

MARK THE DIARY



ONE DAY AT A TIME.

A seven-day introduction
to the recovery journal.

No perfect comeback.

Space for honest days, small steps
and the life you are rebuilding.

Free sampler · personal use
For adults aged 18 and over

Start where you are.

No perfect comeback — one day at a time.

This journal is a place to notice what is happening, make a small plan, and recognise the effort that does not always show on the outside.

You do not need a dramatic story or a good mood to use it. A few words count. A missed day does not cancel the next one.

A simple way to use it

At the start of a month: choose one focus and fill in the support tracker.

At the start of a day: use honesty to name one intention and one realistic next step.

At the end of a day: notice what helped, stay open-minded about what you learn, and name what support you need.

Every seven days: pause for a weekly review. At month-end, use the monthly reflection for the remaining days.

You set the pace.

This sampler includes seven daily pages, a weekly review and sample monthly planning pages. Try only what feels useful. The full edition contains six undated months. Start on any date.

The HOW of this journal.

Honesty. Open-mindedness. Willingness.

Honesty means noticing what is true today without making it a verdict. Write one plain sentence. If a detail is private or unsafe to record, leave it out.

Open-mindedness means making room for more than one possibility: a different next step, a new source of support, or the idea that a small change can matter. You do not have to agree with every prompt.

Willingness means trying one safe, realistic action — or being willing to ask for help. It can be tiny: send a message, attend an appointment, drink water, rest, or return to the next page.

Try the three questions.

What is true? What else could help? What am I willing to try or ask for next?

These are invitations, not tests. Skip, adapt or stop whenever you need to. Recovery is personal; support can include trusted people, mutual-aid communities, counselling, healthcare and practical services. This journal does not require fellowship membership, public disclosure or a perfect routine.

Before writing

Check privacy. Use initials. Keep details general. Choose a place that feels safe.

When stuck

Write "I don't know yet," name one need, or ask someone safe for support.

Support comes first.

This is a reflection tool, not treatment or clinical care. It does not diagnose, treat, prevent relapse or replace a GP, addiction service, therapist or an agreed care plan. It has not been clinically validated.

Do not use these pages as a detox plan. If you may be physically dependent on alcohol, stopping suddenly can be harmful. Get advice from a GP or alcohol service before stopping. Do not change prescribed medicines on the basis of this journal.

Emergency: call **999** in the UK if someone is in immediate danger or has severe alcohol withdrawal symptoms such as hallucinations, severe tremors or seizures.

Someone to listen: Samaritans **116 123**, free, day or night. This is emotional support, not emergency medical care.

Ongoing help: a GP or local drug and alcohol service can help you find appropriate support. Outside the UK, use your local emergency and support services.

Pause if a prompt is too much. You can close the book, leave details out and reach out to someone you trust. No prompt requires you to revisit trauma.

Sources for the safety information

[NHS: Alcohol support](https://nhs.uk/live-well/alcohol-advice/alcohol-support/)

nhs.uk/live-well/alcohol-advice/alcohol-support/

[Samaritans: Contact a Samaritan](https://samaritans.org/how-we-can-help/contact-samaritan/)

samaritans.org/how-we-can-help/contact-samaritan/

People in my corner.

Choose people and services that are safe for you. Agree how and when to contact them; do not assume someone is available at all times.

Person or service / contact / best time

Another option if they cannot answer

Professional support or care-plan details

Only include information you are comfortable keeping here.

When it is urgent:

UK emergency: 999 · Samaritans listening support: 116 123. Do not wait for a reply on social media in a crisis.

When things get loud.

Plan while things feel steadier. Use your existing professional support plan if you have one.

I notice things are getting harder when...

Feelings, situations, routines or places — no detailed story needed.

A safer place or situation I can move towards

A small action that has helped me before

The person or service I will contact

What I can say

For example: "I am having a hard time and need some support."

If you feel unwell, unsafe or at risk of acting on harmful thoughts, seek appropriate help rather than relying on this page.

Month 1 / make some room.

Month / year: _____

My focus this month

One area of life, not a complete reinvention.

One realistic goal and its smallest first step

Dates, appointments and commitments

Include any support appointments or groups you choose.

What might be difficult — and support I can plan

My recovery, in small marks.

Write the month: _____

Use this as an optional sobriety or support calendar. Choose a mark that means something to you. A blank box is not a judgement.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

My key / what I am choosing to track

For example: a day aligned with my goal, a support call, or simply checking in.

A milestone I want to acknowledge

It can be a date, an action or an ordinary moment.

A kind, realistic way to recognise my effort

Cross out dates that do not exist in this month. You never have to publish this tracker or explain it to anyone.

Just this day.

Date: _____ Day of week: _____

Mood (my words): _____ Energy 0–10: _____

Start here / what matters today?

One honest intention. One willing, realistic step.

My plan / what needs a place in today?

Appointments, rest, ordinary jobs or support. Add times if useful.

If today gets difficult...

What might show up? Who or what can help?

Before I close / what happened, honestly?

What helped? What was hard? A small win or something I appreciated?

What I need next

A practical next step, or a person/service I am willing to contact.

One honest line is enough. You can leave the rest.

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Pause. Notice. Adjust.

Dates covered: _____

What helped me get through this week?

What felt harder — and what did I notice?

A small win I might otherwise overlook

What support do I need more of?

One adjustment for the next seven days

Make it smaller if it needs to be.

There is no score for being “good” at recovery. Notice what is useful and leave what is not.