

Spirituality and Recovery: Journal Prompts

Journal Prompts

1. Reflect on a time when you felt a deep sense of inner peace and connection. What contributed to that experience, and how can you recreate it in your daily life?
2. How has your understanding of spirituality evolved throughout your recovery journey? What role does it play in your life now compared to before?
3. Write about a spiritual practice or activity that has been particularly meaningful to you. How does it support your mental and physical well-being?
4. Think about the people in your life who inspire you spiritually. What qualities do they possess, and how can you incorporate similar qualities into your own spiritual practice?
5. Describe a challenge you are currently facing in your recovery. How can your spiritual beliefs and practices help you navigate this challenge?