

Gratitude in Recovery Worksheet

Instructions: Below are gratitude-related questions covering some aspects of your life. The goal of this worksheet is to help you discover or rediscover the things that you hold dear, especially before you became addicted, dependent, or started abusing alcohol and/or substances. Take your time to think about all the things and people important to you and discuss them in as much detail as possible.

1. Write the names of the people you are grateful for having in your life. Why are you grateful for their presence in your life?

2. What are the activities that bring you joy the most, and how does each one contribute to your overall happiness?

3. Before taking alcohol/substances, what did you love about your health and body?

4. What are the things that you have done that you are proud of?

5. What do you love about yourself?

6. Think about things that you are grateful for having, even if you often forget that you have them. List them down, and describe them if you want.

7. Write a letter to yourself about how grateful you are for everything you discussed earlier. Then, write about something you're looking forward to and how you plan on reaching it.