



Writing for Recovery: Daily Exercises for Reflection

Sam Louie

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As a psychotherapist in private practice specializing in addiction work, my clients have no problem talking about their issues because they believe in the power of verbally expressing their thoughts and feelings. Yet what is less appreciated is the notion that writing is also therapeutic. Writing in recovery is not simply a recording of the day's events. It is an active process between the cognitive and subconscious, thereby allowing people to have more contact with parts of themselves that are still below the surface of awareness. Even if they never show their writing to another person, it can still have a powerful impact on their lives. In this journaling workbook, you will have a greater chance to access the part of you that remains hidden as many of the questions and prompts are derived specifically to address issues related to the origin of one's addiction.

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