

RECOVERY ACROSTICS

One word • One letter • One recovery truth.

Recovery Acrostics turns familiar words into memorable tools for recovery and everyday life. Each letter becomes a reminder that helps us understand, practice, and share a healthy principle.

Just as SMS or TEXT delivers a short message from one person to another, Recovery Acrostics delivers recovery principles in a Simple, Memorable, and Shareable way.

Recovery Acrostics provides practical tools and meaningful takeaways:

- **Tools are actions you can use today to protect recovery and make a healthier choice.**
- **Takeaways are recovery truths you can remember and carry into the next situation.**

Share a Recovery Acrostic SMS or TEXT today and pass along a practical message of hope.

An acronym creates a word from initials; an acrostic uses the letters of an existing word to help remember important ideas.

Each lesson connects one word with recovery principles, AA or NA literature, reflection, tools, and a next right action.

Simple • Memorable • Shareable

Send a Recovery Acrostic SMS/TEXT Today

- **Simple — One word, one letter, and one recovery truth at a time.**
- **Memorable — Each letter helps a recovery principle stay available when it is needed.**
- **Shareable — The message is easy to pass along to someone who needs hope.**

Just as a text message delivers a brief message to your phone, Recovery Acrostics delivers a brief recovery message you can put into action.

One word. One letter. One recovery truth. Simple, Memorable, and Shareable.

RECOVERY LITERATURE

AA Big Book: “We are not saints.” (p. 60) • NA Basic Text: “We do recover.” (Chapter Eight, p. 87)

ABOUT THE READINGS

Each lesson uses brief paraphrased principles from Alcoholics Anonymous, Fourth Edition, or Narcotics Anonymous, Sixth Edition. Chapter and page references are included for further reading.

This independent educational workbook is not affiliated with or endorsed by Alcoholics Anonymous World Services, Inc., or Narcotics Anonymous World Services, Inc.

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◆ ACCEPT ◆

Accept reality, change what you can, and release what you cannot control.

ACCEPT focuses on this message: Accept reality, change what you can, and release what you cannot control. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach ACCEPT with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

A — Acknowledge Reality

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

C — Change What You Can

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: Consistent direction matters more than perfect speed.

C — Choose Peace

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Truth: Caring for basic needs protects recovery.

E — Entrust What You Cannot Change

Releasing control does not mean giving up responsibility. It means doing what is ours to do and refusing to force people, timing, or outcomes.

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Truth: I can release control without abandoning responsibility.

P — Practice Gratitude

Appreciation shifts attention from what is missing to what recovery is making possible. It becomes most powerful when expressed through action.

NA Basic Text principle (paraphrased): Remembering the effort behind our freedom helps protect us from complacency and relapse. — 'Recovery and Relapse,' pp. 77-86.

Truth: What I appreciate, I am more likely to protect.

T — Trust the Process

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Slow progress is still progress.

ACCEPT calls us to remember: Acknowledge Reality; Change What You Can; Choose Peace; Entrust What You Cannot Change; Practice Gratitude; Trust the Process. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What reality am I fighting, and what becomes possible when I accept it?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Acknowledge Reality: write one fact you have been minimizing, then discuss it with a safe support person.
- Change What You Can: identify one old response and write the healthier response you will practice instead.
- Choose Peace: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Entrust What You Cannot Change: divide the situation into what you can change, what you can influence, and what you must release.
- Practice Gratitude: write three specific things recovery has made possible and thank one person who helped.

Takeaways — Something to Remember

- Honesty breaks denial.
- Consistent direction matters more than perfect speed.
- Caring for basic needs protects recovery.
- I can release control without abandoning responsibility.
- What I appreciate, I am more likely to protect.

Takeaway Truth: Accept reality, change what you can, and release what you cannot control.

Closing Truth: Slow progress is still progress.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Accept reality, change what you can, and release what you cannot control. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice ACCEPT through one honest, healthy action and ask for help when I need it.

◆ ACTION ◆

Willingness becomes change when we take the next right action.

ACTION focuses on this message: Willingness becomes change when we take the next right action. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach ACTION with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

A — Ask for Help

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — ‘What Can I Do?’ pp. 54-59.

Truth: We recover through shared experience and support.

C — Choose the Truth

Rigorous honesty separates facts from excuses. When we name reality clearly, we can choose a useful response.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: Facts give recovery a firm starting point.

T — Take the Next Right Step

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

I — Invite Accountability

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: The next right action turns willingness into change.

O — Own Your Actions

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: Honesty breaks denial.

N — Never Give Up

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: Recovery grows one day and one practice at a time.

ACTION calls us to remember: Ask for Help; Choose the Truth; Take the Next Right Step; Invite Accountability; Own Your Actions; Never Give Up. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What good intention needs to become a specific action today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Ask for Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Choose the Truth: write one fact you have been minimizing, then discuss it with a safe support person.
- Take the Next Right Step: name one next right action, choose a time, and complete it today.
- Invite Accountability: name one next right action, choose a time, and complete it today.
- Own Your Actions: write one fact you have been minimizing, then discuss it with a safe support person.

Takeaways — Something to Remember

- We recover through shared experience and support.
- Facts give recovery a firm starting point.
- A small action today is stronger than a promise about tomorrow.
- The next right action turns willingness into change.
- Honesty breaks denial.

Takeaway Truth: Willingness becomes change when we take the next right action.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Closing Thought: Come as you are and take the next right step. Willingness becomes change when we take the next right action. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice ACTION through one honest, healthy action and ask for help when I need it.

◆ ALIVE ◆

Recovery gives us the opportunity to leave survival mode and live fully.

ALIVE focuses on this message: Recovery gives us the opportunity to leave survival mode and live fully. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach ALIVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

A — Accept New Life

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — ‘A Vision for You,’ pp. 151-164.

Truth: New outcomes require new choices.

L — Leave the Old Behind

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: My past can guide me without controlling me.

I — Invest in Recovery

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: Progress is built through practice.

V — Value Today

A regulated body supports a clearer mind. Rest, food, movement, quiet, and connection are practical relapse-prevention tools.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — ‘Into Action,’ pp. 86-88.

Truth: A pause can prevent an impulsive decision.

E — Encourage Others

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — ‘What Can I Do?’ pp. 54-59.

Truth: Asking for help is a recovery strength.

ALIVE calls us to remember: Accept New Life; Leave the Old Behind; Invest in Recovery; Value Today; Encourage Others. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What would living fully, honestly, and gratefully look like for me today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Accept New Life: identify one old response and write the healthier response you will practice instead.
- Leave the Old Behind: identify one old response and write the healthier response you will practice instead.
- Invest in Recovery: name one next right action, choose a time, and complete it today.
- Value Today: use a HALT check, meet the most urgent basic need, and reassess before acting.

Takeaways — Something to Remember

- New outcomes require new choices.
- My past can guide me without controlling me.
- Progress is built through practice.
- A pause can prevent an impulsive decision.

Takeaway Truth: Recovery gives us the opportunity to leave survival mode and live fully.

Closing Truth: Asking for help is a recovery strength.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Closing Thought: Come as you are and take the next right step. Recovery gives us the opportunity to leave survival mode and live fully. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice ALIVE through one honest, healthy action and ask for help when I need it.

◆ BEGIN ◆

Begin again with willingness, support, and a different plan.

BEGIN focuses on this message: Begin again with willingness, support, and a different plan. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach BEGIN with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

B — Believe Change Is Possible

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: Consistent direction matters more than perfect speed.

E — Embrace Change

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: New outcomes require new choices.

G — Give the Past a Purpose

Compassion and responsibility belong together. We can reject shame while still learning from behavior and correcting what we can.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — ‘How It Works,’ pp. 17-53.

Truth: Healthy boundaries protect respect.

I — Invite Direction

Direction improves when we pause, gather facts, read recovery literature, and consult experienced support before acting.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — ‘Into Action,’ pp. 86-88.

Truth: Good Orderly Direction is stronger than impulse.

N — New Choices

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — ‘A Vision for You,’ pp. 151-164.

Truth: My past can guide me without controlling me.

BEGIN calls us to remember: Believe Change Is Possible; Embrace Change; Give the Past a Purpose; Invite Direction; New Choices. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What old pattern must I release to make room for a healthier beginning?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Believe Change Is Possible: identify one old response and write the healthier response you will practice instead.
- Embrace Change: identify one old response and write the healthier response you will practice instead.
- Give the Past a Purpose: choose one value and one behavior that will demonstrate it today.
- Invite Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- New Choices: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Consistent direction matters more than perfect speed.
- New outcomes require new choices.
- Healthy boundaries protect respect.
- Good Orderly Direction is stronger than impulse.
- My past can guide me without controlling me.

Takeaway Truth: Begin again with willingness, support, and a different plan.

Closing Truth: My past can guide me without controlling me.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Closing Thought: Come as you are and take the next right step. Begin again with willingness, support, and a different plan. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice BEGIN through one honest, healthy action and ask for help when I need it.

◆ CHOSEN ◆

Choose recovery through honesty, openness, support, and the next right step.

CHOSEN focuses on this message: Choose recovery through honesty, openness, support, and the next right step. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach CHOSEN with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

C — Choose Recovery

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: My past can guide me without controlling me.

H — Honesty Builds Trust

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: I cannot change what I refuse to face.

O — Open Your Mind

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today —Living the Program,’ pp. 93-100.

Truth: The next right action turns willingness into change.

S — Seek Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — ‘What Can I Do?’ pp. 54-59.

Truth: We recover through shared experience and support.

E — Encourage Growth

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Connection is protection.

N — Next Right Step

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today —Living the Program,’ pp. 93-100.

Truth: Progress is built through practice.

CHOSEN calls us to remember: Choose Recovery; Honesty Builds Trust; Open Your Mind; Seek Support; Encourage Growth; Next Right Step. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

How would I live differently today if I truly believed I am worthy of recovery and support?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Choose Recovery: identify one old response and write the healthier response you will practice instead.
- Honesty Builds Trust: write one fact you have been minimizing, then discuss it with a safe support person.
- Open Your Mind: name one next right action, choose a time, and complete it today.
- Seek Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Encourage Growth: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- My past can guide me without controlling me.
- I cannot change what I refuse to face.
- The next right action turns willingness into change.
- We recover through shared experience and support.
- Connection is protection.

Takeaway Truth: Choose recovery through honesty, openness, support, and the next right step.

Closing Truth: Progress is built through practice.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Closing Thought: Come as you are and take the next right step. Choose recovery through honesty, openness, support, and the next right step. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice CHOSEN through one honest, healthy action and ask for help when I need it.



Keep moving toward health; steady recovery prevents life from becoming stagnant.

CREEK focuses on this message: Keep moving toward health; steady recovery prevents life from becoming stagnant. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach CREEK with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

C — Connect with Support

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

R — Receive Help

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

E — Examine the Current

Rigorous honesty separates facts from excuses. When we name reality clearly, we can choose a useful response.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Facts give recovery a firm starting point.

E — Encourage Others

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

K — Keep Moving Forward

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Slow progress is still progress.

CREEK calls us to remember: Connect with Support; Receive Help; Examine the Current; Encourage Others; Keep Moving Forward. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where has my life become stagnant, and what would one healthy forward step be?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Connect with Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Receive Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Examine the Current: write one fact you have been minimizing, then discuss it with a safe support person.
- Encourage Others: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Keep Moving Forward: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- Connection is protection.
- Asking for help is a recovery strength.
- Facts give recovery a firm starting point.
- We recover through shared experience and support.
- Slow progress is still progress.

Takeaway Truth: Keep moving toward health; steady recovery prevents life from becoming stagnant.

Closing Truth: Slow progress is still progress.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Closing Thought: Come as you are and take the next right step. Keep moving toward health; steady recovery prevents life from becoming stagnant. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice CREEK through one honest, healthy action and ask for help when I need it.



Cross from old patterns into a new way of life, one decision at a time.

CROSS focuses on this message: Cross from old patterns into a new way of life, one decision at a time. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach CROSS with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

C — Choose Recovery

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: My past can guide me without controlling me.

R — Release Old Patterns

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Truth: Acceptance frees energy for useful action.

O — Own Your Choices

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

S — Seek Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

S — Stay the Course

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Recovery grows one day and one practice at a time.

CROSS calls us to remember: Choose Recovery; Release Old Patterns; Own Your Choices; Seek Support; Stay the Course. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What old behavior am I ready to cross away from, and what new behavior will replace it?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Choose Recovery: identify one old response and write the healthier response you will practice instead.
- Release Old Patterns: divide the situation into what you can change, what you can influence, and what you must release.
- Own Your Choices: write one fact you have been minimizing, then discuss it with a safe support person.
- Seek Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Stay the Course: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- My past can guide me without controlling me.
- Acceptance frees energy for useful action.
- I cannot change what I refuse to face.
- We recover through shared experience and support.
- Recovery grows one day and one practice at a time.

Takeaway Truth: Cross from old patterns into a new way of life, one decision at a time.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Closing Thought: Come as you are and take the next right step. Cross from old patterns into a new way of life, one decision at a time. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice CROSS through one honest, healthy action and ask for help when I need it.

◆ DENIAL ◆

Face reality with rigorous honesty, responsibility, and support.

DENIAL focuses on this message: Face reality with rigorous honesty, responsibility, and support. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach DENIAL with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

D — Distorts Reality

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Honesty breaks denial.

E — Excuses Behavior

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: The next right action turns willingness into change.

N — Numbs the Consequences

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

I — Isolates Us

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: Progress is built through practice.

A — Avoids Responsibility

Amends are changed behavior as well as words. A sincere apology becomes credible when a different pattern follows it.

NA Basic Text principle (paraphrased): Working the Steps helps us take responsibility and change our relationships. — 'How It Works,' pp. 17-53.

Truth: I am not my worst action, and I am responsible for my next one.

L — Look at the Facts

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

DENIAL calls us to remember: Distorts Reality; Excuses Behavior; Numbs the Consequences; Isolates Us; Avoids Responsibility; Look at the Facts. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What fact, consequence, or responsibility have I been minimizing?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Distorts Reality: write one fact you have been minimizing, then discuss it with a safe support person.
- Excuses Behavior: name one next right action, choose a time, and complete it today.
- Numbs the Consequences: name one next right action, choose a time, and complete it today.
- Isolates Us: name one next right action, choose a time, and complete it today.
- Avoids Responsibility: write one safe repair step and review it with a sponsor or counselor before taking action.

Takeaways — Something to Remember

- Honesty breaks denial.
- The next right action turns willingness into change.
- A small action today is stronger than a promise about tomorrow.
- Progress is built through practice.
- I am not my worst action, and I am responsible for my next one.

Takeaway Truth: Face reality with rigorous honesty, responsibility, and support.

Closing Truth: I cannot change what I refuse to face.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Face reality with rigorous honesty, responsibility, and support. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice DENIAL through one honest, healthy action and ask for help when I need it.

◆ FEAR ◆

Fear may be present, but facts, courage, and support can lead the response.

FEAR focuses on this message: Fear may be present, but facts, courage, and support can lead the response. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach FEAR with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

F — Face Fear Honestly

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

E — Examine the Facts

Rigorous honesty separates facts from excuses. When we name reality clearly, we can choose a useful response.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Facts give recovery a firm starting point.

A — Ask for Courage

Courage is not the absence of fear; it is a thoughtful response despite fear. We review the facts, seek counsel, and avoid impulsive extremes.

AA Big Book principle (paraphrased): We examine fear honestly and choose a better direction instead of letting fear control us. — 'How It Works,' pp. 67-68.

Truth: Courage uses facts, support, and responsible action.

R — Respond Wisely

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: The next right action turns willingness into change.

FEAR calls us to remember: Face Fear Honestly; Examine the Facts; Ask for Courage; Respond Wisely. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What fear is making decisions for me, and what would a fact-based, courageous response look like?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Face Fear Honestly: write one fact you have been minimizing, then discuss it with a safe support person.
- Examine the Facts: write one fact you have been minimizing, then discuss it with a safe support person.
- Ask for Courage: make two columns—fear says / facts say—then review them with someone you trust.
- Respond Wisely: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Facts give recovery a firm starting point.
- Courage uses facts, support, and responsible action.
- The next right action turns willingness into change.

Takeaway Truth: Fear may be present, but facts, courage, and support can lead the response.

Closing Truth: The next right action turns willingness into change.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Fear may be present, but facts, courage, and support can lead the response. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice FEAR through one honest, healthy action and ask for help when I need it.



FREE

Recovery frees us from secrecy, shame, and old patterns so we can live honestly.

FREE focuses on this message: Recovery frees us from secrecy, shame, and old patterns so we can live honestly. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach FREE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

F — Face the Truth

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Honesty breaks denial.

R — Release the Past

Releasing control does not mean giving up responsibility. It means doing what is ours to do and refusing to force people, timing, or outcomes.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I can release control without abandoning responsibility.

E — Embrace Change

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: My past can guide me without controlling me.

E — Experience Real Freedom

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: Consistent direction matters more than perfect speed.

FREE calls us to remember: Face the Truth; Release the Past; Embrace Change; Experience Real Freedom. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What old label, secret, or behavior am I ready to release?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Face the Truth: write one fact you have been minimizing, then discuss it with a safe support person.
- Release the Past: divide the situation into what you can change, what you can influence, and what you must release.
- Embrace Change: identify one old response and write the healthier response you will practice instead.
- Experience Real Freedom: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Honesty breaks denial.
- I can release control without abandoning responsibility.
- My past can guide me without controlling me.
- Consistent direction matters more than perfect speed.

Takeaway Truth: Recovery frees us from secrecy, shame, and old patterns so we can live honestly.

Closing Truth: Consistent direction matters more than perfect speed.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Recovery frees us from secrecy, shame, and old patterns so we can live honestly. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice FREE through one honest, healthy action and ask for help when I need it.



Growth, identity, purpose, and gratitude are gifts of recovery.

GIFT focuses on this message: Growth, identity, purpose, and gratitude are gifts of recovery. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach GIFT with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

G — Growth Is Possible

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: Consistent direction matters more than perfect speed.

I — Invest in Recovery

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

F — Find Your Strengths

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: Progress is built through practice.

T — Thank Others

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

GIFT calls us to remember: Growth Is Possible; Invest in Recovery; Find Your Strengths; Thank Others. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which strength, opportunity, or relationship do I need to receive, use, or appreciate more fully?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Growth Is Possible: identify one old response and write the healthier response you will practice instead.
- Invest in Recovery: name one next right action, choose a time, and complete it today.
- Find Your Strengths: name one next right action, choose a time, and complete it today.
- Thank Others: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Consistent direction matters more than perfect speed.
- A small action today is stronger than a promise about tomorrow.
- Progress is built through practice.
- Connection is protection.

Takeaway Truth: Growth, identity, purpose, and gratitude are gifts of recovery.

Closing Truth: Connection is protection.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Closing Thought: Come as you are and take the next right step. Growth, identity, purpose, and gratitude are gifts of recovery. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice GIFT through one honest, healthy action and ask for help when I need it.



Gratitude becomes visible when we share our time, attention, and experience.

GIVE focuses on this message: Gratitude becomes visible when we share our time, attention, and experience. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach GIVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

G — Give Thanks

Recovery gives us strengths, opportunities, and relationships to use responsibly. Gratitude helps us recognize and share them.

AA Big Book principle (paraphrased): Helping others gives suffering a useful purpose and strengthens recovery. — 'Working With Others,' pp. 89-103.

Truth: Recovery gifts become stronger when they are shared.

I — Invest in Others

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

V — Volunteer Your Gifts

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

E — Expect Nothing in Return

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

GIVE calls us to remember: Give Thanks; Invest in Others; Volunteer Your Gifts; Expect Nothing in Return. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What gift of time, attention, experience, or resources can I share this week?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Give Thanks: write three specific things recovery has made possible and thank one person who helped.
- Invest in Others: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Volunteer Your Gifts: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Expect Nothing in Return: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- Recovery gifts become stronger when they are shared.
- Asking for help is a recovery strength.
- We recover through shared experience and support.
- A small action today is stronger than a promise about tomorrow.

Takeaway Truth: Gratitude becomes visible when we share our time, attention, and experience.

Closing Truth: A small action today is stronger than a promise about tomorrow.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Helping others gives suffering a useful purpose and strengthens recovery. — 'Working With Others,' pp. 89-103.

Closing Thought: Come as you are and take the next right step. Gratitude becomes visible when we share our time, attention, and experience. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice GIVE through one honest, healthy action and ask for help when I need it.



Good Orderly Direction replaces chaos with healthy principles and wise action.

GOD focuses on this message: Good Orderly Direction replaces chaos with healthy principles and wise action. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach GOD with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

G — Good Orderly Direction

Recovery principles provide Good Orderly Direction when thoughts and feelings are pulling in different directions.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: An open mind makes room for a new solution.

O — Open-Mindedness

Recovery principles provide Good Orderly Direction when thoughts and feelings are pulling in different directions.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: Good Orderly Direction is stronger than impulse.

D — Do the Next Right Thing

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: The next right action turns willingness into change.

GOD calls us to remember: Good Orderly Direction; Open-Mindedness; Do the Next Right Thing. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What decision would become clearer if I followed Good Orderly Direction instead of impulse?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Good Orderly Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Open-Mindedness: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Do the Next Right Thing: name one next right action, choose a time, and complete it today.
- Good Orderly Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Open-Mindedness: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.

Takeaways — Something to Remember

- An open mind makes room for a new solution.
- Good Orderly Direction is stronger than impulse.
- The next right action turns willingness into change.
- An open mind makes room for a new solution.
- Good Orderly Direction is stronger than impulse.

Takeaway Truth: Good Orderly Direction replaces chaos with healthy principles and wise action.

Closing Truth: The next right action turns willingness into change.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Closing Thought: Come as you are and take the next right step. Good Orderly Direction replaces chaos with healthy principles and wise action. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice GOD through one honest, healthy action and ask for help when I need it.



Gather facts, pause, and seek direction before taking the next step.

GPS focuses on this message: Gather facts, pause, and seek direction before taking the next step. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

***Opening Recovery Thought: Approach GPS with honesty, open-mindedness, and willingness.
Notice what applies, discuss it with support, and practice one useful action today.***

G — Gather the Facts

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

P — Pause Before Acting

Direction improves when we pause, gather facts, read recovery literature, and consult experienced support before acting.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: Good Orderly Direction is stronger than impulse.

S — Seek Direction

Direction improves when we pause, gather facts, read recovery literature, and consult experienced support before acting.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: An open mind makes room for a new solution.

GPS calls us to remember: Gather the Facts; Pause Before Acting; Seek Direction. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What decision needs more facts, a pause, or guidance from someone I trust?
instead of my impulsive reaction?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Gather the Facts: write one fact you have been minimizing, then discuss it with a safe support person.
- Pause Before Acting: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Seek Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Good Orderly Direction is stronger than impulse.
- An open mind makes room for a new solution.

Takeaway Truth: Gather facts, pause, and seek direction before taking the next step.

Closing Truth: An open mind makes room for a new solution.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Gather facts, pause, and seek direction before taking the next step. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice GPS through one honest, healthy action and ask for help when I need it.



Grace makes room for imperfection, responsibility, compassion, and change.

GRACE focuses on this message: Grace makes room for imperfection, responsibility, compassion, and change. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach GRACE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

G — Give Yourself Room

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: Progress is built through practice.

R — Receive Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Asking for help is a recovery strength.

A — Accept Imperfection

Compassion and responsibility belong together. We can reject shame while still learning from behavior and correcting what we can.

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — ‘How It Works,’ pp. 64-71.

Truth: Healthy boundaries protect respect.

C — Change with Compassion

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — ‘How It Works,’ pp. 17-53.

Truth: My behavior can grow into alignment with my values.

E — Extend Grace to Others

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Connection is protection.

GRACE calls us to remember: Give Yourself Room; Receive Support; Accept Imperfection; Change with Compassion; Extend Grace to Others. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where do I need to practice both responsibility and compassion?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Give Yourself Room: name one next right action, choose a time, and complete it today.
- Receive Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Accept Imperfection: choose one value and one behavior that will demonstrate it today.
- Change with Compassion: choose one value and one behavior that will demonstrate it today.
- Extend Grace to Others: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Progress is built through practice.
- Asking for help is a recovery strength.
- Healthy boundaries protect respect.
- My behavior can grow into alignment with my values.
- Connection is protection.

Takeaway Truth: Grace makes room for imperfection, responsibility, compassion, and change.

Closing Truth: Connection is protection.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Grace makes room for imperfection, responsibility, compassion, and change. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice GRACE through one honest, healthy action and ask for help when I need it.

◆ GROW ◆

Growth happens through honesty, connection, daily action, and patience.

GROW focuses on this message: Growth happens through honesty, connection, daily action, and patience. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach GROW with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

G — Get Honest

Rigorous honesty separates facts from excuses. When we name reality clearly, we can choose a useful response.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Facts give recovery a firm starting point.

R — Reach Out

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Connection is protection.

O — One Step at a Time

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: Progress is built through practice.

W — Wait for Results

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Recovery grows one day and one practice at a time.

GROW calls us to remember: Get Honest; Reach Out; One Step at a Time; Wait for Results. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which daily recovery practice will help me keep growing?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Get Honest: write one fact you have been minimizing, then discuss it with a safe support person.
- Reach Out: contact a sponsor, peer, counselor, or trusted person before the day ends.
- One Step at a Time: name one next right action, choose a time, and complete it today.
- Wait for Results: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- Facts give recovery a firm starting point.
- Connection is protection.
- Progress is built through practice.
- Recovery grows one day and one practice at a time.

Takeaway Truth: Growth happens through honesty, connection, daily action, and patience.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Growth happens through honesty, connection, daily action, and patience. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice GROW through one honest, healthy action and ask for help when I need it.

◆ HALT ◆

Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem.

HALT focuses on this message: Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HALT with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Hungry

A regulated body supports a clearer mind. Rest, food, movement, quiet, and connection are practical relapse-prevention tools.

NA Basic Text principle (paraphrased): Recovery is more than abstinence; it requires ongoing effort and a new approach to life. — 'Recovery and Relapse,' pp. 77-86.

Truth: A pause can prevent an impulsive decision.

A — Angry

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

NA Basic Text principle (paraphrased): Recovery is more than abstinence; it requires ongoing effort and a new approach to life. — 'Recovery and Relapse,' pp. 77-86.

Truth: Caring for basic needs protects recovery.

L — Lonely

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

NA Basic Text principle (paraphrased): Recovery is more than abstinence; it requires ongoing effort and a new approach to life. — 'Recovery and Relapse,' pp. 77-86.

Truth: Rest and regulation support wise choices.

T — Tired

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Truth: Practicing tired strengthens recovery.

HALT calls us to remember: Hungry; Angry; Lonely; Tired. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which HALT condition is affecting me most, and what healthy action can I take now?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Hungry: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Angry: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Lonely: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Tired: use a HALT check, meet the most urgent basic need, and reassess before acting.

Takeaways — Something to Remember

- A pause can prevent an impulsive decision.
- Caring for basic needs protects recovery.
- Rest and regulation support wise choices.
- Practicing tired strengthens recovery.

Takeaway Truth: Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem.

Closing Truth: Practicing tired strengthens recovery.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Recovery is more than abstinence; it requires ongoing effort and a new approach to life.
— 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Check basic needs before hunger, anger, loneliness, or tiredness becomes a larger problem. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice HALT through one honest, healthy action and ask for help when I need it.



Healing begins when hope, honesty, help, and healthier living replace hopelessness.

HEAL focuses on this message: Healing begins when hope, honesty, help, and healthier living replace hopelessness. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HEAL with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Hope Replaces Helplessness

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

E — Examine Mind and Body

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

A — Accept Help

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

L — Live a New Way

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: Consistent direction matters more than perfect speed.

HEAL calls us to remember: Hope Replaces Helplessness; Examine Mind and Body; Accept Help; Live a New Way. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What part of my mind or body most needs hope, honesty, and a healing next step today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Hope Replaces Helplessness: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Examine Mind and Body: write one fact you have been minimizing, then discuss it with a safe support person.
- Accept Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Live a New Way: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Asking for help is a recovery strength.
- Honesty breaks denial.
- Connection is protection.
- Consistent direction matters more than perfect speed.

Takeaway Truth: Healing begins when hope, honesty, help, and healthier living replace hopelessness.

Closing Truth: Consistent direction matters more than perfect speed.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Closing Thought: Come as you are and take the next right step. Healing begins when hope, honesty, help, and healthier living replace hopelessness. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice HEAL through one honest, healthy action and ask for help when I need it.

◆ HIDE ◆

Healing begins when we stop hiding and bring the truth into safe connection.

HIDE focuses on this message: Healing begins when we stop hiding and bring the truth into safe connection. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HIDE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Honesty Begins Healing

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: I cannot change what I refuse to face.

I — Invite Safe Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

D — Don't Recover Alone

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

E — End the Secrecy

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

HIDE calls us to remember: Honesty Begins Healing; Invite Safe Support; Don't Recover Alone; End the Secrecy. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What am I ready to bring out of hiding and share with a safe person?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Honesty Begins Healing: write one fact you have been minimizing, then discuss it with a safe support person.
- Invite Safe Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Don't Recover Alone: contact a sponsor, peer, counselor, or trusted person before the day ends.
- End the Secrecy: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- We recover through shared experience and support.
- Asking for help is a recovery strength.
- A small action today is stronger than a promise about tomorrow.

Takeaway Truth: Healing begins when we stop hiding and bring the truth into safe connection.

Closing Truth: A small action today is stronger than a promise about tomorrow.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Healing begins when we stop hiding and bring the truth into safe connection. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice HIDE through one honest, healthy action and ask for help when I need it.



When life feels unsteady, hold on to hope, recovery, and supportive people.

HOLD focuses on this message: When life feels unsteady, hold on to hope, recovery, and supportive people. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HOLD with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Hold On to Hope

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: Progress is built through practice.

O — Open Up to Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

L — Lean on the Program

An open mind allows new information to challenge an old conclusion. Wise guidance is useful only when we act on it.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: Guidance becomes useful when I act on it.

D — Don't Let Go

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Recovery grows one day and one practice at a time.

HOLD calls us to remember: Hold On to Hope; Open Up to Support; Lean on the Program; Don't Let Go. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where do I need to hold on to hope and reach for support instead of giving up?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Hold On to Hope: name one next right action, choose a time, and complete it today.
- Open Up to Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Lean on the Program: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Don't Let Go: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- Progress is built through practice.
- We recover through shared experience and support.
- Guidance becomes useful when I act on it.
- Recovery grows one day and one practice at a time.

Takeaway Truth: When life feels unsteady, hold on to hope, recovery, and supportive people.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Closing Thought: Come as you are and take the next right step. When life feels unsteady, hold on to hope, recovery, and supportive people. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice HOLD through one honest, healthy action and ask for help when I need it.



Honesty, open-mindedness, learning, and saying yes create a healthier life.

HOLY focuses on this message: Honesty, open-mindedness, learning, and saying yes create a healthier life. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HOLY with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Honesty

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: I cannot change what I refuse to face.

O — Open-Mindedness

Direction improves when we pause, gather facts, read recovery literature, and consult experienced support before acting.

AA Big Book principle (paraphrased): Pause when uncertain and seek the right thought or action before proceeding. — 'Into Action,' pp. 86-88.

Truth: Good Orderly Direction is stronger than impulse.

L — Learn a New Way

An open mind allows new information to challenge an old conclusion. Wise guidance is useful only when we act on it.

NA Basic Text principle (paraphrased): Keep an open mind, attend meetings, and learn from people practicing recovery. — 'What Can I Do?' pp. 54-59.

Truth: Guidance becomes useful when I act on it.

Y — Yes to Recovery

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: My past can guide me without controlling me.

HOLY calls us to remember: Honesty; Open-Mindedness; Learn a New Way; Yes to Recovery. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which principle—honesty, open-mindedness, learning, or yes to recovery—needs my attention today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Honesty: write one fact you have been minimizing, then discuss it with a safe support person.
- Open-Mindedness: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Learn a New Way: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Yes to Recovery: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Good Orderly Direction is stronger than impulse.
- Guidance becomes useful when I act on it.
- My past can guide me without controlling me.

Takeaway Truth: Honesty, open-mindedness, learning, and saying yes create a healthier life.

Closing Truth: My past can guide me without controlling me.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Honesty, open-mindedness, learning, and saying yes create a healthier life. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice HOLY through one honest, healthy action and ask for help when I need it.

◆ HONOR ◆

Honor begins with humility, responsibility, respect, and how we treat others and ourselves.

HONOR focuses on this message: Honor begins with humility, responsibility, respect, and how we treat others and ourselves. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HONOR with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Humility

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today —Living the Program,’ pp. 93-100.

Truth: Progress is built through practice.

O — Own Your Actions

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: I cannot change what I refuse to face.

N — New Life

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: New outcomes require new choices.

O — Others Matter

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Asking for help is a recovery strength.

R — Respect

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — ‘How It Works,’ pp. 17-53.

Truth: My behavior can grow into alignment with my values.

HONOR calls us to remember: Humility; Own Your Actions; New Life; Others Matter; Respect. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What is one action that would help me become more like the person I want to be?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Humility: name one next right action, choose a time, and complete it today.
- Own Your Actions: write one fact you have been minimizing, then discuss it with a safe support person.
- New Life: identify one old response and write the healthier response you will practice instead.
- Others Matter: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Respect: choose one value and one behavior that will demonstrate it today.

Takeaways — Something to Remember

- Progress is built through practice.
- I cannot change what I refuse to face.
- New outcomes require new choices.
- Asking for help is a recovery strength.
- My behavior can grow into alignment with my values.

Takeaway Truth: Honor begins with humility, responsibility, respect, and how we treat others and ourselves.

Closing Truth: My behavior can grow into alignment with my values.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Honor begins with humility, responsibility, respect, and how we treat others and ourselves. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice HONOR through one honest, healthy action and ask for help when I need it.

◆ HOPE ◆

Hold on when the future is unclear; recovery offers evidence that change is possible.

HOPE focuses on this message: Hold on when the future is unclear; recovery offers evidence that change is possible. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach HOPE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

H — Hold On to Hope

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: The next right action turns willingness into change.

O — Open Your Mind

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

P — Practice and Persevere

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — ‘Into Action,’ pp. 84-88.

Truth: Recovery grows one day and one practice at a time.

E — Expect Progress

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: Progress is built through practice.

HOPE calls us to remember: Hold On to Hope; Open Your Mind; Practice and Persevere; Expect Progress. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION
Where does my Hope come from today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Hold On to Hope: name one next right action, choose a time, and complete it today.
- Open Your Mind: name one next right action, choose a time, and complete it today.
- Practice and Persevere: return to one recovery basic and practice it for today without demanding immediate results.
- Expect Progress: name one next right action, choose a time, and complete it today.
- Hold On to Hope: name one next right action, choose a time, and complete it today.
- Open Your Mind: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- The next right action turns willingness into change.
- A small action today is stronger than a promise about tomorrow.
- Recovery grows one day and one practice at a time.
- Progress is built through practice.

Takeaway Truth: Hold on when the future is unclear; recovery offers evidence that change is possible.

Closing Truth: Progress is built through practice.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Hold on when the future is unclear; recovery offers evidence that change is possible. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice HOPE through one honest, healthy action and ask for help when I need it.

◆ I CAN ◆

I cannot do this alone; I can connect, accept direction, and take the next right step.

I CAN focuses on this message: I cannot do this alone; I can connect, accept direction, and take the next right step. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach I CAN with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

I — I Can't Do It Alone

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

C — Connect with Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

A — Accept Direction

An open mind allows new information to challenge an old conclusion. Wise guidance is useful only when we act on it.

NA Basic Text principle (paraphrased): Keep an open mind, attend meetings, and learn from people practicing recovery. — 'What Can I Do?' pp. 54-59.

Truth: Guidance becomes useful when I act on it.

N — Next Right Step

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: The next right action turns willingness into change.

I CAN calls us to remember: I Can't Do It Alone; Connect with Support; Accept Direction; Next Right Step. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What becomes possible when I stop trying to do recovery alone and accept support?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- I Can't Do It Alone: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Connect with Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Accept Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Next Right Step: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- We recover through shared experience and support.
- Asking for help is a recovery strength.
- Guidance becomes useful when I act on it.
- The next right action turns willingness into change.

Takeaway Truth: I cannot do this alone; I can connect, accept direction, and take the next right step.

Closing Truth: The next right action turns willingness into change.

FEATURED RECOVERY READING

*AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. —
'There Is a Solution,' pp. 17-18.*

Closing Thought: Come as you are and take the next right step. I cannot do this alone; I can connect, accept direction, and take the next right step. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice I CAN through one honest, healthy action and ask for help when I need it.



Pause long enough to listen, regain perspective, and reflect healthier choices.

LAKE focuses on this message: Pause long enough to listen, regain perspective, and reflect healthier choices. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach LAKE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

L — Listen

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

A — Allow Stillness

A regulated body supports a clearer mind. Rest, food, movement, quiet, and connection are practical relapse-prevention tools.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Truth: A pause can prevent an impulsive decision.

K — Keep Perspective

Slowing down helps us notice what is happening before we react. A short pause can restore perspective and protect the next choice.

NA Basic Text principle (paraphrased): Recovery is more than abstinence; it requires ongoing effort and a new approach to life. — 'Recovery and Relapse,' pp. 77-86.

Truth: Rest and regulation support wise choices.

E — Expect Growth

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: New outcomes require new choices.

LAKE calls us to remember: Listen; Allow Stillness; Keep Perspective; Expect Growth. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

If my life were like a lake, what would it currently reflect?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Listen: name one next right action, choose a time, and complete it today.
- Allow Stillness: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Keep Perspective: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Expect Growth: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- A small action today is stronger than a promise about tomorrow.
- A pause can prevent an impulsive decision.
- Rest and regulation support wise choices.
- New outcomes require new choices.

Takeaway Truth: Pause long enough to listen, regain perspective, and reflect healthier choices.

Closing Truth: New outcomes require new choices.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Closing Thought: Come as you are and take the next right step. Pause long enough to listen, regain perspective, and reflect healthier choices. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice LAKE through one honest, healthy action and ask for help when I need it.

◆ LET GOD ◆

Let go of control and follow Good Orderly Direction one day at a time.

LET GOD focuses on this message: Let go of control and follow Good Orderly Direction one day at a time. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach LET GOD with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

L — Lay It Down

Releasing control does not mean giving up responsibility. It means doing what is ours to do and refusing to force people, timing, or outcomes.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I can release control without abandoning responsibility.

E — Examine Control

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

T — Trust the Process

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Recovery grows one day and one practice at a time.

G — Give Up Control

Releasing control does not mean giving up responsibility. It means doing what is ours to do and refusing to force people, timing, or outcomes.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: Acceptance frees energy for useful action.

O — Open Your Hands

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I do my part and release the outcome.

D — Do It One Day at a Time

Persistence carries us through discomfort that once triggered escape. One day at a time keeps the work manageable.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Persistence carries me through temporary discomfort.

LET GOD calls us to remember: Lay It Down; Examine Control; Trust the Process; Give Up Control; Open Your Hands; Do It One Day at a Time. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What person, outcome, or fear do I need to stop trying to control today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Lay It Down: divide the situation into what you can change, what you can influence, and what you must release.
- Examine Control: write one fact you have been minimizing, then discuss it with a safe support person.
- Trust the Process: return to one recovery basic and practice it for today without demanding immediate results.
- Give Up Control: divide the situation into what you can change, what you can influence, and what you must release.
- Open Your Hands: divide the situation into what you can change, what you can influence, and what you must release.

Takeaways — Something to Remember

- I can release control without abandoning responsibility.
- I cannot change what I refuse to face.
- Recovery grows one day and one practice at a time.
- Acceptance frees energy for useful action.
- I do my part and release the outcome.

Takeaway Truth: Let go of control and follow Good Orderly Direction one day at a time.

Closing Truth: Persistence carries me through temporary discomfort.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action.
— 'How It Works,' pp. 60-63.

Closing Thought: Come as you are and take the next right step. Let go of control and follow Good Orderly Direction one day at a time. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice LET GOD through one honest, healthy action and ask for help when I need it.

◆ LIGHT ◆

Truth exposes hidden risks and makes a hopeful way forward visible.

LIGHT focuses on this message: Truth exposes hidden risks and makes a hopeful way forward visible. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach LIGHT with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

L — Look at the Truth

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: Honesty breaks denial.

I — Identify the Darkness

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: Progress is built through practice.

G — Grow in Awareness

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: I cannot change what I refuse to face.

H — Hope Becomes Visible

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: The next right action turns willingness into change.

T — Tell Your Story

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

LIGHT calls us to remember: Look at the Truth; Identify the Darkness; Grow in Awareness; Hope Becomes Visible; Tell Your Story. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What area of my life needs more honesty, and who is a safe person to tell?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Look at the Truth: write one fact you have been minimizing, then discuss it with a safe support person.
- Identify the Darkness: name one next right action, choose a time, and complete it today.
- Grow in Awareness: write one fact you have been minimizing, then discuss it with a safe support person.
- Hope Becomes Visible: name one next right action, choose a time, and complete it today.
- Tell Your Story: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- Honesty breaks denial.
- Progress is built through practice.
- I cannot change what I refuse to face.
- The next right action turns willingness into change.
- A small action today is stronger than a promise about tomorrow.

Takeaway Truth: Truth exposes hidden risks and makes a hopeful way forward visible.

Closing Truth: A small action today is stronger than a promise about tomorrow.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Truth exposes hidden risks and makes a hopeful way forward visible. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice LIGHT through one honest, healthy action and ask for help when I need it.



LOVE

Practice love with listening, respect, honesty, forgiveness, and healthy boundaries.

LOVE focuses on this message: Practice love with listening, respect, honesty, forgiveness, and healthy boundaries. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach LOVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

L — Listen Without Fixing

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

O — Offer Respect

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: My behavior can grow into alignment with my values.

V — Value Healthy Boundaries

Recovery helps us discover strengths that addiction hid or misused. We practice becoming the person our values describe.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: Compassion does not cancel accountability.

E — Extend Forgiveness

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — 'How It Works,' pp. 64-71.

Truth: Healthy boundaries protect respect.

LOVE calls us to remember: Listen Without Fixing; Offer Respect; Value Healthy Boundaries; Extend Forgiveness. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What would loving, honest, and healthy action look like in one relationship today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Listen Without Fixing: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Offer Respect: choose one value and one behavior that will demonstrate it today.
- Value Healthy Boundaries: choose one value and one behavior that will demonstrate it today.
- Extend Forgiveness: choose one value and one behavior that will demonstrate it today.

Takeaways — Something to Remember

- We recover through shared experience and support.
- My behavior can grow into alignment with my values.
- Compassion does not cancel accountability.
- Healthy boundaries protect respect.

Takeaway Truth: Practice love with listening, respect, honesty, forgiveness, and healthy boundaries.

Closing Truth: Healthy boundaries protect respect.

FEATURED RECOVERY READING

*AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. —
'There Is a Solution,' pp. 17-18.*

Closing Thought: Come as you are and take the next right step. Practice love with listening, respect, honesty, forgiveness, and healthy boundaries. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice LOVE through one honest, healthy action and ask for help when I need it.

◆ ONE ◆

One day, new choices, and engaged support can change the direction of a life.

ONE focuses on this message: One day, new choices, and engaged support can change the direction of a life. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

***Opening Recovery Thought: Approach ONE with honesty, open-mindedness, and willingness.
Notice what applies, discuss it with support, and practice one useful action today.***

O — One Day at a Time

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Slow progress is still progress.

N — New Choices

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: My past can guide me without controlling me.

E — Engage Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

ONE calls us to remember: One Day at a Time; New Choices; Engage Support. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What is one step I can take this week to keep recovery at the center of my life?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- One Day at a Time: return to one recovery basic and practice it for today without demanding immediate results.
- New Choices: identify one old response and write the healthier response you will practice instead.
- Engage Support: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Slow progress is still progress.
- My past can guide me without controlling me.
- Asking for help is a recovery strength.

Takeaway Truth: One day, new choices, and engaged support can change the direction of a life.

Closing Truth: Asking for help is a recovery strength.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Closing Thought: Come as you are and take the next right step. One day, new choices, and engaged support can change the direction of a life. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice ONE through one honest, healthy action and ask for help when I need it.

◆ PATH ◆

Pause, ask, trust the process, and hold the course as recovery unfolds.

PATH focuses on this message: Pause, ask, trust the process, and hold the course as recovery unfolds. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach PATH with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

P — Pause Before You Proceed

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today—Living the Program,’ pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

A — Ask for Direction

Direction improves when we pause, gather facts, read recovery literature, and consult experienced support before acting.

NA Basic Text principle (paraphrased): Keep an open mind, attend meetings, and learn from people practicing recovery. — ‘What Can I Do?’ pp. 54-59.

Truth: Good Orderly Direction is stronger than impulse.

T — Trust the Process

Persistence carries us through discomfort that once triggered escape. One day at a time keeps the work manageable.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — ‘Into Action,’ pp. 84-88.

Truth: Persistence carries me through temporary discomfort.

H — Hold the Course

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: Slow progress is still progress.

PATH calls us to remember: Pause Before You Proceed; Ask for Direction; Trust the Process; Hold the Course. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What part of my path needs a pause, wise direction, or renewed commitment?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Pause Before You Proceed: name one next right action, choose a time, and complete it today.
- Ask for Direction: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Trust the Process: return to one recovery basic and practice it for today without demanding immediate results.
- Hold the Course: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- A small action today is stronger than a promise about tomorrow.
- Good Orderly Direction is stronger than impulse.
- Persistence carries me through temporary discomfort.
- Slow progress is still progress.

Takeaway Truth: Pause, ask, trust the process, and hold the course as recovery unfolds.

Closing Truth: Slow progress is still progress.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Pause, ask, trust the process, and hold the course as recovery unfolds. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice PATH through one honest, healthy action and ask for help when I need it.



Release what keeps you stuck and allow support to nourish new growth.

RAIN focuses on this message: Release what keeps you stuck and allow support to nourish new growth. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach RAIN with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

R — Release Old Patterns

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Truth: Acceptance frees energy for useful action.

A — Accept Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

I — Invite New Growth

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: My past can guide me without controlling me.

N — New Life Begins

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: New outcomes require new choices.

RAIN calls us to remember: Release Old Patterns; Accept Support; Invite New Growth; New Life Begins. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What do I need to release so healthier growth has room to begin?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Release Old Patterns: divide the situation into what you can change, what you can influence, and what you must release.
- Accept Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Invite New Growth: identify one old response and write the healthier response you will practice instead.
- New Life Begins: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Acceptance frees energy for useful action.
- Asking for help is a recovery strength.
- My past can guide me without controlling me.
- New outcomes require new choices.

Takeaway Truth: Release what keeps you stuck and allow support to nourish new growth.

Closing Truth: New outcomes require new choices.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Closing Thought: Come as you are and take the next right step. Release what keeps you stuck and allow support to nourish new growth. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice RAIN through one honest, healthy action and ask for help when I need it.

◆ REDEEM ◆

We can repair harm, learn from the past, and build a life of purpose.

REDEEM focuses on this message: We can repair harm, learn from the past, and build a life of purpose. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach REDEEM with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

R — Repair the Harm

We are more than our worst behavior, but we remain responsible for it. Honest repair builds self-respect and trust over time.

AA Big Book principle (paraphrased): Repairing harm requires care, responsibility, and a willingness not to injure others further. — 'Into Action,' pp. 76-84.

Truth: Responsibility builds self-respect.

E — Examine Your Choices

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

D — Develop Self-Respect

Recovery helps us discover strengths that addiction hid or misused. We practice becoming the person our values describe.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: Compassion does not cancel accountability.

E — Embrace Growth

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: New outcomes require new choices.

E — Encourage Others

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Connection is protection.

M — Move Forward

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: Consistent direction matters more than perfect speed.

REDEEM calls us to remember: Repair the Harm; Examine Your Choices; Develop Self-Respect; Embrace Growth; Encourage Others; Move Forward. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What part of my story can become useful through honesty, repair, and service?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Repair the Harm: write one safe repair step and review it with a sponsor or counselor before taking action.
- Examine Your Choices: write one fact you have been minimizing, then discuss it with a safe support person.
- Develop Self-Respect: choose one value and one behavior that will demonstrate it today.
- Embrace Growth: identify one old response and write the healthier response you will practice instead.
- Encourage Others: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Responsibility builds self-respect.
- Honesty breaks denial.
- Compassion does not cancel accountability.
- New outcomes require new choices.
- Connection is protection.

Takeaway Truth: We can repair harm, learn from the past, and build a life of purpose.

Closing Truth: Consistent direction matters more than perfect speed.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Repairing harm requires care, responsibility, and a willingness not to injure others further.
— 'Into Action,' pp. 76-84.

Closing Thought: Come as you are and take the next right step. We can repair harm, learn from the past, and build a life of purpose. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice REDEEM through one honest, healthy action and ask for help when I need it.



Return to recovery basics and renew your energy, connection, and purpose.

REVIVE focuses on this message: Return to recovery basics and renew your energy, connection, and purpose. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach REVIVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

R — Return to the Basics

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: The next right action turns willingness into change.

E — Examine Your Condition

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

V — Value Recovery

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: Consistent direction matters more than perfect speed.

I — Invite Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

V — Victories Count

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Truth: New outcomes require new choices.

E — Embrace Your Purpose

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — 'How It Works,' pp. 64-71.

Truth: My behavior can grow into alignment with my values.

REVIVE calls us to remember: Return to the Basics; Examine Your Condition; Value Recovery; Invite Support; Victories Count; Embrace Your Purpose. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What part of my recovery needs renewed attention and action?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Return to the Basics: name one next right action, choose a time, and complete it today.
- Examine Your Condition: write one fact you have been minimizing, then discuss it with a safe support person.
- Value Recovery: identify one old response and write the healthier response you will practice instead.
- Invite Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Victories Count: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- The next right action turns willingness into change.
- Honesty breaks denial.
- Consistent direction matters more than perfect speed.
- Asking for help is a recovery strength.
- New outcomes require new choices.

Takeaway Truth: Return to recovery basics and renew your energy, connection, and purpose.

Closing Truth: My behavior can grow into alignment with my values.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Closing Thought: Come as you are and take the next right step. Return to recovery basics and renew your energy, connection, and purpose. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice REVIVE through one honest, healthy action and ask for help when I need it.

◆ RISK ◆

Healthy risk combines facts, courage, wise counsel, and responsibility.

RISK focuses on this message: Healthy risk combines facts, courage, wise counsel, and responsibility. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach RISK with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

R — Review the Facts

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

I — Identify a Wise Risk

Courage is not the absence of fear; it is a thoughtful response despite fear. We review the facts, seek counsel, and avoid impulsive extremes.

NA Basic Text principle (paraphrased): An open mind and vigorous personal action can change the course of recovery. — 'Recovery and Relapse,' pp. 77-86.

Truth: Courage uses facts, support, and responsible action.

S — Step Out with Courage

Fear becomes less powerful when it is named and tested against evidence. A supported step forward is often safer than avoidance.

NA Basic Text principle (paraphrased): An open mind and vigorous personal action can change the course of recovery. — 'Recovery and Relapse,' pp. 77-86.

Truth: Fear is information, not an order.

K — Keep Wise Counsel

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Slow progress is still progress.

RISK calls us to remember: Review the Facts; Identify a Wise Risk; Step Out with Courage; Keep Wise Counsel. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Is the risk before me trustful and wise, or impulsive and avoidant?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Review the Facts: write one fact you have been minimizing, then discuss it with a safe support person.
- Identify a Wise Risk: make two columns—fear says / facts say—then review them with someone you trust.
- Step Out with Courage: make two columns—fear says / facts say—then review them with someone you trust.
- Keep Wise Counsel: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Courage uses facts, support, and responsible action.
- Fear is information, not an order.
- Slow progress is still progress.

Takeaway Truth: Healthy risk combines facts, courage, wise counsel, and responsibility.

Closing Truth: Slow progress is still progress.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Healthy risk combines facts, courage, wise counsel, and responsibility. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice RISK through one honest, healthy action and ask for help when I need it.



Build recovery on steady routines, responsibility, courage, and persistence.

ROCK focuses on this message: Build recovery on steady routines, responsibility, courage, and persistence. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach ROCK with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

R — Rely on Routine

An open mind allows new information to challenge an old conclusion. Wise guidance is useful only when we act on it.

NA Basic Text principle (paraphrased): Keep an open mind, attend meetings, and learn from people practicing recovery. — 'What Can I Do?' pp. 54-59.

Truth: Guidance becomes useful when I act on it.

O — Own Your Choices

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

C — Courage in the Storm

Courage is not the absence of fear; it is a thoughtful response despite fear. We review the facts, seek counsel, and avoid impulsive extremes.

AA Big Book principle (paraphrased): We examine fear honestly and choose a better direction instead of letting fear control us. — 'How It Works,' pp. 67-68.

Truth: Courage uses facts, support, and responsible action.

K — Keep Standing

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Recovery grows one day and one practice at a time.

ROCK calls us to remember: Rely on Routine; Own Your Choices; Courage in the Storm; Keep Standing. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What area of my life is built on shifting feelings instead of steady recovery principles?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Rely on Routine: pause, gather facts, read a relevant recovery passage, and ask an experienced person for input.
- Own Your Choices: write one fact you have been minimizing, then discuss it with a safe support person.
- Courage in the Storm: make two columns—fear says / facts say—then review them with someone you trust.
- Keep Standing: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- Guidance becomes useful when I act on it.
- Honesty breaks denial.
- Courage uses facts, support, and responsible action.
- Recovery grows one day and one practice at a time.

Takeaway Truth: Build recovery on steady routines, responsibility, courage, and persistence.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Keep an open mind, attend meetings, and learn from people practicing recovery. — 'What Can I Do?' pp. 54-59.

Closing Thought: Come as you are and take the next right step. Build recovery on steady routines, responsibility, courage, and persistence. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice ROCK through one honest, healthy action and ask for help when I need it.



Stop destructive patterns, accept help, value life, and engage recovery.

SAVE focuses on this message: Stop destructive patterns, accept help, value life, and engage recovery. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SAVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Stop Old Patterns

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: Consistent direction matters more than perfect speed.

A — Accept Help

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Connection is protection.

V — Value Your Life

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: New outcomes require new choices.

E — Engage Recovery

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: My past can guide me without controlling me.

SAVE calls us to remember: Stop Old Patterns; Accept Help; Value Your Life; Engage Recovery. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which destructive pattern needs immediate help and a clear recovery action?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Stop Old Patterns: identify one old response and write the healthier response you will practice instead.
- Accept Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Value Your Life: identify one old response and write the healthier response you will practice instead.
- Engage Recovery: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Consistent direction matters more than perfect speed.
- Connection is protection.
- New outcomes require new choices.
- My past can guide me without controlling me.

Takeaway Truth: Stop destructive patterns, accept help, value life, and engage recovery.

Closing Truth: My past can guide me without controlling me.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Closing Thought: Come as you are and take the next right step. Stop destructive patterns, accept help, value life, and engage recovery. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SAVE through one honest, healthy action and ask for help when I need it.



Small healthy choices can grow into a changed life.

SEEDS focuses on this message: Small healthy choices can grow into a changed life. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SEEDS with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Sow Healthy Choices

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: My past can guide me without controlling me.

E — Encourage Growth

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Asking for help is a recovery strength.

E — Expect a Process

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — ‘Into Action,’ pp. 84-88.

Truth: Slow progress is still progress.

D — Do the Daily Work

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

S — Share the Harvest

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — ‘What Can I Do?’ pp. 54-59.

Truth: Connection is protection.

SEEDS calls us to remember: Sow Healthy Choices; Encourage Growth; Expect a Process; Do the Daily Work; Share the Harvest. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What seed am I planting today, and what kind of harvest could it produce?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Sow Healthy Choices: identify one old response and write the healthier response you will practice instead.
- Encourage Growth: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Expect a Process: return to one recovery basic and practice it for today without demanding immediate results.
- Do the Daily Work: name one next right action, choose a time, and complete it today.
- Share the Harvest: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- My past can guide me without controlling me.
- Asking for help is a recovery strength.
- Slow progress is still progress.
- A small action today is stronger than a promise about tomorrow.
- Connection is protection.

Takeaway Truth: Small healthy choices can grow into a changed life.

Closing Truth: Connection is protection.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — 'We Do Recover,' pp. 87-92.

Closing Thought: Come as you are and take the next right step. Small healthy choices can grow into a changed life. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SEEDS through one honest, healthy action and ask for help when I need it.

◆ SELF ◆

Move from self-will toward honesty, listening, and service.

SELF focuses on this message: Move from self-will toward honesty, listening, and service. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SELF with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Surrender Self-Will

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Truth: Acceptance frees energy for useful action.

E — Examine Your Motives

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: I cannot change what I refuse to face.

L — Listen to Others

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

F — Find Freedom in Service

Change grows through repeated choices, not one dramatic moment. Each healthier response weakens an old pattern and strengthens a new way of life.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: New outcomes require new choices.

SELF calls us to remember: Surrender Self-Will; Examine Your Motives; Listen to Others; Find Freedom in Service. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where is self-will creating struggle, and what would surrender look like today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Surrender Self-Will: divide the situation into what you can change, what you can influence, and what you must release.
- Examine Your Motives: write one fact you have been minimizing, then discuss it with a safe support person.
- Listen to Others: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Find Freedom in Service: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Acceptance frees energy for useful action.
- I cannot change what I refuse to face.
- We recover through shared experience and support.
- New outcomes require new choices.

Takeaway Truth: Move from self-will toward honesty, listening, and service.

Closing Truth: New outcomes require new choices.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): The Steps move us from powerlessness toward responsibility and a new way of life. — 'How It Works,' pp. 17-53.

Closing Thought: Come as you are and take the next right step. Move from self-will toward honesty, listening, and service. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SELF through one honest, healthy action and ask for help when I need it.

◆ SERVE ◆

Use your experience, strengths, and time to encourage and help others.

SERVE focuses on this message: Use your experience, strengths, and time to encourage and help others. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SERVE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — See the Need

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today —Living the Program,’ pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

E — Encourage Others

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — ‘What Can I Do?’ pp. 54-59.

Truth: Connection is protection.

R — Reach Out

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Asking for help is a recovery strength.

V — Value Every Person

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: We recover through shared experience and support.

E — Expect Nothing in Return

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: The next right action turns willingness into change.

SERVE calls us to remember: See the Need; Encourage Others; Reach Out; Value Every Person; Expect Nothing in Return. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Who can I serve today in a way that is helpful, humble, and healthy?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- See the Need: name one next right action, choose a time, and complete it today.
- Encourage Others: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Reach Out: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Value Every Person: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Expect Nothing in Return: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- A small action today is stronger than a promise about tomorrow.
- Connection is protection.
- Asking for help is a recovery strength.
- We recover through shared experience and support.
- The next right action turns willingness into change.

Takeaway Truth: Use your experience, strengths, and time to encourage and help others.

Closing Truth: The next right action turns willingness into change.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Use your experience, strengths, and time to encourage and help others. With help from recovery principles and supportive people, change is possible.

Recovery Is Possible Today.

Closing Commitment: Today I will practice SERVE through one honest, healthy action and ask for help when I need it.

◆ SHAME ◆

Shame keeps us hidden; honesty, responsibility, amends, and connection create a new direction.

SHAME focuses on this message: Shame keeps us hidden; honesty, responsibility, amends, and connection create a new direction. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SHAME with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Separate Identity from Behavior

Compassion and responsibility belong together. We can reject shame while still learning from behavior and correcting what we can.

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — ‘How It Works,’ pp. 64-71.

Truth: Healthy boundaries protect respect.

H — Handle Harm Honestly

Amends are changed behavior as well as words. A sincere apology becomes credible when a different pattern follows it.

AA Big Book principle (paraphrased): Repairing harm requires care, responsibility, and a willingness not to injure others further. — ‘Into Action,’ pp. 76-84.

Truth: I am not my worst action, and I am responsible for my next one.

A — Accept Responsibility

We are more than our worst behavior, but we remain responsible for it. Honest repair builds self-respect and trust over time.

AA Big Book principle (paraphrased): Repairing harm requires care, responsibility, and a willingness not to injure others further. — ‘Into Action,’ pp. 76-84.

Truth: Responsibility builds self-respect.

M — Make Amends

Responsibility means naming harm without excuses and choosing appropriate repair. Guidance helps us avoid creating additional harm.

AA Big Book principle (paraphrased): Repairing harm requires care, responsibility, and a willingness not to injure others further. — ‘Into Action,’ pp. 76-84.

Truth: Changed behavior is part of a sincere amends.

E — Embrace a New Identity

Recovery helps us discover strengths that addiction hid or misused. We practice becoming the person our values describe.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — ‘How It Works,’ pp. 17-53.

Truth: Compassion does not cancel accountability.

SHAME calls us to remember: Separate Identity from Behavior; Handle Harm Honestly; Accept Responsibility; Make Amends; Embrace a New Identity. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where is shame keeping me hidden, and what honest, grace-filled next step can I take today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Separate Identity from Behavior: choose one value and one behavior that will demonstrate it today.
- Handle Harm Honestly: write one safe repair step and review it with a sponsor or counselor before taking action.
- Accept Responsibility: write one safe repair step and review it with a sponsor or counselor before taking action.
- Make Amends: write one safe repair step and review it with a sponsor or counselor before taking action.
- Embrace a New Identity: choose one value and one behavior that will demonstrate it today.

Takeaways — Something to Remember

- Healthy boundaries protect respect.
- I am not my worst action, and I am responsible for my next one.
- Responsibility builds self-respect.
- Changed behavior is part of a sincere amends.
- Compassion does not cancel accountability.

Takeaway Truth: Shame keeps us hidden; honesty, responsibility, amends, and connection create a new direction.

Closing Truth: Compassion does not cancel accountability.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — 'How It Works,' pp. 64-71.

Closing Thought: Come as you are and take the next right step. Shame keeps us hidden; honesty, responsibility, amends, and connection create a new direction. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SHAME through one honest, healthy action and ask for help when I need it.

◆ SHARE ◆

Sharing gives us support, healing, and freedom while reducing isolation, unforgiveness, and false pride.

SHARE focuses on this message: Sharing gives us support, healing, and freedom while reducing isolation, unforgiveness, and false pride. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SHARE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Support Replaces Isolation

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

H — Healing Softens Unforgiveness

Recovery helps us discover strengths that addiction hid or misused. We practice becoming the person our values describe.

AA Big Book principle (paraphrased): Inventory helps identify patterns that block useful and healthy relationships. — 'How It Works,' pp. 64-71.

Truth: Compassion does not cancel accountability.

A — Ask for Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

R — Release Inflated False Pride

Releasing control does not mean giving up responsibility. It means doing what is ours to do and refusing to force people, timing, or outcomes.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I can release control without abandoning responsibility.

E — Experience Freedom

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: Consistent direction matters more than perfect speed.

SHARE calls us to remember: Support Replaces Isolation; Healing Softens Unforgiveness; Ask for Support; Release Inflated False Pride; Experience Freedom. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What do I need to share, and which barrier—isolation, unforgiveness, or false pride—makes sharing difficult?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Support Replaces Isolation: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Healing Softens Unforgiveness: choose one value and one behavior that will demonstrate it today.
- Ask for Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Release Inflated False Pride: divide the situation into what you can change, what you can influence, and what you must release.
- Experience Freedom: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- Connection is protection.
- Compassion does not cancel accountability.
- We recover through shared experience and support.
- I can release control without abandoning responsibility.
- Consistent direction matters more than perfect speed.

Takeaway Truth: Sharing gives us support, healing, and freedom while reducing isolation, unforgiveness, and false pride.

Closing Truth: Consistent direction matters more than perfect speed.

FEATURED RECOVERY READING

*NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way.
— 'What Can I Do?' pp. 54-59.*

Closing Thought: Come as you are and take the next right step. Sharing gives us support, healing, and freedom while reducing isolation, unforgiveness, and false pride. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SHARE through one honest, healthy action and ask for help when I need it.



Care for your inner life through support, openness, self-respect, and values.

SOUL focuses on this message: Care for your inner life through support, openness, self-respect, and values. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SOUL with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Support Your Inner Life

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

O — Open Your Heart and Mind

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

U — Understand Your Worth

Recovery helps us discover strengths that addiction hid or misused. We practice becoming the person our values describe.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: Compassion does not cancel accountability.

L — Live from Your Values

Healthy identity grows when behavior lines up with chosen values. Respect for self and others includes honesty, compassion, and clear boundaries.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: My behavior can grow into alignment with my values.

SOUL calls us to remember: Support Your Inner Life; Open Your Heart and Mind; Understand Your Worth; Live from Your Values. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What does my inner life need today: truth, rest, connection, accountability, or encouragement?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Support Your Inner Life: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Open Your Heart and Mind: name one next right action, choose a time, and complete it today.
- Understand Your Worth: choose one value and one behavior that will demonstrate it today.
- Live from Your Values: choose one value and one behavior that will demonstrate it today.

Takeaways — Something to Remember

- We recover through shared experience and support.
- A small action today is stronger than a promise about tomorrow.
- Compassion does not cancel accountability.
- My behavior can grow into alignment with my values.

Takeaway Truth: Care for your inner life through support, openness, self-respect, and values.

Closing Truth: My behavior can grow into alignment with my values.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Closing Thought: Come as you are and take the next right step. Care for your inner life through support, openness, self-respect, and values. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SOUL through one honest, healthy action and ask for help when I need it.

◆ SPIRIT ◆

The spirit of recovery is support, practice, integrity, responsibility, inclusion, and truth.

SPIRIT focuses on this message: The spirit of recovery is support, practice, integrity, responsibility, inclusion, and truth. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach SPIRIT with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — ‘There Is a Solution,’ pp. 17-18.

Truth: Asking for help is a recovery strength.

P — Practice

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

I — Integrity

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — ‘Into Action,’ pp. 84-88.

Truth: The next right action turns willingness into change.

R — Responsibility

Amends are changed behavior as well as words. A sincere apology becomes credible when a different pattern follows it.

NA Basic Text principle (paraphrased): Working the Steps helps us take responsibility and change our relationships. — ‘How It Works,’ pp. 17-53.

Truth: I am not my worst action, and I am responsible for my next one.

I — Inclusion

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — ‘Just for Today —Living the Program,’ pp. 93-100.

Truth: Progress is built through practice.

T — Truth

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: Honesty breaks denial.

SPIRIT calls us to remember: Support; Practice; Integrity; Responsibility; Inclusion; Truth. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which part of the spirit of recovery do I most need to practice today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Practice: name one next right action, choose a time, and complete it today.
- Integrity: name one next right action, choose a time, and complete it today.
- Responsibility: write one safe repair step and review it with a sponsor or counselor before taking action.

Takeaways — Something to Remember

- Asking for help is a recovery strength.
- A small action today is stronger than a promise about tomorrow.
- The next right action turns willingness into change.
- I am not my worst action, and I am responsible for my next one.

Takeaway Truth: The spirit of recovery is support, practice, integrity, responsibility, inclusion, and truth.

Closing Truth: Honesty breaks denial.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Closing Thought: Come as you are and take the next right step. The spirit of recovery is support, practice, integrity, responsibility, inclusion, and truth. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice SPIRIT through one honest, healthy action and ask for help when I need it.

◆ STRONG ◆

Strength grows through surrender, trust, support, endurance, connection, and learning.

STRONG focuses on this message: Strength grows through surrender, trust, support, endurance, connection, and learning. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach STRONG with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

S — Surrender Control

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: Acceptance frees energy for useful action.

T — Trust the Process

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

AA Big Book principle (paraphrased): We continue practicing principles and correcting mistakes as part of daily growth. — 'Into Action,' pp. 84-88.

Truth: Slow progress is still progress.

R — Rely on Support

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

O — Overcome with Endurance

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Recovery grows one day and one practice at a time.

N — Never Walk Alone

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

G — Grow Through Challenges

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: My past can guide me without controlling me.

STRONG calls us to remember: Surrender Control; Trust the Process; Rely on Support; Overcome with Endurance; Never Walk Alone; Grow Through Challenges. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where do I need the strength of recovery principles and the support of others today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Surrender Control: divide the situation into what you can change, what you can influence, and what you must release.
- Trust the Process: return to one recovery basic and practice it for today without demanding immediate results.
- Rely on Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Overcome with Endurance: return to one recovery basic and practice it for today without demanding immediate results.
- Never Walk Alone: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Acceptance frees energy for useful action.
- Slow progress is still progress.
- Asking for help is a recovery strength.
- Recovery grows one day and one practice at a time.
- Connection is protection.

Takeaway Truth: Strength grows through surrender, trust, support, endurance, connection, and learning.

Closing Truth: My past can guide me without controlling me.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action.
— 'How It Works,' pp. 60-63.

Closing Thought: Come as you are and take the next right step. Strength grows through surrender, trust, support, endurance, connection, and learning. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice STRONG through one honest, healthy action and ask for help when I need it.

◆ THE WAY ◆

A new way of life is built through honesty, support, Steps, guidance, and less self-will.

THE WAY focuses on this message: A new way of life is built through honesty, support, Steps, guidance, and less self-will. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach THE WAY with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

T — Turn from Old Patterns

A new life is built through ordinary daily practices. Progress may be gradual, but consistent effort changes direction over time.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Truth: Consistent direction matters more than perfect speed.

H — Honesty

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: Honesty breaks denial.

E — Engage Support

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Connection is protection.

W — Work the Steps

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today —Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

A — Act on Guidance

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today —Living the Program,' pp. 93-100.

Truth: The next right action turns willingness into change.

Y — Yield Self-Will

We can separate what we can influence from what we cannot. Energy once spent controlling outcomes can then support recovery.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I do my part and release the outcome.

THE WAY calls us to remember: Turn from Old Patterns; Honesty; Engage Support; Work the Steps; Act on Guidance; Yield Self-Will. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where am I forcing my own direction instead of following recovery guidance?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Turn from Old Patterns: identify one old response and write the healthier response you will practice instead.
- Honesty: write one fact you have been minimizing, then discuss it with a safe support person.
- Engage Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Work the Steps: name one next right action, choose a time, and complete it today.
- Act on Guidance: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- Consistent direction matters more than perfect speed.
- Honesty breaks denial.
- Connection is protection.
- A small action today is stronger than a promise about tomorrow.
- The next right action turns willingness into change.

Takeaway Truth: A new way of life is built through honesty, support, Steps, guidance, and less self-will.

Closing Truth: I do my part and release the outcome.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — 'A Vision for You,' pp. 151-164.

Closing Thought: Come as you are and take the next right step. A new way of life is built through honesty, support, Steps, guidance, and less self-will. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice THE WAY through one honest, healthy action and ask for help when I need it.

◆ TODAY ◆

Stay in today and do today's work with gratitude, support, and the next right action.

TODAY focuses on this message: Stay in today and do today's work with gratitude, support, and the next right action. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach TODAY with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

T — Thankful for Today

Gratitude does not deny pain; it keeps pain from becoming the only thing we see. Noticing what is working strengthens hope and responsibility.

NA Basic Text principle (paraphrased): Remembering the effort behind our freedom helps protect us from complacency and relapse. — 'Recovery and Relapse,' pp. 77-86.

Truth: Gratitude changes my focus before it changes my circumstances.

O — One Day at a Time

Patience is active: we keep showing up, using tools, and allowing results to develop. Progress does not have to be immediate to be real.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Slow progress is still progress.

D — Do the Next Right Thing

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: A small action today is stronger than a promise about tomorrow.

A — Ask for Help

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Asking for help is a recovery strength.

Y — Yield the Impulse

Self-will narrows our choices when we insist that life must happen our way. Surrender creates room for facts, guidance, and healthier action.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: Acceptance frees energy for useful action.

TODAY calls us to remember: Thankful for Today; One Day at a Time; Do the Next Right Thing; Ask for Help; Yield the Impulse. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What is the next right thing I can do today?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Thankful for Today: write three specific things recovery has made possible and thank one person who helped.
- One Day at a Time: return to one recovery basic and practice it for today without demanding immediate results.
- Do the Next Right Thing: name one next right action, choose a time, and complete it today.
- Ask for Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Yield the Impulse: divide the situation into what you can change, what you can influence, and what you must release.

Takeaways — Something to Remember

- Gratitude changes my focus before it changes my circumstances.
- Slow progress is still progress.
- A small action today is stronger than a promise about tomorrow.
- Asking for help is a recovery strength.
- Acceptance frees energy for useful action.

Takeaway Truth: Stay in today and do today's work with gratitude, support, and the next right action.

Closing Truth: Acceptance frees energy for useful action.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Remembering the effort behind our freedom helps protect us from complacency and relapse. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Stay in today and do today's work with gratitude, support, and the next right action. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice TODAY through one honest, healthy action and ask for help when I need it.

◆ TRUST ◆

Trust grows when we tell the truth, release control, seek support, and act on facts.

TRUST focuses on this message: Trust grows when we tell the truth, release control, seek support, and act on facts. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach TRUST with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

T — Tell the Truth

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Honesty breaks denial.

R — Release Control

We can separate what we can influence from what we cannot. Energy once spent controlling outcomes can then support recovery.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I do my part and release the outcome.

U — Understand the Facts

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Truth: I cannot change what I refuse to face.

S — Seek Support

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: We recover through shared experience and support.

T — Take the Next Right Step

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today —Living the Program,' pp. 93-100.

Truth: Progress is built through practice.

TRUST calls us to remember: Tell the Truth; Release Control; Understand the Facts; Seek Support; Take the Next Right Step. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where do I need to act on recovery principles without having every answer?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Tell the Truth: write one fact you have been minimizing, then discuss it with a safe support person.
- Release Control: divide the situation into what you can change, what you can influence, and what you must release.
- Understand the Facts: write one fact you have been minimizing, then discuss it with a safe support person.
- Seek Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Take the Next Right Step: name one next right action, choose a time, and complete it today.

Takeaways — Something to Remember

- Honesty breaks denial.
- I do my part and release the outcome.
- I cannot change what I refuse to face.
- We recover through shared experience and support.
- Progress is built through practice.

Takeaway Truth: Trust grows when we tell the truth, release control, seek support, and act on facts.

Closing Truth: Progress is built through practice.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Closing Thought: Come as you are and take the next right step. Trust grows when we tell the truth, release control, seek support, and act on facts. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice TRUST through one honest, healthy action and ask for help when I need it.

◆ TRUTH ◆

Rigorous honesty breaks denial and leads toward freedom.

TRUTH focuses on this message: Rigorous honesty breaks denial and leads toward freedom. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach TRUTH with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

T — Tell the Truth

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: I cannot change what I refuse to face.

R — Rigorous Honesty

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — ‘Recovery and Relapse,’ pp. 77-86.

Truth: Facts give recovery a firm starting point.

U — Understand Denial

This asks us to face what is true without minimizing, blaming, or hiding. Facts give us a clear starting point for healthy change.

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — ‘How It Works,’ p. 58.

Truth: Honesty breaks denial.

T — Turn from Old Patterns

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

NA Basic Text principle (paraphrased): People with addiction can stop using and find a new way to live. — ‘We Do Recover,’ pp. 87-92.

Truth: My past can guide me without controlling me.

H — Heal in the Open

Recovery gives the past a purpose without allowing it to control the future. We learn, adjust, and keep moving forward.

AA Big Book principle (paraphrased): A new way of living becomes possible when the solution is practiced. — ‘A Vision for You,’ pp. 151-164.

Truth: New outcomes require new choices.

TRUTH calls us to remember: Tell the Truth; Rigorous Honesty; Understand Denial; Turn from Old Patterns; Heal in the Open. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What truth do I need to face so change can begin?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Tell the Truth: write one fact you have been minimizing, then discuss it with a safe support person.
- Rigorous Honesty: write one fact you have been minimizing, then discuss it with a safe support person.
- Understand Denial: write one fact you have been minimizing, then discuss it with a safe support person.
- Turn from Old Patterns: identify one old response and write the healthier response you will practice instead.
- Heal in the Open: identify one old response and write the healthier response you will practice instead.

Takeaways — Something to Remember

- I cannot change what I refuse to face.
- Facts give recovery a firm starting point.
- Honesty breaks denial.
- My past can guide me without controlling me.
- New outcomes require new choices.

Takeaway Truth: Rigorous honesty breaks denial and leads toward freedom.

Closing Truth: New outcomes require new choices.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Recovery begins with honesty and willingness. — 'How It Works,' p. 58.

Closing Thought: Come as you are and take the next right step. Rigorous honesty breaks denial and leads toward freedom. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice TRUTH through one honest, healthy action and ask for help when I need it.

◆ UNITY ◆

Different stories become one recovery community through shared purpose and mutual respect.

UNITY focuses on this message: Different stories become one recovery community through shared purpose and mutual respect. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach UNITY with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

U — Understand Our Similarities

Action interrupts avoidance and builds evidence that change is possible. The goal is progress through practice, not a perfect performance.

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Truth: Progress is built through practice.

N — No One Walks Alone

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

I — Include Others

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

T — Together We Are Stronger

We do not have to solve this alone. Safe people can help us slow down, see choices, and stay responsible for the next step.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

Y — Yield Personal Pride

We can separate what we can influence from what we cannot. Energy once spent controlling outcomes can then support recovery.

AA Big Book principle (paraphrased): Self-directed living creates repeated trouble; recovery asks for a different basis for action. — 'How It Works,' pp. 60-63.

Truth: I do my part and release the outcome.

UNITY calls us to remember: Understand Our Similarities; No One Walks Alone; Include Others; Together We Are Stronger; Yield Personal Pride. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

What can I do to strengthen unity without giving up honesty or healthy boundaries?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Understand Our Similarities: name one next right action, choose a time, and complete it today.
- No One Walks Alone: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Include Others: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Together We Are Stronger: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Yield Personal Pride: divide the situation into what you can change, what you can influence, and what you must release.

Takeaways — Something to Remember

- Progress is built through practice.
- Asking for help is a recovery strength.
- We recover through shared experience and support.
- Connection is protection.
- I do my part and release the outcome.

Takeaway Truth: Different stories become one recovery community through shared purpose and mutual respect.

Closing Truth: I do my part and release the outcome.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): Daily review and prompt correction turn principles into action. — 'Into Action,' pp. 84-88.

Closing Thought: Come as you are and take the next right step. Different stories become one recovery community through shared purpose and mutual respect. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice UNITY through one honest, healthy action and ask for help when I need it.

◆ VOICE ◆

Listen carefully to your inner messages and use your voice for truth, hope, and healing.

VOICE focuses on this message: Listen carefully to your inner messages and use your voice for truth, hope, and healing. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach VOICE with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

V — Value Your Voice

Compassion and responsibility belong together. We can reject shame while still learning from behavior and correcting what we can.

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Truth: Healthy boundaries protect respect.

O — Observe the Inner Voice

Rigorous honesty separates facts from excuses. When we name reality clearly, we can choose a useful response.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Facts give recovery a firm starting point.

I — Identify Other Voices

Good intentions become recovery when they are followed by a specific action. A small step taken today is stronger than another promise about tomorrow.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: The next right action turns willingness into change.

C — Choose Facts Over Feelings

Recovery becomes stronger when our words, choices, and private behavior match. Honest self-examination keeps denial from directing the day.

NA Basic Text principle (paraphrased): Self-deception interferes with recovery; honest action supports growth. — 'Recovery and Relapse,' pp. 77-86.

Truth: Honesty breaks denial.

E — Encourage with Your Voice

Shared experience turns loneliness into belonging. Giving and receiving help protects recovery for everyone involved.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: We recover through shared experience and support.

VOICE calls us to remember: Value Your Voice; Observe the Inner Voice; Identify Other Voices; Choose Facts Over Feelings; Encourage with Your Voice. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Which inner voice has been influencing me most, and what do the facts and recovery principles say?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Value Your Voice: choose one value and one behavior that will demonstrate it today.
- Observe the Inner Voice: write one fact you have been minimizing, then discuss it with a safe support person.
- Identify Other Voices: name one next right action, choose a time, and complete it today.
- Choose Facts Over Feelings: write one fact you have been minimizing, then discuss it with a safe support person.

Takeaways — Something to Remember

- Healthy boundaries protect respect.
- Facts give recovery a firm starting point.
- The next right action turns willingness into change.
- Honesty breaks denial.

Takeaway Truth: Listen carefully to your inner messages and use your voice for truth, hope, and healing.

Closing Truth: We recover through shared experience and support.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Recovery changes more than drug use; it develops a new way of living and relating. — 'How It Works,' pp. 17-53.

Closing Thought: Come as you are and take the next right step. Listen carefully to your inner messages and use your voice for truth, hope, and healing. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice VOICE through one honest, healthy action and ask for help when I need it.



Walk the recovery path every day, one healthy step at a time.

WALK focuses on this message: Walk the recovery path every day, one healthy step at a time. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach WALK with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

W — Work the Program

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

A — Act with Purpose

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: The next right action turns willingness into change.

L — Lean on Support

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Connection is protection.

K — Keep Going

Recovery is a process that develops through time and repetition. Staying with the basics during slow periods prevents discouragement from becoming retreat.

NA Basic Text principle (paraphrased): Recovery requires repeated use of new ideas even when the work feels tiring. — 'Recovery and Relapse,' pp. 77-86.

Truth: Recovery grows one day and one practice at a time.

WALK calls us to remember: Work the Program; Act with Purpose; Lean on Support; Keep Going. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where am I on my recovery journey today, and what is my next healthy step?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Work the Program: name one next right action, choose a time, and complete it today.
- Act with Purpose: name one next right action, choose a time, and complete it today.
- Lean on Support: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Keep Going: return to one recovery basic and practice it for today without demanding immediate results.

Takeaways — Something to Remember

- A small action today is stronger than a promise about tomorrow.
- The next right action turns willingness into change.
- Connection is protection.
- Recovery grows one day and one practice at a time.

Takeaway Truth: Walk the recovery path every day, one healthy step at a time.

Closing Truth: Recovery grows one day and one practice at a time.

FEATURED RECOVERY READING

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Closing Thought: Come as you are and take the next right step. Walk the recovery path every day, one healthy step at a time. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice WALK through one honest, healthy action and ask for help when I need it.

◆ WATER ◆

Wellness, support, action, renewal, and service keep recovery flowing.

WATER focuses on this message: Wellness, support, action, renewal, and service keep recovery flowing. Each letter offers a secular recovery principle and a practical step for everyday life. You do not have to practice every part perfectly; begin with willingness and the next right action.

Opening Recovery Thought: Approach WATER with honesty, open-mindedness, and willingness. Notice what applies, discuss it with support, and practice one useful action today.

W — Wellness Comes First

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Truth: Caring for basic needs protects recovery.

A — Ask for Help

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

AA Big Book principle (paraphrased): Shared experience and mutual understanding help people find a solution together. — 'There Is a Solution,' pp. 17-18.

Truth: Connection is protection.

T — Take Healthy Action

The next right step brings recovery into the present. We choose one useful action and complete it before the old pattern takes over.

NA Basic Text principle (paraphrased): Just for today, we practice recovery through concrete choices. — 'Just for Today—Living the Program,' pp. 93-100.

Truth: A small action today is stronger than a promise about tomorrow.

E — Experience Renewal

Basic physical and emotional needs affect judgment. Pausing to care for the body and mind can prevent a temporary condition from becoming a harmful decision.

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Truth: A pause can prevent an impulsive decision.

R — Refresh Others

Recovery grows through connection. Reaching out breaks isolation and brings experience, accountability, and encouragement into the situation.

NA Basic Text principle (paraphrased): Meetings and contact with recovering people help us stay clean and learn a new way. — 'What Can I Do?' pp. 54-59.

Truth: Asking for help is a recovery strength.

WATER calls us to remember: Wellness Comes First; Ask for Help; Take Healthy Action; Experience Renewal; Refresh Others. Together, these letters create a simple, memorable, and shareable recovery message we can practice one moment, one day, and one step at a time.

REFLECTION QUESTION

Where am I running dry, and which source of healthy support can help renew me?

TOOLS AND TAKEAWAYS

Tools — Something You Can Use Today

- Wellness Comes First: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Ask for Help: contact a sponsor, peer, counselor, or trusted person before the day ends.
- Take Healthy Action: name one next right action, choose a time, and complete it today.
- Experience Renewal: use a HALT check, meet the most urgent basic need, and reassess before acting.
- Refresh Others: contact a sponsor, peer, counselor, or trusted person before the day ends.

Takeaways — Something to Remember

- Caring for basic needs protects recovery.
- Connection is protection.
- A small action today is stronger than a promise about tomorrow.
- A pause can prevent an impulsive decision.
- Asking for help is a recovery strength.

Takeaway Truth: Wellness, support, action, renewal, and service keep recovery flowing.

Closing Truth: Asking for help is a recovery strength.

FEATURED RECOVERY READING

AA Big Book principle (paraphrased): A daily pause and review can reveal what needs correction and what comes next. — 'Into Action,' pp. 86-88.

Closing Thought: Come as you are and take the next right step. Wellness, support, action, renewal, and service keep recovery flowing. With help from recovery principles and supportive people, change is possible. Recovery Is Possible Today.

Closing Commitment: Today I will practice WATER through one honest, healthy action and ask for help when I need it.