

YOUR SOBER JOURNEY RELECTION

**A self-directed workbook to support
identity, stability, and self-trust
throughout living with sobriety**



WELCOME TO LIVING SOBER

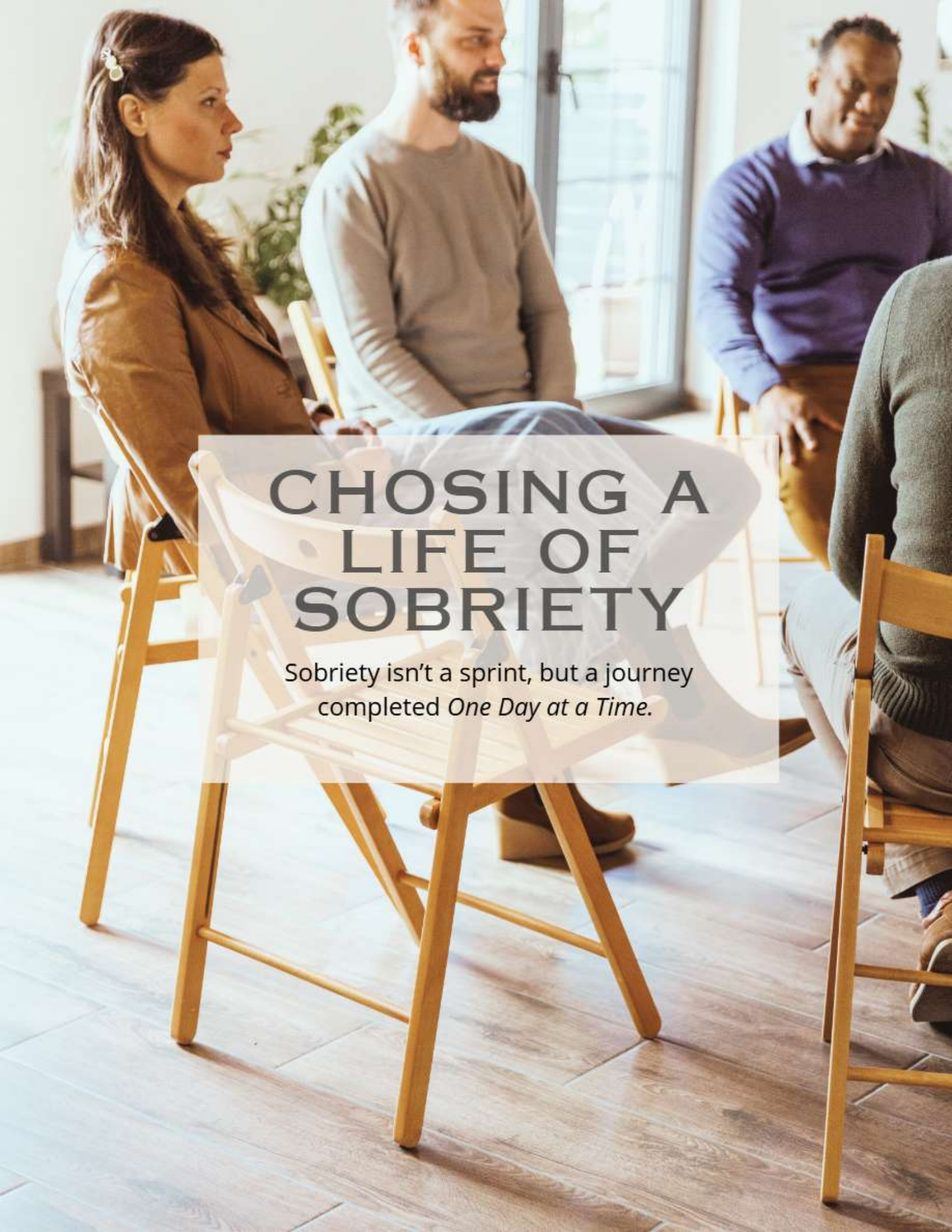


You are choosing hope, safety, honesty, and possibility. Sober living is not just about staying sober — it is about learning how to live, one day at a time, without numbing, hiding, or running. This workbook exists to support your process, at your pace.

There are no right answers. There is no perfect way to do this.

This workbook is: - ✓ Self-directed - ✓ Private - ✓ Non-judgmental
✓ Designed to reflect growth over time

As you move forward — create a record of change, not a test of consistency.

A group of four people are seated in a circle on light-colored wooden chairs in a bright, modern room with large windows in the background. A woman with long brown hair and a brown jacket is on the left, looking towards the center. Next to her is a man with a beard wearing a grey sweater, also looking towards the center. On the right, a man in a blue sweater is looking towards the center. A fourth person, wearing a grey sweater, is partially visible on the far right, seen from the back. The room has a wooden floor and some green plants in the background.

CHOOSING A LIFE OF SOBRIETY

Sobriety isn't a sprint, but a journey
completed *One Day at a Time.*

SOME INDIVIDUALS CHOOSE TO STAY IN A SOBER LIVING HOME

Sober living isn't a weakness; it offers more than a safe place to stay—it provides daily accountability, community, and structure that are difficult to recreate alone. Beyond 90 days, residents often deepen their relationships, strengthen their emotional resilience, and learn how to navigate stress, conflict, and responsibility in real time. These experiences build confidence that isn't based on hope, but on evidence: "I've handled hard things without going back to old patterns."

Many people leave too early not because they're ready, but because they're tired of being uncomfortable. Yet discomfort is often a sign of growth. Staying in sober living longer creates space to work through challenges with support instead of facing them alone. It transforms recovery from a short-term achievement into a sustainable lifestyle. Choosing to stay is not a sign of weakness—it's a powerful commitment to building a future that is not just sober, but stable, connected, and meaningful.

It might not be for everyone, but sober living homes have a great degree of success with long term sobriety.



LIVING SOBER

**Living sober is both a commitment and a transition.
A new way of living and thinking begins, where you are now.**

Circle the words that best describe how you are feeling today.

Brave

Open

ADD YOUR OWN

Broken

Reflective

Uncertain

Unlovable

Hopeful

Motivated

Afraid

Strong

Resilient

Capable

Courageous

Tired

Curious

Willing

Learning

Fragile

Healing

Anxious

Shameful

Overwhelmed

Grounded

Guarded

Proud

Lonely

Committed

Determined

Weak

Emotional

SOBRIETY TIMELINE

30

30 DAYS OF LIVING SOBER

Triggers, cravings and feelings of being overwhelmed are common. Staff and peers are available to you. You are not alone in your journey.

60

60 DAYS OF LIVING SOBER

You are beginning to think more clearly, signs of improved energy and developing healthy habits. You may also feel emotional as you navigate the rebuilding process.

90

90 DAYS OF LIVING SOBER

Your sleep, mental and physical health continues to improve and you feel more confident in your choice to be sober. You learn and develop coping skills.

6

6 MONTHS OF LIVING SOBER

You are feeling so much better physically and benefit from enhanced emotional stability. Coping skills are coming into play and you see a much more fulfilling, stable and bright future.

9

9 MONTHS OF LIVING SOBER

You are experiencing a transformation where sobriety is feeling “normal”, triggers decrease, and mental clarity improves. You can see the impact of a sober path and the choices you are now making.

1

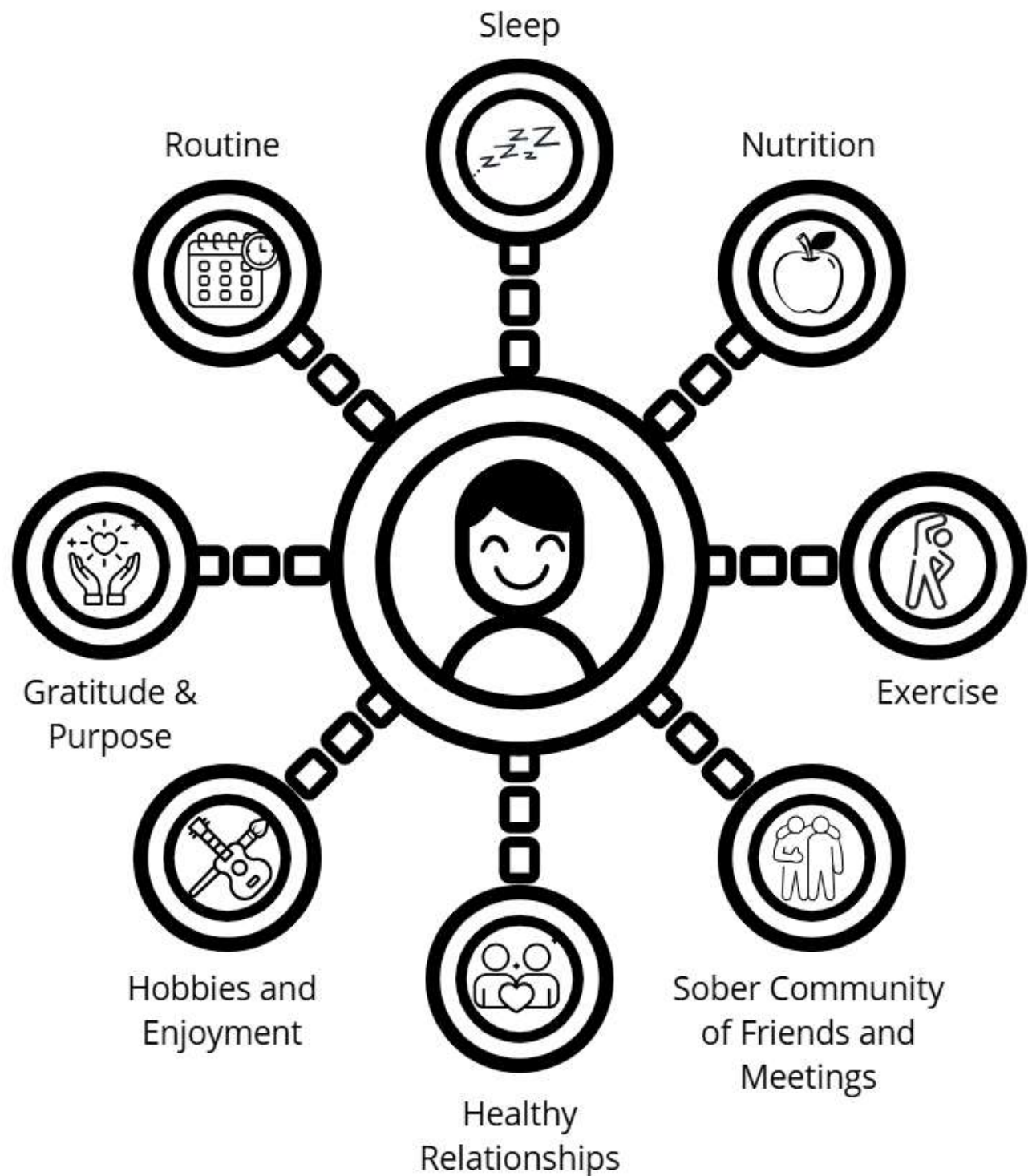
1 YEAR LIVING SOBER

You have improved focus and achieved so much personal growth. With increased self awareness, you can deepen relationships, face challenges and provide structure to prevent the risk of relapse.

A warm, inviting scene featuring a white surface bathed in soft, golden light from a window. In the lower-left, an open book with German text lies flat. To its right, a white ceramic cup is filled with dark coffee. A thick, cream-colored blanket with a subtle pattern is draped over the right side of the frame. A semi-transparent white rectangle is centered over the book and cup, containing a quote in bold black text.

**Caring for myself
is not an act of
selfishness, but an
act of kindness,
love and
self-respect.**

ENVISIONING A SOBER LIFE



DETERMINE YOUR CORE VALUES

We all have a core value system in life. We don't think about them daily, but they are the core framework and foundational principles we live by. They act like an internal compass that shapes how we feel, interpret experiences, and make decisions.

Think about your value system and what is important to you personally. Maybe it's health, stability, financial security, compassion, work ethic, honesty, etc. There is no wrong answer, these are different for everyone.

My values

1.

2.

3.

4.

5.

Actions vs Values?

Your values are personal to you and most people do not have any intention of changing their core foundational beliefs. But now, look again at the values you possess and write down your actions in conflict with your values.

Notes:

HARMFUL EFFECTS OF MY ACTIONS

In the section below, list the issues in your life that were caused by or worsened by your substance abuse.

Medical/physical/dental

Psychological or emotional

Work/school

Family

Interpersonal relationships

Recreational

Legal

Economic

You aren't alone, everyone has caused harmful effects to their life due to substance abuse. Don't beat yourself up. You made a list and you are choosing a different path.

RELEASING OLD THOUGHTS

Circle the words that you no longer accept about yourself. changing your internal dialogue is an act of recovery.

Broken	Shameful	ADD YOUR OWN
Hopeless	Unlovable	_____
Weak	Beyond help	_____
Failure	A problem	_____
Disappointment	Always relapsing	_____
Untrustworthy	Irresponsible	_____
Too much	Damaged	
Not enough		

You are so much more!



WHAT BRINGS ME JOY

Living sober, begin thinking about the things that bring you joy isn't frivolous or optional, it's essential to long-term recovery. Joy retrains the brain to find relief, comfort and pleasure in sustainable ways. Joy no matter how small supports healthy routines and is a reminder that you are healing and looking forward.

Question 1

Who do you love the most?

Question 2

What are favorite songs or music?

Question 3

Hobbies or activities you enjoy?

Question 4

List things that bring you joy?



T R I G G E R S

Getting sober often means learning to reframe triggers and the beliefs attached to them.

What once felt like an automatic gut reaction became a stress response leading to substance use.

Triggers don't disappear, but their meaning changes. Instead of seeing them as proof that something is "wrong" or unbearable, they can be recognized as signals pointing to unmet needs, old wounds, or moments that call for careful thought rather than avoidance.

As beliefs shift—from "I can't handle this without using" to "I can feel this and survive it"—a deeper sense of agency grows. Sobriety is not about eliminating discomfort, but about building trust in your ability to respond differently, with awareness, compassion, and choices that align with the life you're intentionally creating.

Use the following worksheets to think through what has triggered you in the past, what your belief was in that trigger, and what the consequences were in your beliefs.

Then reframe your thoughts with only facts of the trigger. Not feelings or adjectives, just facts. Reframing the trigger can provide a more objective though pattern.

The more you practice reframing triggers, your brain becomes retrained to see events differently. We started you off with a couple of examples.



Reframing a Triggering Event

The Trigger. Described what happened.

I am running late for work, traffic is terrible, some jerk just cut me off and now I am backed up even more because he is letting people go in front of him.

My belief of the triggering event

Everyone is a terrible driver. People have no idea what they are doing on the road. It makes me furious. I want to use to calm down.

Consequences of my belief

I am so angry, I can't calm down, I need to use before I get to work to get through the day and feel better so I'm not so edgy.

Reframe the triggering event using only facts. No feelings or adjectives.

I was running late for work. I didn't leave early enough. There was traffic. a guy pulled right in front of me and was just changing lanes.

Reframing a Triggering Event		
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The Trigger. Described what happened.

My belief of the triggering event

Reframe the triggering event using only facts. No feelings or adjectives.

Consequences of my belief

KEY COPING SKILLS



RIDE THE URGE WAVE

Practice Mindfulness - Acknowledge the urge without fighting it, observing it like a wave until it crests and passes, realizing it's temporary.



THE H.A.L.T. CHECK

Ask yourself if you're Hungry, Angry, Lonely, or Tired, as these can also be triggers and increase vulnerability.



DISTRACTION

Engage in short, mid, or long-term healthy activities like listening to music, exercising, or hobbies.



THOUGHT STOPPING

Challenge the craving thought ("Just one won't hurt") by replacing it with your reasons for sobriety.



SUPPORT NETWORK

Have trusted contacts (sponsor, friend, helpline) readily available for a call or text.

A man in a white t-shirt and blue jeans is sitting on a light-colored sofa, leaning back with his arms raised in a celebratory gesture, fists clenched. A silver laptop is open on his lap. He is smiling broadly. The background consists of large windows with vertical blinds, letting in bright, natural light. A semi-transparent white box is centered over the image, containing text.

CONGRATULATIONS ON 30 DAYS OF LIVING SOBER

You are worth it...every second,
every minute and every hour of
every day.

30 DAYS OF LIVING SOBER

Embrace your path to lifelong sobriety.

How would you describe yourself differently than on
your first few days.

Circle the words that best describe how you are feeling today.

Brave

Fragile

Open

Honest

Anxious

Reflective

Uncertain

Overwhelmed

Unlovable

Hopeful

Guarded

Motivated

Afraid

Lonely

Strong

Resilient

Determined

Capable

Courageous

Emotional

Tired

Curious

Self-aware

Willing

Learning

Grounded

ADD YOUR OWN

Healing

Proud

Weak

Committed

DID YOU KNOW?

The risk of relapse drops significantly the longer an individual stays sober. While maintaining early recovery can be challenging, only about 21% of people relapse in their second year. That rate falls to under 10% after three years, proving that each day builds a stronger foundation.

30 DAY MILESTONE 4 REFLECTIONS

30-Day Living Sober Milestone Reflection Date: _____

1

Celebrating the Foundation (Reflecting on the Past 30 Days)

What are three major accomplishments or positive changes I have experienced in the last 30 days?

Which new healthy habit or routine has been most beneficial to my sobriety?

2

Evaluating Triggers & Coping Skills (Internal & External Check)

What triggers (people, places, emotions) have I identified in the last month?

If any, are there lingering 'people, places, or things' I need to remove to protect my sobriety?

30 DAY MILESTONE

4 REFLECTIONS

3

Looking Forward (Planning for the Next Phase)

What is one short-term goal for the next 30 days?

How will I continue to strengthen my support system (sponsor, meetings, therapy)?

Which new healthy habit or routine am i going to implement?

What boundary do I need to set or strengthen to maintain my peace?

4

Affirmation & Commitment

"I am proud of myself for 30 days of sobriety because..."

"To continue my recovery, I commit to..."

A smiling woman with long brown hair is sitting cross-legged on a light brown couch. She is wearing a grey long-sleeved shirt, blue jeans, a watch on her left wrist, and a necklace with a large circular pendant. The background shows a living room with wooden shelves holding books and decorative items. A large, semi-transparent white circle is centered over the woman, containing the text.

YOU ACCOMPLISHED 60 DAYS

I believe that I am capable of
overcoming my challenges and
embrace making good choices with
new and positive habits.

60 DAYS OF LIVING SOBER

You are creating a path to lifelong sobriety.

How would you describe yourself differently after 60 days learning, working and visualizing a long term sober life.

Circle the words that best describe how you are feeling today.

Brave

Fragile

Open

Honest

Anxious

Reflective

Uncertain

Overwhelmed

Unlovable

Hopeful

Guarded

Motivated

Afraid

Lonely

Strong

Resilient

Determined

Capable

Courageous

Emotional

Tired

Curious

Self-aware

Willing

Learning

Grounded

ADD YOUR OWN

Healing

Proud

Weak

Committed

DID YOU KNOW?

At 60 days sober, you're no longer just breaking a habit - you are building a new life. Every clear choice you make is proof that you can make real change.

60 DAY MILESTONE 4 REFLECTIONS

60-Day Living Sober Milestone Reflection Date: _____

1

Choosing Change

What made me decide to stay on this journey now?

What feels different about my mind or emotions after 60 days in sober living?

What are healthy choices I made in the last 30 days?

2

Building Stability

What habits am I starting to replace old ones?

Who or what has supported me the most so far?

What challenge did I face in the past 30 days and how did I respond differently?

60 DAY MILESTONE 4 REFLECTIONS

3

Seeing Growth

What helps me when cravings show up?

A fellow resident made me feel hurt and angry. How did I handle the situation and react different than I would have in the past?

4

Becoming Someone I can be Proud of

In what ways do I feel stronger than before?

What does sobriety mean to me now?

A silhouette of a person standing with their back to the camera, flexing both biceps. They are standing on a paved path that leads towards a horizon under a sunset sky. The person is wearing dark shorts. A white rectangular box is centered over the lower half of the image, containing text.

WOW!! 90 DAYS

Every day I
choose sobriety,
I choose my future.

90 DAYS OF LIVING SOBER

You are no longer just surviving, but reclaiming your life!

How would you describe yourself differently after 90 days of rebuilding, commitment and better choices.

Circle the words that best describe how you are feeling today.

Brave

Fragile

Open

Honest

Anxious

Reflective

Uncertain

Overwhelmed

Unlovable

Hopeful

Guarded

Motivated

Afraid

Lonely

Strong

Resilient

Determined

Capable

Courageous

Emotional

Tired

Curious

Self-aware

Willing

Learning

Grounded

ADD YOUR OWN

Healing

Proud

Weak

Committed

DID YOU KNOW?

At 90 days sober, your brain is healing, and you are experiencing cognitive improvement. What once felt impossible is becoming a sustainable new normal.

90 DAY MILESTONE 4 REFLECTIONS

90-Day Living Sober Milestone Reflection Date: _____

1

From Surviving to Stabilizing

How has my emotional stability changed since my early days of living sober?

What routines help me stay consistent?

How has becoming more stable changed how I make decisions?

2

From Following Rules to Living Values

Which values guide my decisions today?

How has my sense of responsibility evolved living sober?

In what situations do I see myself acting with more honesty or integrity?

90 DAY MILESTONE 4 REFLECTIONS

3

From Isolation to Connection and Leadership

How do I contribute to the living sober community?

What kind of presence do I bring into shared spaces and activities?

4

From Recovery to Purposeful Living

What kind of life do I want to build long term?

What commitments will help me sustain growth long-term?

A person with short brown hair, wearing a white tank top with a neon green back, neon green shorts, and neon green socks with grey sneakers, stands on a rocky mountain peak. They are looking out over a vast, hazy mountain range under a blue sky with scattered white clouds. A large, semi-transparent white circle is centered over the person's back, containing text.

6 MONTHS LIVING SOBER!

A milestone that proves
your past does not
define you...
your choices do.

6 MONTHS OF LIVING SOBER

YOUR PATH LOOKS BRIGHT! At six months of living sober you experience deeper confidence in your ability to manage life, emotions, and responsibilities without substances.

Circle the words that best describe how you are feeling today.

Brave

Fragile

Open

Honest

Anxious

Reflective

Uncertain

Overwhelmed

Unlovable

Hopeful

Guarded

Motivated

Afraid

Lonely

Strong

Resilient

Determined

Capable

Courageous

Emotional

Tired

Curious

Self-aware

Willing

Learning

Grounded

ADD YOUR OWN

Healing

Proud

Weak

Committed

DID YOU KNOW?

6 Months living sober significantly improves recovery outcomes, making it one of the most important milestones for long term recovery. Keep building a stable life.

6 MONTH MILESTONE 4 REFLECTIONS

6 Month Living Sober Milestone Reflection

Date: _____

1

Stability to Confidence

What healthy habits or routines feel natural to me now?

When I face stress or temptation, what tools do I use in my "toolbox"?

2

Dependence to Independence

What life skills have I developed that I didn't have before living sober?

How has my attitude toward rules and structure changed?

6 MONTH MILESTONE 4 REFLECTIONS

3

Isolation to Connection and Leadership

How do I contribute to others in my living sober community?

What kind of presence do I bring into shared spaces and activities?

4

Isolation to Meaningful Connection

How have my relationships with loved ones changed?

How do I show up differently in than before?

SELF ASSESSMENT

		YES	NO
1	I can manage stress, frustration, or sadness without feeling overwhelmed or wanting to escape.	☐	☐
2	I consistently follow routines like meetings, work/school responsibilities, self-care, and obligations without external pressure.	☐	☐
3	When cravings, triggers, or difficult emotions arise, I immediately know what to do and have reliable tools that I actually use.	☐	☐
4	I take responsibility for my actions instead of blaming circumstances and my bad choices on other people.	☐	☐
5	I have a strong, sober support network that I regularly connect with and have their contact information.	☐	☐
6	While living sober today, my home environment supports my recovery rather than challenge it.	☐	☐
7	I can control my emotions and make thoughtful decisions rather than impulsive ones when faced with stress, temptation, or conflict.	☐	☐
8	My desire to lead a sober life is based on genuine readiness, not just discomfort, impatience, or outside pressure.	☐	☐

A low-angle, upward-looking shot of several hands of different skin tones and ages reaching up and interlocking in a circle. The hands are positioned around a central circular area where text is overlaid. The background is a bright, slightly hazy sky. One person's wrist has a thin gold bracelet, and another has a watch with a blue strap and a white face. The overall mood is one of hope, unity, and collective strength.

9 MONTHS LIVING SOBER!

Recovery is not about becoming someone new—it's about becoming who you were meant to be.

9 MONTHS OF LIVING SOBER

At nine months sober, the body is no longer just surviving it is actively rebuilding, stabilizing, and strengthening. Many of the hidden physical effects of addiction are finally beginning to heal at a deeper level.

Circle the words that best describe how you are feeling today.

Engaged

Fragile

Open

Honest

Anxious

Reflective

Uncertain

Overwhelmed

Purposeful

Hopeful

Evolving

Motivated

Supported

Lonely

Strong

Resilient

Determined

Capable

Courageous

Emotional

Tired

Curious

Self-aware

Willing

Learning

Grounded

ADD YOUR OWN

Healing

Proud

Mindful

Committed

DID YOU KNOW?

By 9 months sober, many people begin to feel genuine joy again—not from substances, but from real connections, purpose, and progress. This is a sign that healing is happening from the inside out.

9 MONTH MILESTONE 4 REFLECTIONS

6 Month Sober Living Milestone Reflection

Date: _____

1

Recovery Changes

How have you changed as a person since you began your recovery journey?

List habits or routines have helped you stay sober the most over the past nine months?

2

You...Even Better

Who were you when you were using, and who are you becoming now?

What pain have you finally allowed yourself to feel instead of numb?

9 MONTH MILESTONE 4 REFLECTIONS

3

Emotions in Recovery

When do you feel most proud of yourself in recovery—and when do you still feel afraid?

What have you learned about your worth that you didn't believe before getting sober?

4

Me, Myself and I

What would your sober self, tell your past self?

This image shows a blank sheet of white paper with ten horizontal blue ruling lines. The lines are evenly spaced and extend across the width of the page, providing a template for handwriting practice or general writing. There is no text or other markings on the paper.

A close-up photograph of a hand moving a light-colored chess piece on a checkered board. The background is softly blurred, showing other chess pieces. A semi-transparent circular overlay is centered on the image, containing text.

1 YEAR LIVING SOBER!

A strategic balance of real
life, along with support,
community and
long-term stability

1 YEAR MILESTONE THOUGHTFUL QUESTIONS

1

What am I most proud of accomplishing during my first year of sobriety, and what strengths did I discover within myself?

What coping skills, routines, or spiritual practices have helped me stay sober, and how can I strengthen them moving forward?

2

What coping skills, routines, or spiritual practices have helped me stay sober, and how can I strengthen them moving forward?

When I experience stress, loneliness, or temptation today, how do I respond differently than I did one year ago?

1 YEAR MILESTONE THOUGHTFUL QUESTIONS

3

How have my relationships with family, friends, coworkers, and myself changed over the past year?

Which relationships have become healthier, and which still need attention?

4

What beliefs about myself have changed the most since I chose recovery, and which limiting beliefs am I still working to overcome?

What moments of gratitude stand out from this past year, and how have they helped shape my recovery journey?

1 YEAR MILESTONE THOUGHTFUL QUESTIONS

5

What boundaries have I established that protect my sobriety, and where do I need to become stronger in saying "no"?

In what ways have I begun to rebuild trust, purpose, and self-respect, and what areas of my life still need healing?

6

Can I comfortably afford rent, utilities, food, and unexpected expenses?

When I imagine myself one year from now, what kind of person do I hope to be and what daily choices will help me become that person?

One year sober is something to be incredibly proud of. It isn't just a date on a calendar—it's a year of choosing yourself over addiction, of getting back up after hard days, and of discovering that you are stronger than you ever believed. Along the way, you've likely learned that recovery isn't about being perfect; it's about showing up, asking for help, and taking life one day at a time. Take a moment to celebrate every small victory, every honest conversation, every meeting you attended, and every decision that brought you to this point. Those moments have added up to a brand-new chapter of your life.

As you begin your second year, permit yourself to dream. Set goals for yourself to include things that bring you joy. Stay connected to the people who support your recovery, because healing happens in community, not in isolation. Keep going to meetings, reaching out when life feels heavy, and making time for the things that keep your mind, body, and spirit healthy. Look for ways to help someone who is just starting their journey—a kind word, a shared story, or simply listening can make all the difference. Recovery is a gift that grows when it is shared. One year proves that change is possible, and every day moving forward is another opportunity to build a life filled with purpose, gratitude, and hope.



Willo Recovery Network community is dedicated to supporting individuals rebuild their lives through recovery, stability, and connection.

Our mission is simple yet powerful: to support spaces where people in recovery can heal, grow, and rediscover their purpose.

At Willo Recovery Network, we believe recovery it is about restoring hope, rebuilding confidence, and developing the skills needed to thrive in everyday life.



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