a broken lock on your front door. Do not keep broken patterns in your life. Protect your rebuilding like your life depends on it, because it does.

The Connection Between Physical Environment and Spiritual Traps

Your physical environment and your spiritual state are deeply connected. When you allow physical triggers to remain in your space, you are leaving doors open for spiritual traps to reassert themselves. Conversely, when you cleanse your physical environment, you are making a declaration in the spiritual realm: "This space belongs to your Higher Power now."

History is full of people who had to leave a harmful place before they could heal. Sometimes recovery requires distance — from a neighborhood, a relationship, a routine. Leaving is not failure. It is wisdom. You cannot rebuild on ground that keeps collapsing beneath you.

7-Day Movement and Cleansing Plan

Use this plan to begin integrating physical movement as gratitude and to cleanse your environment of triggers.

Day 1: Physical Environment Audit — Walk through every room of your living space with a trash bag. Remove and destroy any substances, paraphernalia, or items connected to past destructive behavior. Pause in each room and set a fresh intention, asking my Higher Power for a clean start and dedicating it as a space for healing. Movement: 15-minute walk while reflecting quietly.

Day 2: Digital Cleansing — Delete phone numbers, social media contacts, and apps associated with your past. Unsubscribe from toxic media or entertainment. Set up accountability software if needed. Movement: 20 minutes of stretching or gentle exercise while listening to uplifting music.

Day 3: Rearrange Your Space — Move furniture or rearrange rooms where destructive behavior occurred. Create a dedicated prayer and affirmation reading space. Place affirmations on walls or mirrors. Movement: Physical labor of cleaning and rearranging (this counts as exercise!).

Day 4: Nutrition Reset — Remove junk food, excessive sugar, and trigger foods from your home. Stock your space with whole foods, vegetables, and clean water. Prepare healthy meals as an act of gratitude. Movement: 20-minute walk to a park or natural setting, thanking my Higher Power for creation.

Day 5: Rest and Reflection — Evaluate your sleep environment—is it conducive to rest? Establish a bedtime routine that honors your body's need for restoration. Journal about how your physical space has changed and how you feel. Movement: Gentle stretching, focusing on breathing and gratitude.

Day 6: Community and Accountability — Invite a trusted friend or mentor to walk through your space and pray over it. Share your physical covenant with them and ask for accountability. Movement: Walk or exercise with your accountability partner while discussing your progress.

Day 7: Dedication and Gratitude — Spend time in your newly cleansed space worshiping my Higher Power through music, dance, or prayer. Recommit your body and your environment to my Higher Power's purposes. Celebrate the physical changes you've made this week. Movement: Dance, walk, or move your body vigorously with gratitude like David did.

Personal Action Plan: Physical Environment Restoration

ROOM-BY-ROOM TRIGGER AUDIT

Bedroom: What physical triggers exist in this space?

What will I remove or destroy this week?

Kitchen: What physical triggers exist in this space?

What will I remove or destroy this week?

Bathroom: What physical triggers exist in this space?

What will I remove or destroy this week?

Living Areas: What physical triggers exist in this space?

What will I remove or destroy this week?

Digital Spaces (phone, computer, social media): What digital triggers exist?

What will I delete or block this week?

Creating a Sacred Space

Where in my home will I create a dedicated space for prayer, affirmation reading, and connection with your Higher Power?

Examples of movement-as-gratitude: a morning walk while naming three things you are thankful for; stretching while breathing deeply

and releasing tension; dancing in your kitchen to a song that lifts your spirit. The form does not matter. The gratitude does.

My Movement-as-Gratitude Plan

What form of physical movement feels most natural and sustainable for me right now?

How many minutes per day will I commit to moving my body as an act of gratitude?

What time of day will I do this?

How will I incorporate prayer, reflection, or gratitude into my movement?

Accountability and Support

Who will I invite to walk through my space and pray over it with me?

Name: _____

Date: _____

Who will check in with me weekly about my physical environment and movement commitments?

Name: _____

What will I do if I discover a trigger I'm reluctant to remove?

Prayer of Dedication Over My Physical Space

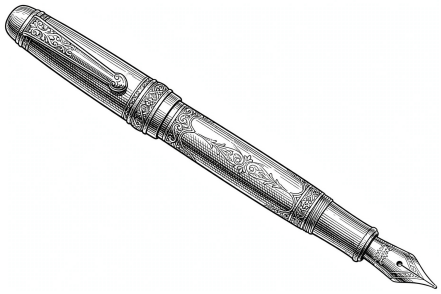
Use the space below to write a prayer or dedication over your body and your living space — declaring them places of healing, peace, and new beginnings:

NOTES & REFLECTIONS

Use these pages to write reflections, insights, and anything you are discovering on your journey.

NOTES & REFLECTIONS

YOUR TURN: WRITE IT OUT



Write about your body honestly — what it has survived, what it needs now, and the care you are committing to give it.

PILLAR I REFLECTION: TAKING STOCK



Slow down before you move on. The physical pillar is not rebuilt by rushing — it is rebuilt by honest reflection. Read each question, sit with it, and write what comes up. There are no wrong answers, only true ones.

What has your body been trying to tell you lately — and have you been listening?

Which physical habit, if changed, would make everything else in your recovery easier?

Describe a moment this week when you treated your body with respect. How did it feel?

What is one small physical commitment you will keep for the next seven days?

AFFIRMATIONS FOR THE PHYSICAL PILLAR

Truth, repeated, becomes belief — and belief, practiced, becomes a new life. Read these aloud. Star the ones that hit hardest. Carry one with you this week.

My body is my home. Today I will treat it like somewhere worth living.

• *Rest is not a reward I earn. It is fuel my rebuilding requires.*

• *Every healthy meal is a brick in my new foundation.*

• *I honor my body with movement, nourishment, and rest — one day at a time.*

• *My body carried me through the storm. Now I will carry it toward healing.*

• *I do not have to be an athlete. I only have to be someone who keeps showing up.*

• *Sleep rebuilds what the day breaks down. Tonight, I let myself rest.*

The affirmation I will carry with me this week, and why I chose it:

GROUNDING PRACTICES FOR THE PHYSICAL PILLAR

Recovery happens in real moments — in cravings, in hard conversations, in 2 a.m. worry. These are practical tools you can use the moment you need them. Try each one at least once, then check the ones that work for you.

- ☐ **5-4-3-2-1 senses check:** name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.
- ☐ **Cold reset:** splash cold water on your face or hold ice for 30 seconds to interrupt a spiral.
- ☐ **Walk it out:** take a 10-minute walk, noticing each step — heel, toe, breath, repeat.
- ☐ **Body scan:** starting at your toes, tense each muscle group for 5 seconds, then release and breathe.
- ☐ **Sleep anchor:** same bedtime each night, screens off 30 minutes before, three slow breaths in the dark.

Which practice helped you most, and when will you use it next?



PILLAR II: THE MENTAL PILLAR

Every battle is first won or lost in the mind. Take charge of your thoughts, and the rest of you will follow.

PILLAR II SELF-ASSESSMENT: WHERE AM I TODAY?

Before you rebuild the mental pillar, take an honest snapshot of where it stands today. There are no failing grades here — only a starting line. You will revisit this page later and see how far you have come.

Rate each statement from 1 (never true of me) to 5 (always true of me). Write your number on the line.

1. I notice negative thought loops and can name them.

_____

2. I challenge my thoughts instead of automatically believing them.

_____

3. I replace lies with truths I have chosen on purpose.

_____

4. I can focus on one task without constant distraction.

_____

5. I learn from setbacks instead of spiraling into shame.

_____

6. I speak to myself with honesty, not cruelty.

_____

7. I have a plan for the thoughts that used to defeat me.

_____

8. I feed my mind something constructive every day.

_____

Scoring: 32-40 — strong pillar, keep building. 24-31 — growing; give this pillar extra attention this month. 16-23 — shaky; make this a priority. 8-15 — rebuilding zone; be gentle with yourself and start small.

My strongest area, my weakest area, and one small step I will take this week:

PILLAR II: THE MENTAL PILLAR

Renewing the Mind • Breaking Traps & Taking Charge of Thoughts

Module 2.1: Dismantling Mental Traps

The battleground of recovery is overwhelmingly located in the human mind. Long before an action is ever taken, a thought is planted, nurtured, and entertained. Addiction constructs "traps"—entrenched patterns of deceptive thinking, rationalization, and toxic self-talk that keep individuals bound in despair.

> *My thoughts are not facts. I can question them, test them, and choose better ones.*

You do not have to be a victim of every thought that enters your brain. Through the profound authority of my Higher Power's guidance, you are empowered to arrest destructive thoughts, evaluate them against my Higher Power's truth, and cast down lies before they manifest as destructive behavior.

— RECOVERY SHIELD —

Feelings are messengers. I listen, then I choose.

Module 2.2: The Transformation of Your Mind

I arrest the lie, examine it honestly, and replace it with truth.

— RECOVERY SHIELD —

I surrender what I cannot control and act on what I can.

- **1. Identify the Lie:** What destructive thought am I entertaining right now? (e.g., *I can't handle this without using.*)
- **2. Test Against Truth:** Does this thought align with my recovery truth? (No — I have handled hard days before, and I have tools now.)
- **3. Cast It Down:** Reject it firmly: *I refuse this lie in my Higher Power's strength.*
- **4. Replace with Recovery Truth:** Speak the truth aloud: *My Higher Power gives me strength for today. I can do this.*

- 1. **Identify the Lie:** What irrational or destructive thought am I currently entertaining? (e.g., “I will never change,” “Just one drink/use won't hurt.”)
- 2. **Test against affirmation:** Does this thought align with the promises and character of my Higher Power?
- 3. **Cast It Down:** Declare aloud: “I reject this thought in my Higher Power's strength.”
- 4. **Replace with Spiritual Truth:** Speak a specific affirmation promise over your situation.

Mental Inventory & Lie-Replacement Grid

List 2 major lies or rationalizations your mind tries to tell you when you are stressed. Beside each lie, write down a Spiritual truth that counters it.

Lie 1:

My Higher Power's Truth:

Lie 2:

My Higher Power's Truth:

Module 2.3: A Story of Strength -- Learning to Ask for Help

The Man Who Needed No One

Picture a man named Sam. He is forty-four, a former Marine, a foreman who ran job sites with an iron fist and a closed heart. Sam's whole identity was built on one sentence: *I do not need anybody.* He fixed his own truck. He carried his own grief. When his marriage ended and the drinking took over, he told himself he would handle

that too — alone, the way he handled everything.

Sam was, in his own words, 'very self-sufficient about getting destroyed.' He was fully capable, completely independent, and quietly dying inside. He lost his foreman position after showing up impaired. He lost his apartment. He spent four months telling everyone he was 'fine' while his life burned down around him in perfect, self-reliant order.

I am not behind. I am not too late. I am exactly where my rebuilding begins.

The Night the Wall Cracked

The turning point was not dramatic. Sam was sitting in his truck outside a liquor store, engine running, and his hands were shaking too hard to open the door. His phone lit up — his daughter, calling for the third time that week. He stared at her name on the screen, and for the first time in his adult life, Sam admitted the truth out loud to no one: *'I cannot do this by myself.'*

He did not go into the liquor store. He answered the phone. And when his daughter asked how he was doing, Sam said the hardest three words he had ever spoken: *'I need help.'* She cried. Then she drove forty minutes in the dark to sit with him in that parking lot until morning.

I ask for help. That is strength, not weakness.

Strength Through Surrender

Sam walked into his first support meeting the following Tuesday. He sat in the back row with his arms crossed, ready to hate it. But then a man twenty years sober stood up and said, *'I spent a decade trying to strong-arm my recovery. Turns out the strongest thing I ever did was*

raise my hand.' Sam's arms uncrossed.

What Sam learned in the months that followed rewired everything he believed about strength. Real strength was not white-knuckling alone — it was the courage to be seen at his weakest and let people in anyway. He got a sponsor. He started calling someone every day instead of isolating. He let his daughter see him cry. And slowly, the man who needed no one discovered something: he had never been strong alone. He had just been alone.

My Higher Power's strength shows up strongest in my weakest moments.

— RECOVERY SHIELD —

I ask for help. That is strength, not weakness.

The Principle: Strength Begins Where Self-Sufficiency Ends

Here is what Sam's story teaches: **The moment you admit you cannot do it alone is not the moment you become weak. It is the moment you become honest — and honesty is where all real strength begins.** Self-sufficiency sounds noble, but in recovery it is often just isolation wearing a uniform. The lone wolf does not heal faster. The lone wolf just bleeds where no one can see.

Notice the paradox: Sam became stronger the day he stopped pretending to be strong. His Higher Power, his sponsor, his daughter, his meeting — none of them could help him until he opened the door. Surrender was not defeat. It was the first strategic decision of his recovery.

Application to Your Recovery

Where are you still trying to be self-sufficient about your own destruction? What is the phone call you need to make, the meeting

you need to walk into, the hand you need to raise? Strength is not the absence of need. Strength is the courage to name your need out loud and let someone answer. Today, practice one act of healthy dependence: ask for help with something real.

Reflection Prompts: Sam's Story and My Story

- Where in my life am I still insisting 'I've got this' when I clearly do not?
- Who is one safe person I could ask for help this week — and what would I ask for?
- What would change if I treated asking for help as strength instead of failure?

Going Deeper: Asking for Help in My Own Life

Sam's turning point was not a strategy or a revelation. It was a sentence: *'I need help.'* Three words that felt like weakness and turned out to be strength. Everything in Sam's rebuilding — the sponsor, the meetings, the honest friendships — flowed from that one admission.

I do not have to carry this alone. Asking for help is one of the bravest things I can do.

- **Asking is strength, not weakness.** It takes more courage to say ‘I need help’ than to keep pretending you don't.
- **Isolation is the enemy's home turf.** Shame grows in secrecy and shrinks in honest company. Sam got better the moment he stopped hiding.
- **Help comes in many forms.** A sponsor, a counselor, a meeting, a friend who tells the truth — build a circle, not a single lifeline.

Reflection: Sam's Story and Mine

Where am I still trying to do this alone? What would it cost me to keep isolating?

Who is one safe person I could be more honest with this week?

What has stopped me from asking for help in the past — pride, shame, fear of being a burden?

What kind of help do I actually need right now: practical, emotional, spiritual, or all three?

If someone I love were struggling the way I am, what would I want them to do? Can I do that?

Worksheet: My Asking for Help Action Plan

You do not have to earn help or hit rock bottom to deserve it. Map your support below — names, not vague ideas.

One person I will reach out to this week: (Name and how: call, text, coffee.)

One meeting or group I will attend: (Where and when.)

One professional support I will use or explore: (Counselor, doctor, recovery coach, helpline.)

One thing I will actually say out loud: (The honest sentence I have been holding in.)

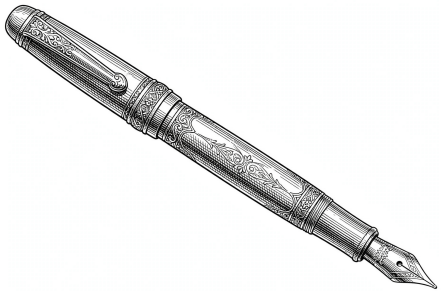
What I will do when pride tells me to cancel: (My plan for the moment of resistance.)

— RECOVERY SHIELD —

Reaching out is strength. I will not isolate today.

Free Writing Space — Use these lines for anything Sam's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Write out the thought pattern you are breaking — the old lie, the evidence against it, and the truth you are choosing instead.

Module 2.4: A Story of Courage -- Moving Forward Afraid

The Interview

Imagine a woman named Tanya. She is thirty-five, eighteen months into recovery, and sitting in her car outside a warehouse office, staring at a job application she has already filled out three times and thrown away twice. The problem is not her qualifications — she can run a forklift better than anyone she knows. The problem is the little box on the application that asks about criminal history. And the bigger problem is the voice in her head that says, *Why bother? They will take one look at your record and show you the door.*

Tanya has been out of prison for two years. She has done everything right — stayed clean, finished her program, volunteered at the food shelf, rebuilt a relationship with her mother. But this interview feels like standing at the edge of a cliff. Her hands are sweating on the steering wheel. Every instinct says: start the car, drive away, stay safe in the small life you have.

When fear speaks loudly, I answer with one small brave action.

Walking In Anyway

Tanya gives herself a rule she learned in recovery: *courage is not the absence of fear; it is action in the presence of fear.* She does not wait to feel brave. She will never feel brave sitting in this parking lot. So she picks up her folder, gets out of the car on shaky legs, and walks through the door afraid.

The interview is not perfect. She stumbles over the question about her record. But she tells the truth — simply, without groveling and without hiding: *'I made serious mistakes. I served my time. I have been in recovery for eighteen months, and I am asking for a chance to prove who I am now.'* The manager is quiet for a long moment.

Then he says, *'Can you start Monday?'*

I have survived one hundred percent of my hardest days. That is not luck — that is strength.

The Principle: Courage Is Action in the Presence of Fear

Here is what Tanya's story teaches: **You will never feel ready. Brave is not a feeling that arrives before the action — it is the name we give the action afterward.** Tanya did not conquer her fear in the parking lot. She carried it with her through the door, and it shrank with every step.

Fear's favorite lie is that you need confidence before you act. The truth is the reverse: confidence is built by acting while afraid. Every time you move forward with shaky hands, you teach your brain something it desperately needs to learn — *I can do hard things, and I can survive the outcome either way.*

Doubt is not the opposite of recovery. Quitting is. I keep going.

— RECOVERY SHIELD —

Today I choose healing over hiding.

Application to Your Recovery

What is your parking lot moment — the thing you keep circling because fear says *why bother?* The application, the phone call, the apology, the meeting, the boundary? Name it. Then give yourself Tanya's rule: you do not have to feel brave. You only have to move. Take the smallest possible step toward it today — while afraid, on shaky legs, folder in hand. Courage will meet you on the other side of the door.

Reflection Prompts: Tanya's Story and My Story

- What is one thing I keep avoiding because fear tells me 'why bother'?
- What is the smallest brave step I could take toward it this week?
- When have I acted while afraid before — and what did it teach me?

Going Deeper: Courage to Begin Again in My Own Life

Tanya had every reason to believe the door was closed: a record, gaps in her work history, rejection after rejection. Courage, for Tanya, was not the absence of fear — it was applying for the job while afraid, walking into the interview while afraid, and refusing to let a 'no' become a verdict on her worth.

My past is a chapter, not the whole story. I am allowed to begin again, and I am starting today.

- **Courage is action plus fear.** Tanya was terrified the whole time. She did it anyway. That is the entire definition.
- **Rejection is information, not identity.** Every 'no' taught Tanya something. None of them got to decide who she is.
- **Preparation is a form of self-respect.** Tanya showed up ready — and readiness is something no past can take from you.

Reflection: Tanya's Story and Mine

What door have I decided is closed for me? What is the actual evidence — and what is fear talking?

What is one practical step I could take this week toward work, education, or a goal I've shelved?

Whose ‘no’ am I still carrying as if it were a life sentence?

What skills or strengths do I have that my past does not erase?

Who could help me prepare — with a résumé, a mock interview, a reference, or just encouragement?

Worksheet: My Courage to Begin Again Action Plan

A new beginning does not require a clean slate — it requires a next step. Plan yours below.

One goal I am restarting: (Job, class, certification, application.)

The smallest possible first step: (Make it so small you cannot fail.)

What I will do when fear or shame shows up: (My pre-decided response.)

One person or resource that can help me prepare:

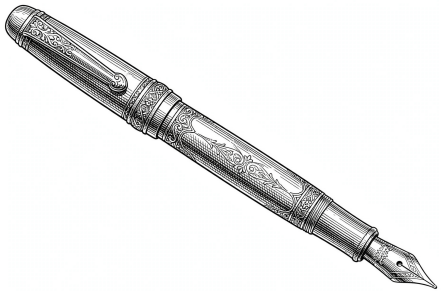
How I will measure progress without demanding perfection:

— RECOVERY SHIELD —

Fear may ride along, but it does not get to drive.

Free Writing Space — Use these lines for anything Tanya's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



What would you say to someone walking the exact road you walked a year ago? Write it like a letter to them.

Module 2.5: Advanced Mental Transformation — The Thought Arrest Protocol in Action

From Theory to Practice: Real-World Mental Battles

You have learned the four-step Thought Arrest Protocol:

- **1. Identify the Lie** — Name the destructive thought clearly.
- **2. Test Against Truth** — Does it align with your recovery truth?
- **3. Cast It Down** — Reject it firmly in your Higher Power's strength.
- **4. Replace with Recovery Truth** — Speak a true affirmation aloud.

But knowing the protocol and actually using it in the heat of temptation, craving, or mental attack are two different things. This module will equip you with detailed, real-world examples and a 5-day intensive practice plan to make the Thought Arrest Protocol your automatic mental response.

Recognizing Mental Triggers Before Thoughts Escalate

Mental traps don't appear out of nowhere—they are triggered by specific circumstances. Learning to recognize your triggers before destructive thoughts escalate is critical to winning the mental battle.

Common Mental Triggers in Recovery:

- **Emotional triggers:** Stress, loneliness, boredom, anger, HALT states (Hungry, Angry, Lonely, Tired)
- **Environmental triggers:** People, places, or things connected to past use or old patterns
- **Recovery triggers:** Feeling distant from my Higher Power, unanswered prayer, old thought patterns returning

When you encounter a trigger, your mind will immediately begin generating thoughts—some true, some false. Your job is to arrest those thoughts before they become mental traps that lead to destructive behavior.

Detailed Recovery Examples: The Protocol in Action

Let's walk through specific recovery scenarios and apply the Thought Arrest Protocol step by step.

Example 1: The Lie of Control

Trigger: You're at a social gathering and someone offers you a drink. Your mind immediately generates a thought.

Step 1 — Identify the Lie: *"One drink won't hurt. I have it under control now. I'm stronger than I used to be."*

Step 2 — Test Against Truth: Does my recovery wisdom promise that I can safely return to what once enslaved me? Does my Higher Power promise that I can control what previously controlled me?

> *My mind is being renewed one thought at a time, and that is enough.*

> *I do not have to believe every thought that passes through my head.*

My Higher Power promises a way of escape — not a way to safely engage with temptation. Recovery calls for abstinence from what harms me, not controlled engagement. **Verdict:** This thought is a lie. It contradicts my recovery truth.

Step 3 — Cast It Down: Speak aloud (or internally with authority): *'I reject this lie in my Higher Power's strength. I do not have control — my Higher Power has control. I will not return to what enslaved me.'*

Step 4 — Replace with Recovery Truth: *'My Higher Power is faithful. There is a way of escape from this temptation, and I will*

take it. I will stay away from everything that threatens my recovery. My body is my home, and I will not harm it.' Then physically remove yourself from the situation.

Example 2: The Lie of Worthlessness

Trigger: You make a mistake at work or in a relationship. Your mind immediately attacks you.

Step 1 — Identify the Lie: *"I'm too damaged to be restored. I'll never change. I'm worthless. my Higher Power can't use someone like me."*

Step 2 — Test Against Truth: Does my recovery wisdom say that I am beyond restoration? Does my Higher Power say that my past disqualifies me from a better future?

> *Clarity comes from honesty. Today I tell myself the truth, even when it is uncomfortable.*

> *My past mistakes were lessons, not life sentences.*

Recovery declares that I can become a new person. Old things are passing away. My Higher Power is near to the brokenhearted — it does not reject them. **Verdict:** This thought is a lie. It contradicts my recovery truth.

Step 3 — Cast It Down: *'I reject this lie in my Higher Power's strength. I am not worthless. I am not beyond restoration. My Higher Power does not reject the brokenhearted.'*

Step 4 — Replace with Recovery Truth: *'I am becoming a new person. Old things are passing away. My Higher Power is close to my broken heart and is restoring me day by day. I am not defined by my past — I am defined by the new life I am building.'*

Example 3: The Lie of Deserved Punishment

Trigger: You experience a setback, loss, or consequence from past behavior. Your mind interprets it as profound punishment.

Step 1 — Identify the Lie: *"I deserve this pain. my Higher Power is punishing me for what I've done. I'll never escape the consequences of my past."*

Step 2 — Test Against Truth: Does recovery wisdom say that I must keep punishing myself for wrongs I have honestly faced? Have I not already paid enough for my past?

I am not my worst thought. I am not my worst day. I am becoming someone new.

When fear speaks loudly, I answer with one small brave action.

I am free to move forward — not through punishment, but through honesty and amends. There is no condemnation in recovery, only accountability and growth. **Verdict:** This thought is a lie. It contradicts my recovery truth.

Step 3 — Cast It Down: *'I reject this lie in my Higher Power's strength. I have faced my past honestly. I am free from condemnation. I choose accountability and growth instead.'*

Step 4 — Replace with Recovery Truth: *'I am free because I have been honest about my past. I may still face consequences, but I am not condemned. My Higher Power is working all things together for my good because I am committed to this new direction.'*

Comprehensive Mental Inventory: Common Recovery Lies and affirmation Replacements

Use this expanded inventory to identify lies you commonly believe and the Spiritual truths that counter them. Add your own as you discover them.

Common Lie in Recovery	Recovery Truth
“One use won't hurt—I can control it now.”	With my Higher Power's strength and my support system, I can do hard things — including saying no today.
“I'm too damaged to be restored.”	I am a new person in recovery. My past does not define me; my choices today do.
“My Higher Power is punishing me for my past.”	There is no condemnation hanging over me. My Higher Power is not punishing me — I am free to heal and begin again.
“I'll never be free from these cravings.”	Freedom from cravings is real and possible. Every sober day weakens their grip.
“I'm not strong enough to resist temptation.”	I am stronger than temptation when I stay connected — to my Higher Power, my people, and my plan.
“My Higher Power has given up on me.”	My Higher Power has not given up on me and never will. I am still worth fighting for.
“My past defines who I am.”	My past is not my identity. I am a person of worth, becoming someone new every day.
“I deserve to suffer for what I've done.”	I do not have to earn my healing through suffering. I can accept a fresh start and protect it.
“Nobody will ever trust me again.”	When I own my mistakes honestly and make amends, trust can be rebuilt — with others and with myself.
“I'm alone in this battle.”	I am never alone in this battle. My Higher Power and my recovery community go with me.
“I've failed too many times—why try again?”	Even after falling many times, I can get up again. Each attempt teaches me how to stand stronger.
“This pain will never end.”	This pain is a season, not a life sentence. Joy is coming if I keep going.
“I'm not worthy of my Higher Power's love.”	I am worthy of love and care — including my own. My worth was never based on my perfection.

Common Lie in Recovery	Recovery Truth
“I can't face life without my substance.”	My Higher Power's strength fills every gap in my own. I can face this day without my substance.
“Everyone sees me as a failure.”	What matters is not how others label me, but the honest work happening in my heart.

— RECOVERY SHIELD —

My past does not get a vote on my future.

Daily Mental Hygiene Practices

Just as you brush your teeth daily to prevent decay, you must practice daily mental hygiene to prevent the buildup of toxic thoughts and lies. Incorporate these practices into your routine:

- **Identify one persistent lie** you have believed about yourself (e.g., *I'll never change*).
- **Find the recovery truth** that counters it — an affirmation from this book.
- **Write both down** side by side: the lie on the left, the truth on the right.
- **Speak the truth aloud** three times, slowly, like you mean it.
- **Carry it with you** today — on a card, in your phone, on your mirror.

5-Day Intensive Mental Cleansing Practice

Use this 5-day plan to intensively practice the Thought Arrest Protocol and build mental muscle.

DAY 1: Awareness — Focus: Become aware of your thought patterns without judgment. **Action:** Carry a small notebook or use your phone. Every time a negative, destructive, or fearful thought enters your mind today, write it down. Don't try to fix it yet—just

observe and record. **Evening Reflection:** Review your list. How many lies did you identify? What patterns do you notice?

DAY 2: Testing — **Focus:** Test each lie against truth. **Action:** Take your list from Day 1. For each lie, ask: 'Does this align with my recovery truth?' Find an affirmation that addresses each lie. Write the affirmation next to the lie. **Evening Reflection:** How many of your thoughts were actually lies? How does seeing truth written next to the lie change your perspective?

DAY 3: Casting Down — **Focus:** Practice rejecting lies with authority. **Action:** Today, when a lie enters your mind, immediately speak aloud (or internally with authority): 'I reject this lie in my Higher Power's strength.' Do this every single time, no matter how small the lie seems. **Evening Reflection:** How did it feel to actively reject lies today? Did you notice any resistance or difficulty?

DAY 4: Replacing — **Focus:** Replace every lie with recovery truth. **Action:** Today, complete the full four-step protocol for every lie. Identify it, test it, cast it down, and immediately replace it with a specific affirmation spoken aloud. **Evening Reflection:** Which affirmation replacements felt most powerful today? Which lies were hardest to replace?

DAY 5: Maintenance — **Focus:** Establish the protocol as your automatic response. **Action:** Continue the full protocol throughout the day. Additionally, spend 20 minutes in the evening reviewing the week. What lies have you conquered? What lies are still persistent? What affirmation do you need to memorize to strengthen your mental defenses? **Evening Reflection:** Write a prayer of gratitude for how far your thinking has come this week.

Personal Mental Transformation Tracker

Use this tracker to monitor your progress over the next 30 days.

Week 1:

Number of lies identified: _____ Number of lies successfully arrested and replaced: _____

Week 2:

Number of lies identified: _____ Number of lies successfully arrested and replaced: _____

Week 3:

Number of lies identified: _____ Number of lies successfully arrested and replaced: _____

Week 4:

Number of lies identified: _____ Number of lies successfully arrested and replaced: _____

30-Day Reflection:

How has my mental state changed over the past month?

What mental strongholds have been dismantled?

What affirmation or guiding principle has become most powerful in my mind?

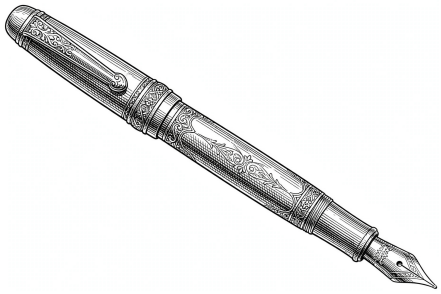
What is my next step in mental transformation?

NOTES & REFLECTIONS

Use these pages to write reflections, insights, and anything you are discovering on your journey.

NOTES & REFLECTIONS

YOUR TURN: WRITE IT OUT



Write out the thought pattern you are breaking — the old lie, the evidence against it, and the truth you are choosing instead.

PILLAR II REFLECTION: TAKING STOCK



Slow down before you move on. The mental pillar is not rebuilt by rushing — it is rebuilt by honest reflection. Read each question, sit with it, and write what comes up. There are no wrong answers, only true ones.

What is the lie you hear most often in your own head? Where did you first learn it?

Describe a time you caught a destructive thought and chose a better one. What changed?

If your best friend believed the things you believe about yourself, what would you tell them?

What truth do you need to practice until you actually believe it?

AFFIRMATIONS FOR THE MENTAL PILLAR

Truth, repeated, becomes belief — and belief, practiced, becomes a new life. Read these aloud. Star the ones that hit hardest. Carry one with you this week.

My thoughts are not facts. I can question them, test them, and choose better ones.

• *I arrest the lie, examine it honestly, and replace it with truth.*

• *My mind is being renewed one thought at a time, and that is enough.*

• *I do not have to believe every thought that passes through my head.*

• *Clarity comes from honesty. Today I tell myself the truth, even when it is uncomfortable.*

• *My past mistakes were lessons, not life sentences.*

• *I am not my worst thought. I am not my worst day. I am becoming someone new.*

The affirmation I will carry with me this week, and why I chose it:

GROUNDING PRACTICES FOR THE MENTAL PILLAR

Recovery happens in real moments — in cravings, in hard conversations, in 2 a.m. worry. These are practical tools you can use the moment you need them. Try each one at least once, then check the ones that work for you.

- ☐ **Name it to tame it:** say the thought out loud — *I am having the thought that...* — and watch it shrink.
- ☐ **The 3-question test:** Is it true? Is it helpful? Is it kind? If not, let it pass like weather.
- ☐ **Evidence list:** write the fear down, then list three facts that argue against it.
- ☐ **Scheduled worry:** give anxious thoughts a 10-minute appointment later today — not now.
- ☐ **Truth card:** carry one affirmation in your pocket. Read it when the lies get loud.

Which practice helped you most, and when will you use it next?



PILLAR III: THE EMOTIONAL PILLAR

You cannot numb your way to healing. Feel it, name it, face it — and watch the chains fall away.

PILLAR III SELF-ASSESSMENT: WHERE AM I TODAY?

Before you rebuild the emotional pillar, take an honest snapshot of where it stands today. There are no failing grades here — only a starting line. You will revisit this page later and see how far you have come.

Rate each statement from 1 (never true of me) to 5 (always true of me). Write your number on the line.

1. I can name what I am feeling in the moment.

_____

2. I allow emotions without being controlled by them.

_____

3. I have healthy ways to calm down when I am upset.

_____

4. I ask for help instead of isolating when I struggle.

_____

5. I am working through grief and loss instead of numbing it.

_____

6. I set boundaries that protect my peace.

_____

7. I practice forgiveness — of myself and others — a little more each day. _____

8. I celebrate progress instead of demanding perfection.

_____

Scoring: 32-40 — strong pillar, keep building. 24-31 — growing; give this pillar extra attention this month. 16-23 — shaky; make this a priority. 8-15 — rebuilding zone; be gentle with yourself and start small.

My strongest area, my weakest area, and one small step I will take this week:

PILLAR III: THE EMOTIONAL PILLAR

Receiving Comfort • Healing Shame and Trust

Module 3.1: Identifying Emotional Triggers

For many individuals struggling with addiction, destructive habits served as a numbing agent—a way to silence emotional pain, trauma, and unresolved grief. Recovery does not eliminate emotions; it requires learning how to feel them without being controlled by them.

My feelings are messengers, not masters. I listen to them without obeying every one.

You are not alone in your pain. Your Higher Power is near to the brokenhearted. You do not have to suppress your emotions — you are invited to bring them into the light for healing.

— RECOVERY SHIELD —

I ask for help. That is strength, not weakness.

Module 3.2: The Comfort of Your Higher Power

There are days in recovery when you do everything right and still feel awful. The feelings come anyway — anxiety in the morning,

heaviness at night, a grief you cannot name. This module is about comfort: real comfort, the kind that steadies you without numbing you.

I am allowed to feel bad and still be okay. Feelings are weather; they pass. I remain.

What Comfort Really Is

Comfort is not the absence of pain. It is the presence of steadiness *inside* the pain. A child with a scraped knee does not stop hurting because a parent holds them — but the holding makes the hurting bearable. Your Higher Power's comfort works the same way: not always removing the hard thing, but giving you strength to stand inside it.

You do not have to earn comfort. You do not have to be 'good enough' to deserve it. Comfort is available on your worst day, in your weakest moment, in the middle of the mess. That is what makes it comfort and not a reward.

Practices That Bring Comfort

- **Slow breathing.** In for four counts, hold for four, out for six. Repeat five times. Your nervous system cannot panic and breathe slowly at the same time.
- **Honest prayer.** Tell your Higher Power exactly how you feel — no filter, no fancy words. 'I'm scared and I don't know what to do' is a complete prayer.
- **Grounding in the present.** Name five things you see, four you can touch, three you hear, two you smell, one you taste. Come back to now.
- **Comforting input.** Uplifting music, a walk outside, a warm drink, a trusted voice on the phone. Choose one instead of scrolling or isolating.

- **Reaching out.** Tell one safe person: ‘Today is hard.’ You do not need advice. You need witness.

When Comfort Feels Far Away

Sometimes you will pray and feel nothing. Sometimes the breathing exercise won't seem to work and the heaviness stays. This does not mean you are doing it wrong, and it does not mean you are alone. Feelings are not facts — the absence of *feeling* comfort is not the absence *of* comfort.

On those days, borrow steadiness from your routine: keep the bedtime, take the walk, make the call, show up anyway. Comfort often arrives quietly, after the fact — in the realization that you made it through another day without giving up.

— RECOVERY SHIELD —

I am allowed to feel bad and still be okay. This feeling will pass; I will remain.

Comfort Inventory

What soothes me in a healthy way? (List everything: people, places, sounds, rituals, small comforts.)

What do I reach for when I want comfort but it actually makes things worse?

Who is one person I can call on a hard day — and will I let myself actually call?

Letter of Comfort to Myself

Write a short letter to yourself for the next hard day. Write it as the wise, kind friend you are becoming. Start with: ‘Dear me, I know today hurts, and…’

Prayer for Comfort

Write an honest prayer to your Higher Power about what you need comfort for right now:

Module 3.3: A Story of Despair -- When You Want to Give Up

The Dark Night

Picture a man named Deshawn. He is forty-one, a father of two, and eight months into recovery when his world tilts again. His mother — his biggest supporter, the woman who never stopped believing in him — dies suddenly of a stroke. Three weeks later, the temp job he was counting on falls through. Deshawn does everything he was taught: he calls his sponsor, he goes to meetings, he prays to his Higher Power. And still, a heavy darkness settles over him like a blanket he cannot push off.

One rainy Thursday, Deshawn does not get out of bed. He stares at the ceiling and thinks the thought he is most ashamed of: *What is the point?* He has fought so hard, lost so much, rebuilt so carefully — and life just keeps taking. He is not planning anything. He is just... done. Done trying, done hoping, done believing that effort leads

anywhere good.

It is not wrong to feel despair. What I do with the feeling is what matters.

Gentle Medicine

Deshawn's sponsor, an older man named Ray, does not show up with a lecture. He shows up with a bag of groceries and a simple plan. *'Here's what's happening today,'* Ray says. *'You're going to eat something warm. You're going to take a shower. You're going to sleep. That's it. That's the whole assignment.'* Deshawn wants to argue that his problems are bigger than a sandwich. Ray just starts making soup.

What Ray understands — and what Deshawn is learning — is that despair is not always a spiritual crisis or a character flaw. Sometimes it is exhaustion wearing a disguise. Sometimes the bravest, most healing thing you can do is not to *think* your way out of the darkness but to *tend* your way through it: food, rest, warmth, one small kindness at a time. Deshawn eats the soup. He sleeps for eleven hours. The darkness does not vanish — but it loosens its grip enough for him to breathe.

Rest is not a reward I earn. It is fuel my rebuilding requires.

The Whisper Under the Noise

In the days that follow, Deshawn keeps the assignment small: eat, sleep, show up, tell the truth about how he feels. He tells his group, *'I'm not okay, and I'm still here.'* And something unexpected happens — three other people say *me too.* His honesty gives them permission for theirs. Slowly, in the quiet after the storm of grief, Deshawn begins to hear something he had missed in all the noise: a still, steady whisper underneath everything, reminding him that he is still

held, still guided, still here for a reason.

Deshawn does not get his mother back. He does not get the job back. But he gets himself back — one gentle day at a time. And he learns the lesson he now shares with every newcomer who walks in with dead eyes: *the night you want to give up is not the night your story ends. It is the night you learn how to rest instead of quit.*

Stillness is where I hear what the noise was drowning out.

— RECOVERY SHIELD —

I am still here. That means there is still hope.

The Principle: Despair Is a Signal, Not a Verdict

Here is what Deshawn's story teaches: **Wanting to give up does not mean you are failing at recovery. It means you are exhausted, grieving, or overwhelmed — and those are signals to rest and reach out, not evidence that you are done.** Despair lies. It tells you the darkness is permanent and the effort is pointless. Both are lies.

Notice what healed Deshawn. Not a breakthrough. Not an answer to every *why*. Soup. Sleep. Honesty. One small assignment at a time. When you are in the dark night, do not try to fix your whole life. Tend to your body, tell the truth about your feelings, and let your people — and your Higher Power — sit with you until morning comes. Morning always comes.

Application to Your Recovery

If you are in a dark night right now, shrink your assignment. Not your whole recovery — just today: eat something nourishing, rest your body, tell one honest person the truth about how you feel. You do not have to feel hopeful to take the next small step. You only have to take it. And if the darkness feels dangerous, reach out immediately — to your sponsor, your group, a counselor, or a crisis

line. Asking for help in the dark is one of the bravest things a person can do.

Reflection Prompts: Deshawn's Story and My Story

- Have I ever mistaken exhaustion or grief for failure? What was really going on?
- What does my personal 'gentle medicine' look like — the small, tending things that help me through dark days?
- Who can I tell the truth to when I am not okay — and still stay?

Going Deeper: Hope in the Dark in My Own Life

Deshawn's story does not offer a quick fix for despair, because there isn't one. What it offers is truer: despair is often exhaustion and grief wearing a disguise. Rest, food, honest company, and small faithful steps carried Deshawn through the night he thought would never end.

> *This night will end. I have survived every hard day so far, and I will survive this one too.*

- **Despair is a signal, not a verdict.** It usually means something needs care — rest, grief, food, connection — not that your life is over.
- **Shrink the assignment.** Deshawn stopped trying to fix his whole life and focused on the next small thing: eat, sleep, show up, tell the truth.
- **Let people in before you feel ready.** Ray showed up with soup, not solutions. Sometimes presence is the medicine.

Reflection: Deshawn's Story and Mine

When despair shows up for me, what is usually underneath it — exhaustion, grief, hunger, loneliness?

What would ‘shrinking the assignment’ look like in my life right now?

Who is my ‘Ray’ — someone whose quiet presence helps? Have I let them know?

What small comfort have I been denying myself because I feel I don't deserve it?

If this dark night is a season and not a life sentence, what do I want to remember on the other side of it?

Worksheet: My Hope in the Dark Action Plan

You do not need a five-year plan when you are in the dark. You need tonight's plan and tomorrow morning's. Write them below.

Tonight, I will care for myself by: (Sleep, food, rest — be specific.)

Tomorrow, my only three tasks are: (Keep them tiny.)

One person I will contact within 24 hours:

The lie despair tells me most often, and the truth I will answer it with:

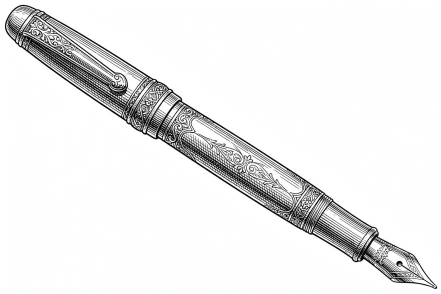
One reason — however small — to stay and keep going:

— RECOVERY SHIELD —

I am still here. That means there is still hope.

Free Writing Space — Use these lines for anything Deshawn's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Write what you have been carrying — name the feeling, notice where it lives in your body, and say what needs saying.

Module 3.4: A Story of Longing -- Grieving What Was Lost

The Empty Chair

Imagine a woman named Lisa. She is forty-seven, three years into recovery, and doing well by every outside measure — steady job, her own apartment, a sponsor she adores. But every Sunday evening, Lisa sits at her small kitchen table and cries. Because Sunday used to be family dinner day, back before the pills, back before the years she cannot get back. Her children are grown now. Her grandson is four, and she has met him exactly twice.

Lisa's longing has a specific shape: it is shaped like an empty chair. She does not crave the pills anymore. She craves the birthdays she missed, the school plays she slept through, the thousand ordinary moments that make a mother a mother. *'I can stay clean for the rest of my life,'* she tells her sponsor, *'and it will not give me back a single one of those days.'* She is right. And the rightness of it breaks her heart fresh every week.

> *Grief is love with nowhere to go. I give it somewhere healthy to land.*

Pouring Out Her Heart

Lisa's sponsor does not try to fix the unfixable. Instead, she gives Lisa an assignment: *'Stop carrying it all in your head. Pour it out.'* So Lisa starts writing — not pretty journaling, but raw, honest, ugly-cry writing. Letters to her children she may never send. Letters to her younger self. Letters to her Higher Power that are mostly questions. She writes until her hand cramps, and then she writes some more.

Something shifts. The grief does not disappear — Lisa learns that grief over lost time is not a problem to solve but a love to honor. But

the *pressure* of it eases. Naming the longing takes away its power to ambush her. She also starts a new practice: instead of only mourning the moments she missed, she begins *creating* moments now. She sends her grandson a card every month. She shows up — consistently, soberly, reliably — for the life that is still in front of her.

I name what I feel instead of numbing it. Naming it takes away its power to control me.

The Principle: Grief and Longing Are Sacred Ground

Here is what Lisa's story teaches: **Some pain cannot be fixed, only honored. Longing for what was lost — years, relationships, versions of yourself — is not a lack of gratitude. It is proof that you love deeply.** The goal is not to stop feeling it. The goal is to stop numbing it, start naming it, and let it move through you instead of living inside you.

Notice the two movements in Lisa's healing: pouring *out* the old grief, and pouring *into* the present. Both matter. You cannot build a new life on top of ungrieved losses — the foundation will crack. But you also cannot live forever in the museum of what might have been. Grieve honestly. Then turn toward the people and moments that are still yours to have.

My heart is allowed to heal at its own pace. I will not rush my own grief.

— RECOVERY SHIELD —

Grief has its season. Healing has mine too.

Application to Your Recovery

What is your empty chair — the loss you keep circling but never fully grieve? The years, the relationship, the version of you that never got to exist? Give it somewhere to go: write the unsent letter, speak it aloud in your group, pour it out to your Higher Power. Let yourself cry without apologizing for it. Then ask the second question: *what moment is still in front of me that I can show up for today?* Grieve the past. Build the present. Both are healing work.

Reflection Prompts: Lisa's Story and My Story

- What loss do I carry that I have never fully grieved — the 'empty chair' in my life?
- What would it look like to 'pour out my heart' about it — in writing, in my group, or to my Higher Power?
- What present moment or relationship could I start showing up for, beginning this week?

Going Deeper: Healing Relationships in My Own Life

Lisa lost years she cannot get back — and grieved them honestly instead of pretending they didn't matter. Then she did the only thing that rebuilds trust: she showed up, consistently, over time. Not with grand gestures, but with presence. Healing, for Lisa, was a direction, not a destination.

I cannot rewrite the past, but I can write a different future — one faithful day at a time.

- **Grief and gratitude can coexist.** Lisa mourned the lost years *and* cherished the rebuilt ones. Both are true.
- **Trust is rebuilt in drops, not floods.** Consistency over time — showing up, keeping promises — is what heals relationships.
- **You cannot control their timeline.** Lisa couldn't force forgiveness. She could only become someone worth trusting again.

Reflection: Lisa's Story and Mine

What relationship in my life most needs rebuilding? What happened, honestly?

Am I trying to rush someone else's healing timeline? What would patience look like?

What is one consistent, small way I can show up for someone I love?

Is there grief I need to feel about lost time before I can move forward?

Who do I need to forgive — including myself?

Worksheet: My Healing Relationships Action Plan

Rebuilding a relationship starts with honesty about the damage and a plan for consistent repair. Sketch yours below.

The relationship I want to rebuild:

What I honestly did to damage it: (No minimizing, no blame-shifting.)

One amends I can make: (Concrete, specific, doable.)

How I will show up consistently: (What, how often.)

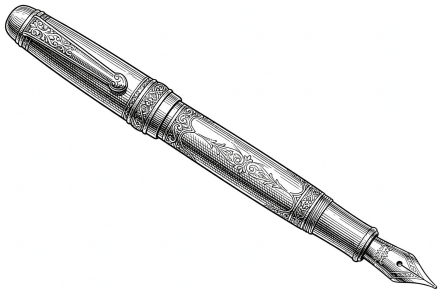
The boundary I need to respect while rebuilding: (Theirs or mine.)

— RECOVERY SHIELD —

I show up. I keep my word. Trust grows in the small things.

Free Writing Space — Use these lines for anything Lisa's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Write the conversation you need to have — with whom, what you need to say, and what a healthy outcome would look like.

Module 3.5: Advanced Emotional Stewardship — Healing Shame, Grief, and Relational Wounds

The Three Emotional Wounds of Recovery

In your recovery journey, you will encounter three deep emotional wounds that, if left unhealed, can sabotage all four pillars. These wounds are: **shame**, **grief**, and **relational brokenness**. Each requires an honest, grounded response.

Wound 1: Shame — The Belief That You Are Your Mistakes

Shame is different from guilt. Guilt says, "I did something bad." Shame says, "I am bad." Guilt can lead to accountability and restoration. Shame leads to hiding, isolation, and self-destruction. Shame is as old as humanity itself — the urge to hide when we feel exposed:

> *It is not wrong to feel. What I do with the feeling is what matters.*

The healthy response to shame is not condemnation — it is honest exposure:

> *Grief is love with nowhere to go. I give it somewhere healthy to land.*

When we bring our shame into the light instead of hiding it, it begins to lose its power. What is spoken honestly can be healed; what stays hidden keeps growing:

> *Anger is a signal, not a sentence. I pause, breathe, and choose my response.*

You do not have to keep wearing the disguise of self-protection. When you face your shame honestly — with your Higher Power and with safe people — it loses its grip on you.

— RECOVERY SHIELD —

Today I choose healing over hiding.

Wound 2: Grief — Mourning What Addiction Destroyed

Recovery involves grief. You must mourn what addiction took from you: lost years, broken relationships, missed opportunities, damaged health, financial ruin. This grief is real and legitimate. The recovery wisdom does not tell you to "get over it"—it gives you permission to mourn:

Shame grows in hiding and shrinks in honest light. Today I step into the light.

Even the strongest people in history have wept over loss. Grief is not weakness — it is a recognition of loss. Allow yourself to grieve. Bring your grief to your Higher Power and to people who understand.

I can feel sad and still be in recovery. Feelings pass; my commitment stays.

Recovery promises that **beauty can rise from ashes**. The things that burned to the ground — your relationships, your dreams, your self-respect — can be rebuilt into something beautiful. But first, you must acknowledge the ashes. You must grieve what was lost before you can receive what is waiting to be built.

Wound 3: Relational Brokenness — Rebuilding Trust

Hardship destroys relationships. It breaks trust, creates wounds, and leaves a trail of hurt people. Rebuilding these relationships is one of the hardest parts of recovery — and one of the most important. Recovery provides a clear path for relational restoration:

Step 1: Acknowledge and own it. State specifically what you did wrong. Don't minimize, excuse, or blame-shift.

My heart is allowed to heal at its own pace. I will not rush my own grief.

Step 2: Make amends where possible. Where you have caused harm, seek to make it right—financially, emotionally, or practically. This does not mean you can undo the past, but you can demonstrate changed behavior.

Step 3: Forgive those who hurt you. Recovery is not just about being forgiven—it's about forgiving others. Unforgiveness is a poison that will destroy your emotional pillar from the inside.

I release resentment because carrying it was poisoning me, not them.

Step 4: Set healthy boundaries. Forgiveness does not mean unlimited access. Some relationships need boundaries to be healthy. Setting boundaries is not unloving—it is wise stewardship of your emotional pillar.

Step 5: Be patient. Trust is rebuilt slowly, through consistent changed behavior over time. Don't demand that others trust you immediately. Demonstrate trustworthiness and let trust grow naturally.

The Emotional Healing Process: A 7-Day Journey

Day 1: Name Your Shame — Write down the specific things you are most ashamed of. Don't generalize — be specific. Then write

next to each one: “This has been faced honestly and released.”

Day 2: Grieve Your Losses — Make a list of what hardship took from you. Allow yourself to feel the grief. Cry if you need to. Bring each loss to your Higher Power in prayer, and trust that beauty can rise from these ashes.

Day 3: Identify Relational Wounds — List the relationships that were damaged by your addiction. For each one, write down what you did wrong and what you need to confess.

Day 4: Practice Forgiveness — List the people you need to forgive—those who hurt you, abandoned you, or failed you. Pray a prayer of forgiveness for each one, releasing them from the debt they owe you.

Day 5: Make Amends Plan — For each damaged relationship, write down one specific, concrete step you can take toward making amends. Start with the easiest one.

Day 6: Establish Boundaries — Identify relationships that need healthy boundaries. Write down what those boundaries are and how you will communicate them with love and firmness.

Day 7: Celebrate Healing — Review the week. Write a letter to yourself acknowledging the emotional ground you have taken. Give thanks for the healing that is underway. Commit to continuing this process.

Personal Emotional Healing Inventory

SHAME INVENTORY

What am I most ashamed of from my past? (Be specific.)

Have I been honest about this with my Higher Power? If not, what is holding me back?

What truth do I need to speak over this shame?

GRIEF INVENTORY

What have I lost because of addiction that I need to grieve?

What "ashes" in my life are ready to become something beautiful?

RELATIONAL INVENTORY

Which relationships were most damaged by my addiction?

What specific wrongs do I need to confess to these people?

Who do I need to forgive?

What boundaries do I need to establish?

Reflection for Emotional Healing

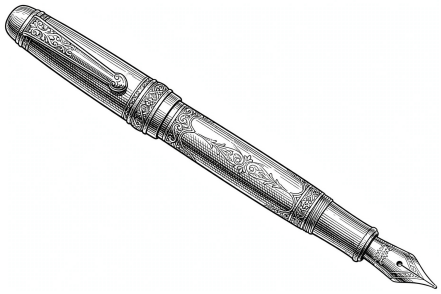
Write a comprehensive prayer or reflection asking your Higher Power to heal your shame, comfort your grief, and restore your broken relationships:

NOTES & REFLECTIONS

Use these pages to write reflections, insights, and anything you are discovering on your journey.

NOTES & REFLECTIONS

YOUR TURN: WRITE IT OUT



Write what you have been carrying — name the feeling, notice where it lives in your body, and say what needs saying.

PILLAR III REFLECTION: TAKING STOCK



Slow down before you move on. The emotional pillar is not rebuilt by rushing — it is rebuilt by honest reflection. Read each question, sit with it, and write what comes up. There are no wrong answers, only true ones.

What emotion do you avoid feeling the most — and what does it cost you to avoid it?

Who is safe for you to be fully honest with about how you really feel?

Describe a recent trigger. What happened in your body, your thoughts, and your feelings — in that order?

What would it look like to grieve what needs grieving instead of numbing it?

AFFIRMATIONS FOR THE EMOTIONAL PILLAR

Truth, repeated, becomes belief — and belief, practiced, becomes a new life. Read these aloud. Star the ones that hit hardest. Carry one with you this week.

My feelings are messengers, not masters. I listen to them without obeying every one.

• *It is not wrong to feel. What I do with the feeling is what matters.*

• *Grief is love with nowhere to go. I give it somewhere healthy to land.*

• *Anger is a signal, not a sentence. I pause, breathe, and choose my response.*

• *Shame grows in hiding and shrinks in honest light. Today I step into the light.*

• *I can feel sad and still be in recovery. Feelings pass; my commitment stays.*

• *My heart is allowed to heal at its own pace. I will not rush my own grief.*

The affirmation I will carry with me this week, and why I chose it:

GROUNDING PRACTICES FOR THE EMOTIONAL PILLAR

Recovery happens in real moments — in cravings, in hard conversations, in 2 a.m. worry. These are practical tools you can use the moment you need them. Try each one at least once, then check the ones that work for you.

- ☐ **Name the wave:** *I feel angry because...* — named emotions peak and pass in about 90 seconds.
- ☐ **Hand on heart:** place your hand on your chest, breathe slowly, and say *This is hard, and I can handle hard things.*
- ☐ **The pause:** when triggered, wait 10 minutes before responding. Set a timer if you must.
- ☐ **Unsent letter:** write everything you feel — then decide whether to send it, keep it, or let it go.
- ☐ **Reach out:** contact one safe person and say the honest sentence: *I am struggling right now.*

Which practice helped you most, and when will you use it next?



PILLAR IV: THE SPIRITUAL PILLAR

When your strength runs out, something greater is ready to carry you. Surrender is where the real rebuilding begins.

PILLAR IV SELF-ASSESSMENT: WHERE AM I TODAY?

Before you rebuild the spiritual pillar, take an honest snapshot of where it stands today. There are no failing grades here — only a starting line. You will revisit this page later and see how far you have come.

Rate each statement from 1 (never true of me) to 5 (always true of me). Write your number on the line.

1. I take quiet time each day for reflection or connection.

_____

2. I lean on my Higher Power instead of relying only on myself.

_____

3. I am honest with at least one person about my inner life.

_____

4. I practice gratitude every day.

_____

5. I serve or encourage someone else regularly.

_____

6. I am connected to a community that supports my recovery.

_____

7. I can sit with uncertainty without panicking.

_____

8. I believe my life has purpose beyond my past.

_____

Scoring: 32-40 — strong pillar, keep building. 24-31 — growing; give this pillar extra attention this month. 16-23 — shaky; make this a priority. 8-15 — rebuilding zone; be gentle with yourself and start small.

My strongest area, my weakest area, and one small step I will take this week:

PILLAR IV: THE SPIRITUAL PILLAR

Staying connected in my Higher Power • Intimacy, Prayer, and Community

Module 4.1: Drawing Near to Your Higher Power

I am connected to something greater than myself, and that connection is my anchor.

Spirituality in recovery is simple at its core: staying connected to something greater than yourself. You do not need perfect understanding or a lifetime of practice. You need honesty, willingness, and a daily turning toward your Higher Power — however you understand that Power to be. Draw near, and you will find you are not alone in this rebuilding.

— RECOVERY SHIELD —

I am not too broken to be rebuilt.

Personal Reflection: Your Spiritual Journey

Use the space below to write honestly about your relationship with your Higher Power:

Where am I in my relationship with my Higher Power right now?

What do I want my relationship with my Higher Power to look like a year from now?

What is standing in the way?

What is one step I can take this week to draw nearer to my Higher Power?

Module 4.2: The Power of Prayer in Recovery

Surrender is not defeat. It is the moment I stop fighting alone and start healing with help.

Recovery teaches us to turn to our Higher Power about everything and worry about nothing. Your Higher Power invites you to communicate about every aspect of your life — your fears, your hopes, your struggles, your victories. Prayer is not a last resort — it is your first line of defense in recovery.

— RECOVERY SHIELD —

Rest is part of recovery. I allow it.

Building Your Prayer Life: A Practical Guide

- **Start small and be consistent.** You don't need to pray for an hour. Start with 5 minutes each morning and build from there. Consistency matters more than length.
- **Pray honestly.** Your Higher Power already knows your thoughts. Don't try to impress with fancy language. Speak like you would to a trusted friend who loves you completely.

- **Pray specifically.** Instead of “help me,” try “I'm feeling tempted right now because I'm lonely. Please give me strength and remind me I am not alone.”
- **Pray with thanksgiving.** Even in difficult seasons, find things to be thankful for. Gratitude shifts your focus from what you lack to what you have.
- **Listen as well as speak.** Prayer is a conversation. After you share your heart, sit in silence and listen. Answers come as a quiet impression, a sense of peace, or wisdom through others.
- **Pray throughout the day.** You don't need to close your eyes and kneel every time. Whisper prayers as you walk, work, drive, and wait. Make connection your constant companion.

My Prayer Commitment

What time each day will I set aside for prayer?

Time: _____

Where will I pray? (Create a consistent, quiet space)

How many minutes will I commit to daily prayer to start?

Minutes: _____

What is one specific thing I will pray about every day this week?

Prayer Journal: This Week's Conversations with Your Higher Power

Day 1 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 2 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 3 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 4 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 5 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 6 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Day 7 — Date: _____ What I prayed about:

How my Higher Power answered or what I sensed:

Module 4.3: A Story of Coming Home -- The Courage to Make Amends

The Long Way Back

Picture a man named Chris. He is thirty-nine, and he has not spoken to his father in six years — not since the night he stole his dad's truck to get to his dealer, wrecked it, and disappeared instead of facing what he had done. In the years after, Chris told himself the story that made it bearable: *They are better off without me. I only bring damage.* It was easier to believe that than to face the people he had hurt.

Two years into recovery, Chris's sponsor starts talking about amends — the process of facing the people you harmed, owning what you did, and asking how to make it right. Chris's stomach drops. He can picture his father's face. He can hear the silence on the other end of a phone call he has rehearsed a hundred times and never made. *'What if he hangs up?'* Chris asks. His sponsor smiles gently. *'Then you'll know you were brave enough to call. The amend is about who you are becoming — not about how they respond.'*

It is never too late to come home. The door you are afraid to knock on may already be open.

The Drive Home

Chris does not call. He drives — three hours to the small town where he grew up, his hands tight on the wheel the whole way. He parks across the street from his father's house and sits there for twenty minutes, arguing with himself. Then he gets out, walks up the cracked driveway, and knocks before he can change his mind.

His father opens the door, older and grayer than Chris remembers. For a long moment, neither of them speaks. Then Chris says the words he has carried for six years: *'Dad, I was wrong. I stole from you, I lied to you, and I disappeared when you needed me to be a man. I am in recovery now, and I came to tell you I am sorry — and to ask if there is any way I can begin to make it right.'* His father stares at him. Then he steps forward and pulls his son into a hug so fierce it nearly knocks them both over. *'You came home,'* his father whispers. *'That's the amend. You came home.'*

I release resentment because carrying it was poisoning me, not them.

The Principle: It Is Never Too Late to Come Home

Here is what Chris's story teaches: **The people you harmed may have been waiting — hoping — for your return far longer than you dared to believe.** Shame tells you the bridge is burned forever. Shame is lying. Some relationships cannot be restored, and that is a grief to honor. But many can — and the only way to find out is to make the call, take the drive, knock on the door.

Notice what Chris's father actually said: *you came home.* The amend was not a transaction — it was a return. Making amends is not about

groveling or buying forgiveness. It is about showing up as the person you are becoming, telling the truth about the person you were, and asking what repair looks like. That is spiritual rebuilding at its most powerful: the severed connection, restored.

Connection heals what isolation broke. I stay connected — to people, to purpose, to my Higher Power.

— RECOVERY SHIELD —

I am becoming someone my past self would thank.

Application to Your Recovery

Who is your 'drive home' — the person you have been avoiding because shame says the bridge is burned? You do not have to fix everything today. Start where Chris started: with willingness. Write down the name. Write down, honestly, what you did and what repair could look like. Talk it through with your sponsor or a trusted guide first — amends done recklessly can cause new harm. Then, when you are ready, make the call. Take the drive. Knock on the door. Coming home is the bravest spiritual act there is.

Reflection Prompts: Chris's Story and My Story

- Who have I been avoiding because shame tells me the bridge is burned?
- What would an honest amend look like — not groveling, just truth and willingness to repair?
- What is one step I can take this week toward willingness, even if I am not ready to act yet?

Going Deeper: Making Amends in My Own Life

Chris did the hardest thing in this book: he went back to the people he had hurt, told the truth without excuses, and asked how to make it right. Some doors opened. Some didn't. But Chris walked away free either way — because amends are about who *you* are becoming, not about controlling the outcome.

I face what I did with honesty and courage. I make amends where I can, and I live differently from here on.

- **Amends are for the maker, not just the receiver.** Chris's freedom didn't depend on anyone's forgiveness — it depended on his honesty.
- **No excuses, no minimizing.** A real amends names what you did, plainly. 'I'm sorry if' is not an amends.
- **Changed behavior is the real apology.** Words open the door; consistent new behavior keeps it open.

Reflection: Chris's Story and Mine

Who have I harmed that I have never honestly faced it with? What did I do, plainly stated?

What is the difference, for me, between a real amends and just saying 'sorry'?

Is there an amends I should NOT make directly because it would cause more harm? What is the alternative?

How will I make sure my amends is about their healing, not my relief?

What changed behavior will prove my amends is real?

Worksheet: My Making Amends Action Plan

An amends made well brings freedom whether or not it brings reconciliation. Plan yours with care below.

One person I owe an amends to:

What I did, stated plainly and without excuses:

How I will make it: (In person, letter, restitution — and why this way.)

What I will do if they are not ready or willing:

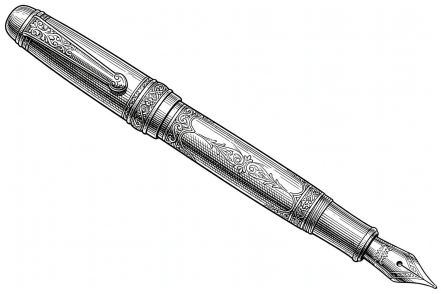
The changed behavior that backs up my words:

— RECOVERY SHIELD —

Honesty frees me. I own my past and I am building a new future.

Free Writing Space — Use these lines for anything Chris's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Write to your Higher Power — honestly, unfiltered — about where you are right now and what you need.

Module 4.4: A Story of Accountability -- Owning Every Choice

The Lie That Almost Cost Everything

Imagine a man named Michael. He is forty-six, fourteen months into recovery, working a steady job, rebuilding trust with his wife one kept promise at a time. Then comes an ordinary Tuesday: a coworker offers him a pill for his back pain — 'just one, nobody will know' — and Michael takes it. One pill. Nobody sees. He tells himself it does not count, that it was practically medicine, that he will just start his clean time over quietly and no one has to know.

But here is what Michael discovers: the pill was not the real relapse. The *lying* was. Within a week, he is lying about where he was, lying about the money, lying about the second pill and the third. The old machinery of deception — the half-truths, the deflections, the careful stories — roars back to life like it never left. Michael is using again, but worse than that, he is *hiding* again. And the hiding is eating him alive.

> *When I honestly face my wrongs, I am met with forgiveness and a clean slate.*

Owning It — All of It

Michael's moment of truth comes on a Sunday morning. His wife asks him a simple question — *'Are you okay? You've been distant'* — and he hears himself start to lie, smooth and automatic. And he stops. Mid-sentence, he stops. *'No,'* he says. *'I am not okay. I need to tell you the truth about this week.'* What follows is the hardest conversation of his life: the pill, the lies, all of it. No minimizing. No 'but it was just.' Just the whole ugly truth, owned completely.

His wife cries. She is angry. She does not hug him and say it is fine — and Michael does not ask her to. What he says instead becomes

the cornerstone of his recovery: *'I cannot undo what I did. But I can tell you I will never lie to you about it again. If I fall, you will hear it from me first. That is my promise, and I will spend every day keeping it.'* He calls his sponsor that afternoon. He tells his group that Tuesday. He restarts his clean time at day one — publicly, honestly, accountably.

I forgive myself, I make amends where I can, and I walk forward lighter.

The Principle: Accountability — Not Shame — Is What Restores Us

Here is what Michael's story teaches: **Shame says 'I am a bad person, so I must hide.' Accountability says 'I did a wrong thing, so I must own it.'** One of those rebuilds your life. The other rebuilds your prison. Michael's recovery did not survive because he was perfect — it survived because when he fell, he told the truth fast, owned it fully, and changed his behavior completely.

Notice the anatomy of real accountability: no minimizing ('it was just one'), no blaming ('my coworker offered it'), no hiding ('no one has to know'). Just ownership, honesty, amends, and changed action. That is what separates a lapse from a collapse. Everyone in recovery will face a moment like Michael's Tuesday. The people who make it are not the ones who never fall — they are the ones who refuse to lie about it when they do.

Today I choose progress over perfection, honesty over hiding, and hope over despair.

— RECOVERY SHIELD —

Today I choose healing over hiding.

Application to Your Recovery

Accountability is a daily practice, not a crisis response. Where in your life right now is there a half-truth, a minimization, a 'nobody has to know'? Bring it into the light today — with your sponsor, your group, your Higher Power, the person it affects. Tell the truth fast. Own it fully. Then do the next right thing, and the next. Your recovery does not require your perfection. It requires your honesty.

Reflection Prompts: Michael's Story and My Story

- Is there anything I am minimizing, hiding, or telling myself 'doesn't count' right now?
- What is the difference, in my own life, between shame (hiding) and accountability (owning)?
- Who deserves my honesty this week — and what is the true thing I need to say?

Going Deeper: Honesty and Accountability in My Own Life

Michael's relapse could have been the end of his story. Instead, his honesty about it became the most important chapter. He told the truth fast, owned it completely, and let accountability do its work. The relapse didn't disqualify him — the honesty after it is what saved him.

Honesty is my protection. I tell the truth quickly, I stay accountable, and I keep going.

- **Tell the truth fast.** Shame grows in secrecy. Michael's recovery restarted the moment he spoke honestly.
- **Accountability is protection, not punishment.** The people who hold Michael accountable are the reason he is still standing.
- **A relapse is information.** It revealed a gap in Michael's plan — and gaps can be closed.

Reflection: Michael's Story and Mine

Where am I tempted to hide instead of being honest — with others or with myself?

Who holds me accountable, really? Do they have my permission to tell me hard truths?

If I slipped, what is my honest plan — who would I tell first, and within how long?

What gap in my recovery plan needs closing before it becomes a crisis?

What would ‘radical honesty’ look like in my life this week?

Worksheet: My Honesty and Accountability Action Plan

Accountability only works when it is specific: names, check-ins, and a plan for the hard moments. Build yours below.

My accountability people: (Names — at least two.)

How and how often we check in:

My early warning signs: (What I notice before a slip.)

My slip plan: (Who I tell, how fast, what I do next.)

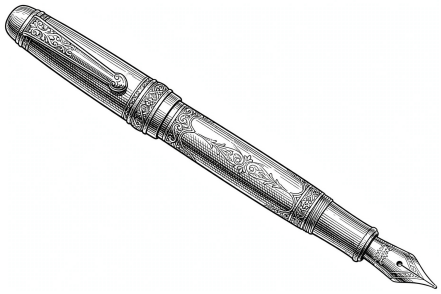
One area where I will practice radical honesty this week:

— RECOVERY SHIELD —

I am accountable and I am honest. Secrets keep me sick; truth keeps me free.

Free Writing Space — Use these lines for anything Michael's story stirred up in you: memories, fears, hopes, or a letter to yourself.

YOUR TURN: WRITE IT OUT



Describe the person you are becoming. What does a rebuilt life actually look like, day to day? Write it in present tense.

Module 4.5: Advanced Spiritual Practices — Deepening Your Connection

The earlier spiritual modules taught you to draw near to your Higher Power and to pray. This module takes you deeper — into practices that quiet the noise, widen your gratitude, and root your recovery in something unshakeable. You do not need to master all of these. Try each one, keep what feeds your spirit, and release the rest.

Practice 1: Stillness and Meditation

Recovery is noisy — cravings shout, regrets replay, the future worries. Stillness is the practice of sitting quietly with your Higher Power and letting the noise settle. Start with five minutes: sit comfortably, close your eyes, and breathe slowly. When thoughts come (they will), notice them without chasing them, and return to your breath.

- **Set a timer** for five minutes so you are not watching the clock.
- **Choose a simple focus:** your breath, a single word like ‘peace’ or ‘steady,’ or the feeling of being held by something greater.
- **End with gratitude:** name three things you are thankful for before you open your eyes.

Meditation will not empty your mind — that is not the goal. The goal is to practice returning: to the breath, to the present, to your Higher Power. Every return is a small victory over chaos.

Practice 2: The Gratitude Practice

Gratitude is one of the most powerful recovery tools ever discovered. It is almost impossible to feel grateful and hopeless at the same time. A daily gratitude practice rewires your attention toward what is working, what is healing, and what is good — even on hard days.

- **Morning three:** Before you touch your phone, name three things you are grateful for. Be specific — not ‘my family’ but ‘the way

my daughter laughed last night.'

- **Gratitude walk:** Once a week, take a walk and notice everything you are thankful for along the way.
- **Hard-day gratitude:** On your worst days, find one thing. Just one. 'I am grateful I made it to this meeting.' That counts.

Practice 3: Journaling as Spiritual Practice

You have been journaling throughout this workbook — but journaling can also be a spiritual practice in itself. Try writing a daily letter to your Higher Power: honest, unfiltered, complete. Ask questions. Express doubts. Say thank you. Over time, these letters become a record of your rebuilding — proof, on the days you doubt, of how far you have come.

Practice 4: Service to Others

Nothing strengthens recovery like helping someone else rebuild. Service takes your focus off your own struggles and reminds you how much you have to give. It does not have to be grand: make coffee at a meeting, call a newcomer, help a neighbor, listen to someone who is where you used to be.

Service is also accountability in disguise. It is very hard to give up on your own recovery while you are actively helping someone else protect theirs. Give what you have — even if what you have is simply your story and your time.

Practice 5: Creating Sacred Space

Designate one small place — a chair, a corner, a spot by the window — as your place of connection. Keep it simple and clean. This is where you pray, meditate, journal, or simply sit quietly. Over time, just sitting there will signal to your mind and spirit: *it is time to connect.* Place an affirmation card there, something from nature, anything that reminds you of your Higher Power.

Practice 6: Breath Prayer

A breath prayer is a short phrase you pray in rhythm with your breathing — in on the first half, out on the second. Examples: breathing in *'I am not alone'* … breathing out *'I am held.'* Or in: *'Give me strength'* … out: *'for this moment.'* Choose a phrase that speaks to your need today, and carry it with you — in traffic, in waiting rooms, in hard conversations.

Stillness is not empty. It is where I hear what the noise was drowning out.

— RECOVERY SHIELD —

I am connected to something greater than myself, and I am never truly alone.

Designing Your Spiritual Rhythm

A spiritual rhythm is simply a sustainable pattern: a few practices, done regularly, that keep you connected. It should fit your real life — not an ideal life. A rhythm you actually keep beats an ambitious plan you abandon. Check the practices you will commit to:

- ☐ I will begin each day with 5 minutes of stillness or prayer
- ☐ I will write a daily gratitude list (even just 3 items)
- ☐ I will journal honestly at least 3 times per week
- ☐ I will serve someone else at least once per week
- ☐ I will use a breath prayer during stressful moments
- ☐ I will protect my sacred space and use it daily

My Spiritual Rhythm Worksheet

My morning connection practice will be: (What, when, where — be specific.)

My evening reflection practice will be:

One way I will serve others this week:

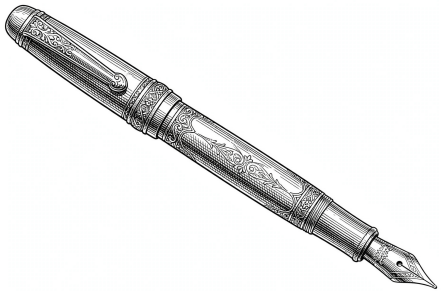
My breath prayer phrase:

What might get in the way of my rhythm, and how will I handle it?

Reflection: Depth Over Time

Spiritual depth is not built in a weekend — it is built in ten thousand quiet mornings. Write about what you hope your spiritual life looks like a year from now, and what you are willing to practice daily to get there:

YOUR TURN: WRITE IT OUT



Write to your Higher Power — honestly, unfiltered — about where you are right now and what you need.

PILLAR IV REFLECTION: TAKING STOCK



Slow down before you move on. The spiritual pillar is not rebuilt by rushing — it is rebuilt by honest reflection. Read each question, sit with it, and write what comes up. There are no wrong answers, only true ones.

When do you feel most connected to your Higher Power — and what were you doing?

What does surrender look like for you in practical, everyday terms?

Describe a moment when you felt carried by something greater than yourself.

What is one practice of connection you want to protect daily, no matter how busy life gets?

AFFIRMATIONS FOR THE SPIRITUAL PILLAR

Truth, repeated, becomes belief — and belief, practiced, becomes a new life. Read these aloud. Star the ones that hit hardest. Carry one with you this week.

I am connected to something greater than myself, and that connection is my anchor.

• *Surrender is not defeat. It is the moment I stop fighting alone and start healing with help.*

• *My Higher Power meets me exactly where I am — no performance required.*

• *Stillness is where I hear what the noise was drowning out.*

• *I do not have to understand everything to trust that I am being guided.*

• *Purpose grows where pain is transformed. My struggles are becoming my strength.*

• *Today I turn my will and my worries over to something greater than my fear.*

The affirmation I will carry with me this week, and why I chose it:

GROUNDING PRACTICES FOR THE SPIRITUAL PILLAR

Recovery happens in real moments — in cravings, in hard conversations, in 2 a.m. worry. These are practical tools you can use the moment you need them. Try each one at least once, then check the ones that work for you.

- ☐ **Morning connection:** before your phone, take 2 quiet minutes — breathe, and set one intention for the day.
- ☐ **Gratitude three:** name three specific things you are grateful for, out loud, every morning.
- ☐ **Nature pause:** step outside, look at the sky, and remember you are part of something bigger.
- ☐ **Evening review:** ask *Where did I feel supported today? Where do I need support tomorrow?*
- ☐ **Service moment:** do one small, kind thing for someone else with no expectation of return.

Which practice helped you most, and when will you use it next?

THE REBUILDING ARC: FROM THINKING TO LIVING



Lasting recovery follows a pattern — an arc with four movements: **change your thinking**, so you can **change your behavior**; **replace old vices with healthy habits**; then **practice those habits until they hold**. Thinking alone is not enough. Behavior without new thinking does not last. And new habits only become a new life through repetition. The four worksheets that follow walk you through the arc one honest step at a time. Do them in order, and do not rush.

STEP 1: CHANGE YOUR THINKING

Everything changes twice: first in your mind, then in your life. Old behaviors are fed by old thoughts. Before you can act differently, you have to think differently — on purpose, and out loud on paper.

A thought that keeps pulling me backward:

Is this thought actually true? What is the evidence for and against it?

A truer thought I will practice instead:

My thoughts are not facts. I can question them, test them, and choose better ones.

My thought-replacement plan for this week (when the old thought comes, I will say and do this instead):

STEP 2: CHANGE YOUR BEHAVIOR

New thinking must become new doing. A behavior is simply a thought with shoes on. Pick one behavior — just one — and design its replacement the way an architect draws a blueprint: specifically.

The situation that usually trips me up (where, when, with whom):

What I usually do there — the old behavior, described honestly:

What I will do instead — the new behavior, described specifically:

What I need to make the new behavior possible (people, tools, preparation, boundaries):

My behavior experiment for this week — what I will try, and how I will know it worked:

- ☐ I told someone my plan out loud.
- ☐ I removed one obstacle to the new behavior.
- ☐ I practiced the new behavior at least once.

STEP 3: REPLACE THE OLD VICE

Here is the truth most people miss: you cannot simply remove a destructive habit and leave an empty space. An empty space will fill itself — usually with the old vice again. Lasting change is not subtraction; it is substitution. You do not just break the chain. You replace every link with something stronger.

The old vice or destructive habit I am replacing:

What need was it filling for me (escape, comfort, belonging, relief, excitement)?

The healthy habit that will fill that same need instead:

I do not just break the chain. I replace every link with something stronger.

When, where, and how I will practice the replacement habit:

My first seven days with the new habit — what I will do each day:

STEP 4: PRACTICE UNTIL IT HOLDS

A new habit is fragile at first — like wet cement. Repetition is what lets it set. You do not need a perfect streak. You need a practiced return: every time you miss, you come back the next day. Use this log for one habit, three weeks, one honest checkmark at a time.

The habit I am practicing until it holds:

_____

_____

- ☐ Day 1
- ☐ Day 2
- ☐ Day 3
- ☐ Day 4
- ☐ Day 5
- ☐ Day 6
- ☐ Day 7
- ☐ Day 8
- ☐ Day 9
- ☐ Day 10

- ☐ Day 11
- ☐ Day 12
- ☐ Day 13
- ☐ Day 14
- ☐ Day 15
- ☐ Day 16
- ☐ Day 17
- ☐ Day 18
- ☐ Day 19
- ☐ Day 20
- ☐ Day 21

What I will do on the days I miss — my practiced return plan (because misses happen):

After 21 days: what changed in me, not just in my routine?

I am not behind. I am not too late. I am exactly where my rebuilding begins.

MY REBUILDING PLAN

You have done the deep work of these pages. Now gather it into one plan — the page you return to on the hard days. Write it in pen. Keep it where you can see it.

My why — the people and the future I am rebuilding for:

My four pillars today, from strongest to weakest:

My support circle — real names of people I can call:

My Higher Power, and how I connect each day:

Three non-negotiable daily habits (the ones I protect no matter what):

What I will do when I want to quit — my exact next three steps:

I commit to rebuilding my four pillars one honest day at a time — and to beginning again, as many times as it takes.

Signed _____ Date _____

MY ACCOUNTABILITY CIRCLE

No one rebuilds alone — and no one stays rebuilt alone. Accountability is not surveillance; it is love with its eyes open. Name your circle. Tell each person they are in it.

My Higher Power — how I stay connected daily:

_____

My sponsor, mentor, or counselor:

_____

My group or meeting (where and when):

_____

My honest friend — the one who tells me the truth:

_____

My family support: _____

My daily honesty check — the questions I will ask myself each night:

30-Day Spiritual Tracker

Record your daily walk with your Higher Power — watch your life transform one day at a time.

Use this tracker every day for the next 30 days. Each day, record your prayer time, affirmation reading, acts of gratitude, and moments where you saw my Higher Power's hand. At the end of 30 days, look back and see how far you've come.

Day	Used my Recovery tools	Read Affirmation	Connected to my Higher Power	Attended Group/Meeting	Served Someone
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐
15	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐
20	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐
22	☐	☐	☐	☐	☐

Day	Used my Recovery tools	Read Affirmation	Connected to my Higher Power	Attended Group/Meeting	Served Someone
23	☐	☐	☐	☐	☐
24	☐	☐	☐	☐	☐
25	☐	☐	☐	☐	☐
26	☐	☐	☐	☐	☐
27	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐
29	☐	☐	☐	☐	☐
30	☐	☐	☐	☐	☐

30-Day Four-Pillar Daily Check-In

A daily snapshot of your whole person — body, mind, heart, and spirit.

Each day, rate yourself honestly in each pillar and note one thing you're grateful for. This daily check-in helps you see patterns, celebrate progress, and catch small slips before they become falls.

Day 1

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 2

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 3

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 4

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 5

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 6

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 7

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 8

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 9

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 10

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 11

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 12

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 13

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 14

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 15

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 16

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 17

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 18

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 19

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 20

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 21

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 22

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 23

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 24

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 25

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 26

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 27

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 28

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 29

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

Day 30

Date: _____

Affirmation for today:

Physical Pillar Check:

Did I nourish my body, get proper rest, and move with care for my physical health today?

Mental Pillar Check:

Did I notice my thoughts today? What lies did I reject, and what truths did I speak instead?

Emotional Pillar Check:

What emotions did I experience today? Did I face my stress and anger honestly, or suppress them?

Spiritual Pillar Check:

Did I take quiet time for reflection today? Did I stay connected to my Higher Power?

Today's Gratitude & Intention for Tomorrow:

GUIDING PRINCIPLES FOR THE JOURNEY



Twelve principles to carry past the last page of this book. Read one each morning. When life gets loud, come back to the list.

1. Honesty first. You cannot rebuild what you will not name. Tell the truth early and often.

2. Progress, not perfection. A bad day is a data point, not a verdict. Keep the trend line moving.

3. Connection is protection. Isolation is where old habits wait for you. Stay reachable.

4. Feel it to heal it. Numbing only postpones the bill — and adds interest.

5. Your body keeps the score. Treat it like a partner in recovery, not a problem to punish.

6. Thoughts are not orders. You can notice a thought without obeying it.

7. Replace, don't just remove. An empty space fills itself. Choose what fills it.

8. Practice until it holds. New habits are fragile. Repetition is the glue.

9. Ask for help early. Strength is knowing when you cannot do it alone — and saying so.

10. Own your part. Accountability is how trust gets rebuilt — with others and with yourself.

11. Rest is rebuilding. Exhaustion makes every pillar wobble. Sleep is a strategy.

12. Begin again as many times as it takes. A stumbled step is not a failed journey. Get up. Go again.

APPENDIX: AFFIRMATIONS FOR THE JOURNEY

The pages that follow are your pocket companion — short, powerful affirmations organized by need. Tear them out in your mind and carry them with you. Read one each morning. Tape one to your mirror. Text one to a friend who is struggling. When a lie speaks, answer it with one of these truths.

Strength and Endurance

Read these slowly. Let the ones you need most sink in:

- “I can do hard things through the strength of my Higher Power, one day at a time.”
- “My Higher Power's strength shows up strongest in my weakest moments.”
- “No temptation is unique to me, and with support I can bear it and find my way through.”

Renewal and Transformation

Read these slowly. Let the ones you need most sink in:

- “I am not conformed to my old patterns. My mind is being renewed, and my life is changing with it.”
- “I am a new person in recovery. The old life is gone; a new life is being built.”
- “I am creating a clean heart and an honest spirit within myself, day by day.”

Comfort and Healing

Read these slowly. Let the ones you need most sink in:

- “My Higher Power is close to the brokenhearted and holds those who are hurting.”

- "Those who grieve will find comfort. My tears are seen and my pain matters."
- "I cast my cares onto something greater than myself, because I am deeply cared for."

Forgiveness and Restoration

Read these slowly. Let the ones you need most sink in:

- "When I honestly face my wrongs, I am met with forgiveness and a clean slate."
- "There is no condemnation hanging over me. I am free to begin again."
- "I forgive myself, I make amends where I can, and I walk forward lighter."

Hope and Courage

Read these slowly. Let the ones you need most sink in:

- "Weeping may last for a night, but joy comes in the morning. This pain will not last forever."
- "I am never alone in this battle. My Higher Power goes with me wherever I go."
- "Even after many failures, I rise again. Falling down is not the end of my story."

Make These Your Own

Circle or star the affirmations that hit you hardest. Copy your top ten onto index cards or into your phone. Read them aloud every morning for thirty days and watch what changes. Truth, repeated, becomes belief — and belief, practiced, becomes a new life.



A LETTER TO MY FUTURE SELF

Write a letter to yourself one year from today. Tell that future you what you survived, what you are building right now, and what you hope they remember about this season. Be honest. Be kind. Then seal it, date it — and open it in twelve months.

Dear future me,

A FINAL WORD FOR YOUR JOURNEY

You have walked through these pages with courage. You have faced your physical habits, your mental traps, your emotional wounds, and your spiritual hunger — and you have brought every one of them into the light. That took honesty. That took humility. That took a kind of strength the world doesn't always understand.

Recovery is not a destination you arrive at once and for all. It is a daily walk — a daily choosing, a daily reaching, a daily beginning again. Some days will feel like the mountaintop, with breakthrough and light. Other days will feel like the shade tree, with despair whispering that it would be easier to give up. On both kinds of days, your Higher Power is with you. Strength is available. Hope is reasonable.

Remember what you have learned:

- **Your body is your home.** Honor it. Nourish it. Rest it. Move it with gratitude.
- **Your mind can be renewed.** Name the lies. Test them against truth. Replace them with what is real.
- **Your emotions are welcome.** Feel them without being ruled by them. Bring them into the light.
- **Your spirit was made for connection.** Stay connected to your Higher Power and to honest community. You were never meant to do this alone.

Go forward now — not in your own strength alone, but in partnership with your Higher Power. Not hiding your weakness, but letting it be met with strength. Not as someone hoping to earn their way back, but as someone already worthy of the rebuilding — welcomed, valued, and free to begin again.

I am not who I was. I am becoming who I was made to be — one honest day at a time.

With love and lasting hope,

Angela D. Martini