# MY BOOK ABOUT RECOVERY!

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

### I HAVE BEEN THROUGH SO MUCH IN MY LIFE!

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

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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:

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SONGS THAT INSPIRE ME T	7(
KEEP GOING ARE:	
WORDS FROM THE SONGS	
THAT MAKE ME FEEL	
STRONGER ARE:	

# SOMETIMES GOOD THINGS COME OUT OF BAD TIMES HERE ARE SOME OF THE GOOD THINGS THAT HAVE COME OUT OF MY BAD TIMES:

BAD TIME	GOOD RESULT

## GOOD THINGS HAVE HAPPENED ALSO! HERE ARE SOME OF THE GOOD THINGS THAT HAVE HAPPENED TO ME:

IF I COULD I WOULD TELL
SOMEONE IN MY LIFE
SOMETHING IMPORTANT.
THIS PERSON IS:
WHAT I WOULD SAY IS:

THERE IS ANOTHER PERSON
THAT I ALSO WOULD LIKE TO
SAY SOMETHING TO. THIS
PERSON IS:
WHAT I WOULD LIKE TO SAY
IS:
WHAT I AM MOST PROUD
OF ABOUT MYSELF AND HOW
FAR I HAVE COME IS:

WHAT MAKES ME HAPPIEST RIGHT NOW IS:
WHAT I AM MOST GLAD IS OVER IS:

# WHAT I APPRECIATE THE MOST ABOUT MY LIFE NOW IS: THESE ARE MY GOALS FOR THE FUTURE:

THIS IS HOW I FEEL ABOUT MY
FUTURE:
THIS IS WHAT I WANT I TO SAY
ABOUT MYSELF:
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SIGNED BY THE AUTHOR