

MY BOOK  
ABOUT  
RECOVERY!

THIS IS THE BOOK ABOUT  
TRAVELING THE LONG ROAD  
TO RECOVERY  
BY

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I HAVE BEEN THROUGH SO  
MUCH IN MY LIFE!

HERE ARE SOME OF THE THINGS  
THAT I HAVE GONE THROUGH:

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  10. \_\_\_\_\_
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IT IS INCREDIBLE TO THINK ABOUT  
ALL THAT I HAVE BEEN THROUGH!

I AM A SURVIVOR!

THESE ARE MY GOOD  
QUALITIES THAT HAVE  
ENABLED ME TO SURVIVE:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

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SONGS THAT INSPIRE ME TO  
KEEP GOING ARE:

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WORDS FROM THE SONGS  
THAT MAKE ME FEEL  
STRONGER ARE:

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THERE IS ANOTHER PERSON  
THAT I ALSO WOULD LIKE TO  
SAY SOMETHING TO. THIS  
PERSON IS: \_\_\_\_\_

WHAT I WOULD LIKE TO SAY  
IS:

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WHAT I AM MOST PROUD  
OF ABOUT MYSELF AND HOW  
FAR I HAVE COME IS:

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WHAT MAKES ME HAPPIEST  
RIGHT NOW IS:

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WHAT I AM MOST GLAD IS  
OVER IS:

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WHAT I APPRECIATE THE MOST ABOUT MY LIFE NOW IS:

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THESE ARE MY GOALS FOR THE FUTURE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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THIS IS HOW I FEEL ABOUT MY  
FUTURE:

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THIS IS WHAT I WANT I TO SAY  
ABOUT MYSELF:

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SIGNED BY THE AUTHOR

