

Name: _____

Date: _____

My Commitment to Recovery

Today, I commit myself to me, to my recovery, to my values, and to sharing my journey with others. Recovery is perhaps the most difficult thing a person can do. It has not been easy. There have been struggles, and sometimes, it feels like I am hacking a path through a jungle and having to trust that I'll find my way.

My journey is my own to travel. I am also grateful for those who have walked with me along the way, picked me up when I needed it, and sat with me and provided comfort when I felt like I didn't have the strength to keep going.

I am learning that I don't need to be perfect, that I can practice acceptance and compassion for myself and others, that the most important thing I can do when I stumble is to get up and try again, committing myself to who and what is important to me.

I recognize that there will be times when the old stories that I tell myself will get in the way. I may *react to* rather than *respond to* how I'm feeling. Still, I can practice giving myself space in between difficult feelings, thoughts, and memories and choose how I want to direct my actions.

I also commit myself to allowing joy, love, and celebration. I will let my heart—even though it is repairing—be open to all the experiences I cultivate and witness, knowing that, in doing so, I will continue to gain strength and let go of suffering.

In honor of those who came before me, those who are with me now, and those who will come after me, I commit to continue my journey of recovery.