

How a Gratitude Journal Can Help You Stay Sober

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Having some grateful thoughts focuses your mind on positive things, at least for a few minutes each time. That can give you a positive feeling, help you feel more grounded, and cultivate a sense of inner peace. Those feelings can encourage you to be happier, which makes it easier to stay sober. But, it's easy to slip back into negativity when problems arise, and beginning addiction recovery is a time filled with difficulties. Starting a daily gratitude journal helps nurture a positive attitude, which makes it a helpful tool for staying sober.

What is a Gratitude Journal?

A gratitude journal is similar to a more general personal journal, but it is used to reflect on the things that make you feel grateful. Taking a few minutes daily or weekly to jot down things that have been giving you a positive *feeling* in a gratitude journal can be very helpful in developing a more positive *attitude*. The practice can help you keep your focus on the good things in your life vs. on the negatives. That's a key personal skill to build for success in drug rehab.

Why Keep a Gratitude Journal?

Developing a habit of jotting down things that cause you to feel grateful reminds you of what there is in your daily life to feel happy about. It can also inspire you to consciously notice such things more and more frequently. Research indicates that our thoughts powerfully impact our moods. So, positive thinking can cultivate happier feelings, and that can make alcohol and drug addiction treatment smoother.

Benefits of Writing Down Things You're Grateful For

Practicing expressing gratitude routinely in writing can help people in recovery with some important [gratitude journal benefits](#), such as:

- **Better Stress Management:** Just taking a little time to sit and reflect on recent positive events or moments and parts of your life that are going well can give you greater balance and help you take a happier view of your life.
- **Better Mental Health:** Developing a greater sense of optimism by writing down what makes you feel grateful can help you feel more positive and hopeful about the future. That can lead to a general improvement in your mental state.
- **Better Physical Health:** Expressing gratitude can have an actual effect on your physical health. Just some of the health effects can include lower blood pressure, better blood sugar levels, and improved heart health.
- **Better Care of Relationships:** Some of the things you feel grateful for probably involve loved ones or friends. Writing a comment about how someone made you feel better can reinforce your sense of appreciation for that person.

How to Get Started Keeping a Gratitude Journal

Practicing gratitude has become increasingly featured in some [Arizona rehabs](#) such as Renaissance Recovery. A few examples of things to enter in your gratitude journal can include these:

November 12

It was a beautiful day today with all the fall colors.

My classes are going well.

My relatives are coming for the holiday, which will be so much fun.

I've been sober for 2 months!

I'm up to walking over a mile now.

Every time you note things in your journal that makes you feel positive or happy, you're fostering a greater sense of gratitude, positivity, and happiness in yourself. That's a key mindset for a successful long-term recovery.

Build Your Gratitude Habit at Renaissance Recovery Center

Renaissance Recovery Center in Gilbert, Arizona provides evidence-based drug and [alcohol rehab](#). We offer customized comprehensive recovery programs that focus on care for the mind, body, and spirit.

Our highly effective outpatient rehab and relapse prevention systems, family therapy, and a wide variety of other client services have made Renaissance Recovery one of our region's best Substance Use Disorder (SUD) treatment options.

For information about SUD treatment, call Renaissance Recovery Center at (480) 526-7738, or contact us right here on our website to schedule a free assessment today!
