

~ Remember Why ~

It can feel like a long, arduous journey at times so it's important to remember your "why." Please answer the two questions that follow in detail. You will find this to be an invaluable reminder when you are struggling with your sobriety journey and need to remember why to continue. We forget how bad our addiction had gotten so write as much as you can now so you have it all written down when you need it most.

Reasons I want to remain sober:

Reasons I use to justify relapsing: