

Sometimes We Struggle

There are days when I feel so bad that I become unable to see things for how they really are. Often my thoughts are twisting and turning throughout a maze of total and brutal negativity. I find myself gasping for air and grasping for a hand to hold onto, yet sometimes it seems that I am very alone.

I ask myself— is this struggle for wellness and recovery worthy of all my efforts? Why am I dedicating all my hard work and time and effort toward my recovery? What is this recovery that I am fighting so hard for?

It is important for us to think of the big picture. When we work hard to improve our quality of life and strengthen our coping skills, we **will** experience beneficial results. When we struggle, experience difficulties and question our recovery, we **can** and **will** take back our lives and celebrate our progress and accept that sometimes, we will struggle.

Our struggle has meaning and our recovery is here to stay.

Notes:

Accountability

I have made countless mistakes over the course of my life. I have damaged others and I have damaged myself.

It is said that time heals all wounds. What does this mean? Is this true?

I think that taking responsibility for our actions can be an empowering process. Each of us possesses the ability to liberate ourselves from the chains of our past. The decisions that we make today and tomorrow are our gateway toward a Better Day and a better life.

Notes:

Accountability Worksheet

1. List three ways that your life has been affected by decisions that you have made.
2. Name one mistake that you have made in your life and what you learned because of it.
3. List three things that you want to improve in your life and what you can do to make them happen.

Biting Your Tongue

Today I experienced the emotions of anger and hurt. My hurt feelings have been building up even while I have tried my best to process them. I could feel myself about to boil over like a pot on the stove.

I knew that I had to control myself. I knew that, as bad as I felt at that moment, that in time I would feel relief. I needed to protect myself and manage the intensity of what I was feeling and thinking. I had to do this to protect myself so that I could deal with the issues responsibly once I felt more settled and calm. I had to bite my tongue in order to take care of myself and to protect my life. Only I can do this for me, and only you can do it for you.

Notes:

