

# THE FIRST 90

A 90-DAY  
GUIDED JOURNAL  
FOR EARLY RECOVERY

I LOVE  
ME TODAY.



One day.  
One choice.  
One life  
worth living.



People.  
Places.  
Things.  
I choose  
ME. ♥

My Story  
My Recovery  
My Purpose



Not perfect.  
Just  
persistent.



Courage  
Honesty  
Faith  
Hope



**DIANNA PRICE, CPRS**

AUTHOR OF

DO YOU PARTY? • AFTER THE PARTY • TELL ME YOUR STORY

*A Daily Journey Back to Yourself*



# **The First 90**

*A 90-Day Guided Journal for Early Recovery*

**Dianna Price, CPRS**

*Certified Peer Recovery Supporter  
State of Ohio License No. PRS.006316*

*This book is dedicated to my wonderful  
husband, Brian.*

*You saw me when I needed to be seen.*

## **Copyright & Sharing Permission**

*The First 90: A 90-Day Guided Journal for Early Recovery*

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If you purchased a printed copy, thank you. Your purchase helps support the continued creation of free recovery resources.

If you downloaded this journal for free, I hope it encourages you to take one honest next step today.

Recovery is possible.

With hope,

Dianna Price

Author • Certified Peer Recovery Supporter • Recovery Advocate

# Welcome to Your Journey

Hello, my friend. I don't know where you are sitting as you open this book. Maybe you are in a quiet treatment center, a cold jail cell, a hospital, a recovery house, or simply parked alone in your car, staring at your reflection in the rearview mirror and wondering how on earth your life became so heavy. Wherever you are, take a slow, deep breath. I see you, and more importantly, I have sat exactly where you are sitting.

Before methamphetamine rewrote the script of my life at nearly fifty years old, I was a commercial truck driver with a perfect record and an arrogant, critical spirit toward anyone caught in the grip of drug use. I thought they were weak. I was completely wrong. When a laced drink at a truck stop pulled me under, I collapsed into hotel rooms, lockups, and motels, running in chaotic circles just to keep getting high. I walked up to the edge of the Maumee River High Level Bridge in Toledo, Ohio, in the pouring rain, ready to jump because the weight of shame was too heavy to carry. But my story didn't end on that bridge, and yours doesn't have to end in your current storm either.

Early recovery—specifically the first ninety days—is widely recognized as the most emotionally, biologically, and behaviorally challenging window of sobriety. Your brain is physically adjusting to the loss of its primary chemical coping mechanism, and your nervous system is raw. This journal is not a clinical handbook, and I am not a doctor. I am a licensed Certified Peer Recovery Supporter who has survived active addiction, relational wreckage, and a near-fatal relapse. I am here to stand beside you, to look at the truth without blinking, and to help you take one small step at a time.

Each daily page in this journal is designed to keep you grounded. Every entry follows a strict single-page layout so you don't feel overwhelmed by early recovery brain fog. You'll find a recovery quotation, an honest look from my life combined with simple, accessible science, a practical next step, and a thoughtful reflection prompt with lined writing space to get your thoughts out of your head and onto the page. We are going to move progressively: through stabilization (Days 1–14), building protective routines (Days 15–30), addressing trauma and rebuilding trust (Days 31–60), and finally developing long-term resilience, service, and hope (Days 61–90).

Recovery does not require perfection. It requires relentless honesty. This journal will not solve your whole life today, and I won't promise that things become easy on Day 91. But if you can commit to making just one honest, small

decision at a time, you will watch your life rebuild block by block. I believe in you. You are worth saving.

***With hard-earned hope,  
Dianna Price, CPRS***

## Day 1: Day One Again

*If today is your Day One again, then let it be Day One. Not because you've lost everything, but because you've decided that shame doesn't get the final word.*

— Dianna Price, *After the Party*

**The Honest Look:** Here we are. Day One. Whether this is your first attempt at getting clean or your fiftieth, let's establish one vital rule: you cannot hate yourself into a new life. Active drug use floods the brain's pleasure center—the nucleus accumbens—with surges of dopamine far greater than any natural reward. When you stop, the brain plunges into a dopamine deficit, leaving you feeling empty, raw, and exhausted. That flat, grey feeling isn't a character flaw; it's chemical. Be gentle with your body as it stabilizes.

**The Next Right Step:** Drink a full glass of water, step outside for five minutes, and tell yourself: 'I am starting today. Just today.'

**Today's Pause:** What is the single most honest thing you need to admit to yourself today about why you want to change?

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## Day 2: Unpacking the Shame

*Shame keeps people sick. It forces us into isolation and silence, which is the exact soil where active addiction grows and takes root again.*

— Dianna Price, Philosophy

**The Honest Look:** Shame is the quiet, heavy blanket that active addiction wraps around us. For a long time, I carried too much shame to ever ask for help. When I relapsed and sat in that Kentucky hotel room, I wanted to disappear because looking at my own reflection felt like looking at a ghost. But shame is a liar. It thrives in the dark, whispered spaces. The moment we bring our shame into the light by speaking it out loud to another person, it loses its leverage over our decisions.

**The Next Right Step:** Send a text to a safe person in recovery or write down one secret you are tired of carrying.

**Today's Pause:** What is one shameful thought you have been carrying that you are ready to bring into the light?

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## Day 3: Mistake vs. Identity

*Shame screams, 'You are a bad person.' Guilt says, 'You made a bad decision.' Those are not the same thing.*

— Dianna Price, *After the Party*

**The Honest Look:** We need to make a massive distinction early on: there is a difference between who you are and what you have done. Guilt is healthy; it tells us that our actions crossed our moral boundaries. Shame, however, is a poison. It tells you that you are fundamentally broken beyond repair. Your worst decisions do not determine your value as a human being. Real recovery begins when we own our actions (guilt) but let go of the belief that we are trash (shame).

**The Next Right Step:** Look in the mirror today and say out loud: 'I made a bad decision, but I am not a bad person.'

**Today's Pause:** How would your recovery change today if you stopped viewing yourself as a mistake?

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## Day 4: The Courage to Ask

*Sometimes asking for help is the bravest thing we'll ever do. That isn't weakness. That is pointing your courage in the right direction.*

— Dianna Price, *After the Party*

**The Honest Look:** For years, I drove an eighty-thousand-pound semi-truck across forty-eight states, completely convinced I was a strong, self-reliant woman who didn't need anyone. When I hit the wall with crystal meth, I treated asking for help as a total surrender of my pride. But I was wrong. It takes zero courage to lock a hotel room door, crawl into isolation, and keep using. It takes an extraordinary amount of courage to stand up, look another human being in the eye, and say, 'I can't do this alone.'

**The Next Right Step:** Pick up the phone and call a helpline, a sponsor, or a local meeting contact.

**Today's Pause:** What is the biggest fear or pride barrier holding you back from asking for help today?

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## Day 5: The Surrender Cry

*I cried out. I begged. I sobbed. And I said the words I hadn't said in so long: 'God... help me. I quit. I'm finished.'*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** My real recovery didn't start with a clean draft of a book; it started on my knees in a cheap hotel room, crying into a pillow until my chest was raw. I was bruised, exhausted, and completely out of options. I finally stopped negotiating with my addiction. In recovery, surrender is not defeat. It is simply laying down your weapons and admitting that the war you are fighting against yourself is unwinnable. It is the moment we stop running and let ourselves be saved.

**The Next Right Step:** Let go of one thing you are trying to control today and admit you are powerless over it.

**Today's Pause:** What does 'quitting the fight' and surrendering mean to you in this exact moment?

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## Day 6: The Thin Razor Line

*Losing Tiffany reminded me how thin the line is between recovery and relapse. Between life and death.*

— Dianna Price, *After the Party*

**The Honest Look:** When I got to sober living, I made friends with a woman named Tiffany. She was kind, funny, and trying hard. Then one day, she relapsed and died of a suspected fentanyl overdose. Her empty bed became a silent wound in our house. It was a brutal reminder that the disease of addiction is fatal and patient. The difference between active addiction and active recovery is a series of daily, honest choices. We are not safe because we have thirty days or ninety days; we are safe because we choose honesty today.

**The Next Right Step:** Commit to staying entirely honest with your support network about how you are feeling today.

**Today's Pause:** How does remembering the reality of active addiction's cost keep you focused today?

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## Day 7: Surrender on a Greyhound

*The bus pulled out of the station... The Greyhound wasn't freedom. It was surrender.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When I stepped onto that Greyhound bus in South Dakota with nothing but a wet bag of clothes, my mind was fried and my body was shivering. I sat by the window, watching the dry fields roll by, feeling like a complete failure. I thought I was running away, but really, I was riding toward my own surrender. Sometimes, we have to let our old lives completely collapse so we have room to build a new one. Surrender is packing your bags and walking away from the chaos.

**The Next Right Step:** Identify one person, place, or environment that represents your old chaos and commit to staying away from it.

**Today's Pause:** What are you carrying in your virtual bag of clothes today that you need to let go of?

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## Day 8: Facing the Stabilization Fog

*Withdrawal management and psychiatric care quiet the brain chemistry so you can rest and think clearly.*

— Dianna Price, *After the Party*

**The Honest Look:** In the first two weeks, your brain is in a state of post-acute withdrawal. The stress systems are hyperactive, and your amygdala is screaming. You might experience brain fog, anxiety, or deep exhaustion. It is normal to feel like you aren't recovering or that you will never feel happy again. Give your nervous system time to heal. When the fog is thick, don't try to navigate the next ten years. Just navigate the next ten minutes.

**The Next Right Step:** Give yourself permission to rest, sleep, or eat a nourishing meal today without feeling guilty.

**Today's Pause:** How can you show yourself compassion during the physical discomforts of early detox and stabilization?

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## Day 9: The Lie of Control

*The first lie addiction ever told me after I relapsed wasn't that I should keep using. It was that I could control it.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Addiction is a disease of misplaced confidence. It doesn't show up looking like a trap; it shows up looking like a logical thought. It whispers that you have learned enough, that you've been clean for a week, and that you can handle 'just a little.' But the biology of addiction means that once a substance is introduced, the prefrontal cortex—your brain's decision-making center—is instantly bypassed, and the survival pathways take over. You cannot negotiate with a hijack.

**The Next Right Step:** When a thought of 'just once' enters your mind, forcefully replace it with the memory of your rock bottom.

**Today's Pause:** In what ways has your mind tried to negotiate with the idea that you can control your substance use?

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## Day 10: Hiding in Hotel Rooms

*I resigned from a \$100,000-a-year trucking job... simply so I could hide in hotel rooms and smoke crystal meth.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Look at the lengths we go to just to protect our disease. I walked away from a career, retirement savings, and my own safety just to lock myself in rooms with shadows and smoke. Addiction thrives in isolation because when we are alone, there is no one to challenge the lies we are telling ourselves. If you are hiding today—whether in a room, in your thoughts, or behind a fake smile—you are feeding the monster. Stepping out of hiding is the first step toward freedom.

**The Next Right Step:** Open the curtains, open your door, and make contact with another human being today.

**Today's Pause:** What are you quietly hiding from the people who love you right now?

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## Day 11: The Maumee River Bridge

*I stepped off the bus... walked up the High Level Bridge in the pouring rain, looked down at the water, and prepared to jump.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Shame will try to convince you that the world would be better off without you. That was the exact lie that drove me to step onto the Maumee River bridge in Toledo, Ohio. The pain felt so heavy that death looked like the only quiet exit. But I survived that day because a FaceTime call from my former boss Brian broke the spell. If you are sitting in the dark today, believe me when I tell you: your pain is temporary, but death is permanent. Let the pain change. Stay alive.

**The Next Right Step:** Save the number of the suicide lifeline (988) into your phone contacts right now.

**Today's Pause:** Do you really want to die... or do you just want the pain to stop?

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## Day 12: Making Your Bed Again

*I was sent to a women's sober living house... I learned how to make my bed again. I learned how to sit still.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When we get clean, we have to rebuild our lives from the ground up, starting with the basic habits of living. In early recovery, making your bed, washing your dishes, and sweeping the floor aren't just chores; they are spiritual disciplines. They are the outer reflection of the order you are trying to build on the inside. When your mind is chaotic, bring order to your immediate physical environment. Small habits create the scaffolding of a stable life.

**The Next Right Step:** Make your bed first thing in the morning and tidy one small space in your room.

**Today's Pause:** What small, basic daily habits have you been neglecting that you can reclaim today?

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## Day 13: The Strength of a Survivor

*We're not cowards. We're survivors. We've spent years using our courage to chase the next high.*

— Dianna Price, *After the Party*

**The Honest Look:** People in active addiction are often labeled as weak or lazy. But let's tell the truth: we are some of the most resilient, resourceful, and stubborn people on earth. Think about what you have survived. You have walked through dangerous streets, negotiated with terrifying situations, and kept going when your body was screaming for rest. You have immense survival courage. The only question now is: what would happen if you pointed that exact same courage toward living?

**The Next Right Step:** Identify one difficult situation you survived in your past, and remind yourself of your own strength.

**Today's Pause:** How can you use your street-smart resilience and survival skills to protect your recovery today?

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## Day 14: You Are Worth Saving

*The hardest step after relapse isn't getting sober again. It's believing you're still worth saving.*

— Dianna Price, *After the Party*

**The Honest Look:** As we close these first two weeks of stabilization, let this truth sink into your marrow: you are worth saving. Your past decisions, your broken relationships, and the money you burned do not determine your value as a human being. Your heart is still beating, which means your story is not finished. Shame wants you to believe you are garbage, but hope tells you that you are a miracle in progress. Believe the miracle today.

**The Next Right Step:** Write the words 'I AM WORTH SAVING' on a piece of paper and tape it where you can see it daily.

**Today's Pause:** What makes it difficult for you to believe that you are truly worthy of a clean, peaceful life?

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## Day 15: The Whisper in the Dark

*Recovery isn't about never having another craving. Recovery is about learning what to do when one shows up.*

— Dianna Price, *After the Party*

**The Honest Look:** At day fifteen, the initial detox fog might be clearing, which means your brain's alarm systems are waking up. The cravings will come. Sometimes they show up as a physical scream in your chest, and sometimes they show up as a quiet whisper reminding you of 'how easy' it used to be. Do not panic when a craving hits. It is simply your hijacked neural pathways firing in response to stress or cues. A craving is a biological echo of your past, not a command for your future.

**The Next Right Step:** Identify three of your major craving triggers (such as a time of day, stress, or certain people) and write them down.

**Today's Pause:** What does the 'whisper' of addiction usually tell you when you are feeling lonely or stressed?

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## Day 16: Urge Surfing

*A craving is temporary. You don't have to obey it. You only have to outlast it.*

— Dianna Price, *After the Party*

**The Honest Look:** When a craving peaks, it feels like it will last forever. But scientific data shows that the average intense craving wave peaks, crests, and begins to break within twenty to thirty minutes. You do not have to fight the wave; you only have to surf it. Acknowledge the physical sensations—the racing heart, the tight throat—without judgment. Breathe through it, separate your physical feelings from your actions, and watch the wave recede without wiping you out.

**The Next Right Step:** The next time a craving hits, set a timer for twenty minutes and commit to waiting it out without using.

**Today's Pause:** How can you change your physical relationship to cravings from 'fighting' them to 'riding them out'?

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## Day 17: We Are as Sick as Our Secrets

*Addicts tend to live secret lives... When we admitted our powerlessness and sought help, the burden was lifted.*

— Narcotics Anonymous, Basic Text

**The Honest Look:** The language of active addiction is the language of secrets. We negotiate, we hide, we edit the truth, and we live in a constant state of cover-up. But secrets are the absolute fuel of addiction. When we keep a craving or a slip a secret, we are giving the disease permission to grow. The moment we pick up the phone and speak the absolute, unvarnished truth to another recovery peer, the secret is broken, and the addiction instantly loses its power.

**The Next Right Step:** Tell a safe recovery peer or sponsor one thing you have been quietly keeping to yourself this week.

**Today's Pause:** What secret are you currently holding that is making your chest feel heavy?

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## Day 18: The SOBER Grounding Tool

*Stop, Observe, Breathe, Expand, Respond. Use simple practices daily to step out of automatic reactivity.*

— SAMHSA, NCBI Bookshelf

**The Honest Look:** When stress hits, your old brain default is to reach for a substance to quiet the nervous system. We need to install a circuit breaker between the trigger and the reaction. The SOBER tool is an evidence-based cognitive practice: **Stop** what you are doing. **Observe** your current physical sensations and thoughts. **Breathe** deeply to center your nervous system. **Expand** your awareness to your surroundings. **Respond** mindfully, choosing life instead of acting on autopilot.

**The Next Right Step:** Practice the SOBER sequence twice today—once in the morning and once when you feel a spike of stress.

**Today's Pause:** How does pausing to breathe deeply change your immediate reaction to a stressful situation?

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## Day 19: Connection is the Cure

*Isolation is where shame grows. Connection is where recovery begins.*

— Dianna Price, Philosophy

**The Honest Look:** When I was active with methamphetamine, my favorite place to be was locked in a hotel room with the blinds drawn, completely cut off from the world. Addiction wants you alone because when you are isolated, the only voice you hear is the voice of the disease. But human connection is literally a biological counterforce to addiction. When we participate in mutual-support groups, share our struggles, and let others stand beside us, our brain releases oxytocin, which naturally calms our stress response and staves off cravings.

**The Next Right Step:** Attend an in-person or virtual mutual-help meeting (AA, NA, or SMART Recovery) and introduce yourself.

**Today's Pause:** What patterns of isolation do you notice showing up when you start feeling overwhelmed?

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## Day 20: Relying on Routine

*That sober house became my training ground. Structure and curate safe environments so you can heal.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Early recovery requires scaffolding. If you leave your days completely blank and unstructured, your mind will naturally drift back toward its old, familiar pathways of use. When I moved into sober living, my days were governed by clear expectations: curfews, chores, and meeting schedules. That structure wasn't a prison; it was a sanctuary. It kept me safe while my brain rebuilt its basic decision-making circuits. Curate a daily routine and stick to it.

**The Next Right Step:** Write out a simple, hourly schedule for tomorrow, including specific times for meals, sleep, and recovery tasks.

**Today's Pause:** In what areas of your daily life is a lack of structure causing you unnecessary stress or vulnerability?

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## Day 21: The Sisterhood of the Clean

*That's where I met Joann... we forged a sisterhood in the ashes. We remind each other that healing doesn't happen in isolation.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** You cannot do this alone. I met my friend Joann in treatment when we were both broken, terrified women. Somehow, we forged a sisterhood that persists to this day. We didn't build our friendship on gossip or partying; we built it on the raw, honest work of staying clean. In recovery, you need peers who understand the smell of the hotel rooms, the weight of the court dates, and the absolute beauty of a sober morning. Find your people and hold onto them.

**The Next Right Step:** Reach out to one recovery friend today just to check in and ask: 'How is your peace today?'

**Today's Pause:** Who are the people in your life right now who truly support your commitment to staying clean?

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## Day 22: Kat and Raw Peace

*Kat saw something in me I couldn't see... She laid down boundaries and structure to protect what I was trying to build.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When I was raw and trembling, my sponsor Kat stepped in as my guardian. She noticed that even being around other recovering addicts could trigger me in the beginning. She protected my space, laid down hard boundaries, and gave me a quiet place to heal. Sometimes, your recovery space needs to be fiercely protected. It is okay to say no to people, events, or phone calls that threaten your raw, fragile peace. Your sobriety comes before anyone else's comfort.

**The Next Right Step:** Identify one boundary you need to set this week to protect your mental and emotional environment.

**Today's Pause:** What environments or people are currently draining your recovery energy, and how can you set a safe boundary?

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## Day 23: The No-Secret Commitment

*Brian and I agreed: no secrets. If either of us is hurting, we speak.  
Silence is where the darkness grows.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** My husband Brian and I share a completely transparent relationship. We use location-sharing apps on our phones, we keep no hidden accounts, and if a craving or a dark memory catches me off guard, I tell him immediately. That radical transparency isn't a lack of freedom; it is a chosen lifetime of safety. Active addiction thrives in the shadows. When you commit to a life of absolute transparency, you are removing the soil where active use takes root.

**The Next Right Step:** Sit down with a loved one or safe sponsor and agree on a concrete accountability plan with no hidden corners.

**Today's Pause:** What is one area of your life where you still feel a desire to keep things hidden or private?

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## Day 24: Playing the Tape Forward

*I remove myself from dangerous situations. I remind myself what one bad decision cost me.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When the brain whispers how 'easy' it would be to just use once, it is only showing you the first five minutes of the movie. It shows you the quick relief, the escape, or the buzz. It doesn't show you the ending. You have to forcefully play the tape forward. Remind yourself of the stained curtains, the hotel room ceilings, the hollowed-out exhaustion, the panic of the drug screen, the calls from family, and the soul-crushing weight of starting over at Day One. Play the whole movie.

**The Next Right Step:** Write a detailed description of your worst active addiction day, and read it when your brain tries to romanticize using.

**Today's Pause:** What does the end of the tape look like for you if you choose to take that 'one harmless hit'?

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## Day 25: Relapse as Information

*Relapse is painful. Sometimes it is deadly. But relapse is not proof that someone is beyond saving. Relapse tells us something in the plan needs attention.*

— Dianna Price, Philosophy

**The Honest Look:** Let's speak plainly: relapse is a terrifying, dangerous reality. But if you have relapsed, shame will try to convince you that you have erased every clean day and that you are fundamentally broken. That is a lie. Relapse is not a verdict; it is information. It is a loud, flashing indicator that there is an unaddressed wound, a gap in your support system, or a secret you've been holding. Don't waste time beating yourself up. Use the data, fix the plan, and get back up.

**The Next Right Step:** If you have slipped, write down the timeline of events leading up to it, identifying where you stopped being honest.

**Today's Pause:** What warning signs or quiet compromises usually happen in your life weeks before a relapse actually occurs?

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## Day 26: The Simple Program

*A.A. has a simple program that works. It's based on one alcoholic helping another.*

— Alcoholics Anonymous, Big Book

**The Honest Look:** When you are in early recovery, your prefrontal cortex is literally healing from neuroadaptation. You don't have the mental bandwidth for complex philosophies or massive life overhauls. That is why recovery fellowships are designed to be simple. We don't solve our whole lives; we solve today. We don't heal alone; we heal through one peer talking to another. When the pressure of life feels too heavy, bring your focus back to the basic, simple principles: show up, tell the truth, and help another person.

**The Next Right Step:** Share your experience or offer a word of encouragement to someone else in a recovery group today.

**Today's Pause:** How can you simplify your thoughts today when your mind starts spinning on future worries?

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## Day 27: Meetings as Lighthouses

*Mutual-help group participation improves long-term recovery through increased self-efficacy and social support.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Some days, you won't want to go to a meeting. You'll feel tired, or you'll convince yourself that you don't 'need' it. Go anyway. Meetings are lighthouses in a very dark world. You don't go just to hear the speakers; you go to sit in a room full of people who understand the exact weight of your secrets. Active participation—whether setting up chairs, sharing honestly, or greeting the newcomer—anchors your brain in a purpose culture instead of a chemical coping culture.

**The Next Right Step:** Arrive ten minutes early to your next meeting, help set up, or introduce yourself to the leader.

**Today's Pause:** In what ways do you feel your guard drop when you are sitting in a room of people who share your struggle?

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## Day 28: The Healing of Abstinence

*Research shows that reduced use or abstinence from substances can allow the brain to recover. Although it takes time, the brain is 'in recovery.'*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Neurobiological studies prove that chronic drug use significantly reduces the density of dopamine D2 receptors in the striatum, leaving you in a state of constant dissatisfaction. But the science also offers a profound message of hope: with sustained abstinence, those dopamine receptors physically begin to regrow and adapt. Your capacity to feel joy, peace, and natural pleasure is actively healing every single day you stay clean. Your brain is a masterpiece of resilience.

**The Next Right Step:** Practice a healthy natural reward today—eat a favorite fruit, listen to an uplifting song, or take a peaceful walk.

**Today's Pause:** What natural, simple pleasures have you started to notice or appreciate more since getting clean?

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## Day 29: Medications as Tools

*Removing the stigma and barriers around taking these medications is important to ensuring clients have the support they need.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** There is a massive amount of stigma in some recovery circles regarding Medications for Addiction Treatment. People whisper that it is 'just substituting one drug for another.' Let's tell the unvarnished truth: those medications stabilize brain chemistry, reduce fatal overdose risk, and save lives. Recovery is not a one-size-fits-all formula. Whether your pathway includes medical support, mutual-aid groups, clinical therapy, or peer support, your only job is to protect your life and walk toward healing.

**The Next Right Step:** If you use medication, commit to taking it exactly as prescribed, free of shame or secrecy.

**Today's Pause:** What does a 'supportive, non-judgmental recovery pathway' look like for you personally?

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## Day 30: Persistent, Not Perfect

*Recovery doesn't require perfection. It requires persistence. Take one honest next step.*

— Dianna Price, Philosophy

**The Honest Look:** We have made it to day thirty. One full month. Take a moment to look back at the ground you have gained. If your journey has been messy—if you have slipped, or if your thoughts have been chaotic—I need you to hear me: perfection is a trap. The expectation of a perfect, linear recovery is what drives people to give up after a slip. You do not need to be perfect. You only need to be relentless. If you fall, get back up, dust yourself off, and take the next honest step.

**The Next Right Step:** Write a list of three small victories you have achieved in these first thirty days of recovery.

**Today's Pause:** How can you release the exhausting pressure of trying to look 'perfectly recovered' to the outside world?

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## Day 31: The Root Wounds

*Trauma matters... Sometimes the drug is not the original problem. Sometimes it becomes the way a person survives unbearable emotional pain.*

— Dianna Price, Philosophy

**The Honest Look:** As we enter the second month, we must look deeper than the chemical use itself. Why did we reach for the bandage in the first place? Long before methamphetamine ever entered my life, I was carrying the profound, crushing grief of losing my infant daughter, Brittani Gale. The drug was my desperate attempt to silence that howling pain. If we only treat the addiction while leaving our deepest, unaddressed trauma wide open, we will constantly find ourselves vulnerable to relapse. Healing requires us to address the root wounds.

**The Next Right Step:** Identify one major painful memory or loss from your past that you have been trying to silence with substances.

**Today's Pause:** Instead of asking 'What is wrong with me?' ask yourself: 'What happened to you?' What is your answer?

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## Day 32: The Co-Occurring Struggle

*Failing to address trauma in people who have problematic substance use can lead to worse outcomes.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** The data is clear: individuals with post-traumatic stress disorder (PTSD) are incredibly vulnerable, with studies indicating that 46 percent of people with PTSD also meet the criteria for a substance use disorder. When trauma and addiction are comorbid, they feed on each other. The stress of trauma triggers cravings, and the chaos of active use creates further trauma. You cannot treat one while ignoring the other. Seeking professional support to process trauma is an act of survival, not weakness.

**The Next Right Step:** Research trauma-informed counselors or support services in your local community.

**Today's Pause:** In what ways do your trauma triggers or anxiety directly influence your urge to use?

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## Day 33: The Healing Circle

*For individuals with trauma, the 'circle process' creates a safe space for individuals with similar experiences to come together to support healing.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Trauma makes us feel completely isolated, convinced that our experiences are too dirty or too heavy for anyone else to understand. But there is a deep, ancient medicine in the circle process. When we sit with peers who have walked through similar fires—whether in a support group, a counseling circle, or a peer recovery group—our isolation is broken. In a safe, shared space, our stories stop being a source of shame and become the very ground of our mutual healing.

**The Next Right Step:** Commit to sharing one small piece of your personal story in a safe recovery circle or meeting this week.

**Today's Pause:** What would it feel like to share your deepest struggle with people who will not judge you?

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## Day 34: Stories Save Lives

*Stories save lives. One honest story can reach someone that statistics never will.*

— Dianna Price, Philosophy

**The Honest Look:** For a long time, I believed nobody could understand why I kept making the same terrible decisions. I thought my story was a source of shame that needed to be buried forever. But today, I understand that our survival has tremendous value. When you share your raw, unvarnished story of survival, you are leaving a lighthouse on for those still lost in the dark. Your scars are not proof of your failure; they are the evidence that you made it out alive.

**The Next Right Step:** Write down one brief paragraph summarizing the turning point of your journey—the moment you chose life.

**Today's Pause:** How can your survival story become a source of hope and encouragement for another struggling person?

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## Day 35: Scars, Not Wounds

*Share from your scars, not your open wounds. Go slowly. Tell the truth with care.*

— Dianna Price, *Tell Me Your Story*

**The Honest Look:** While sharing our story is powerful, we must do it with wisdom. There is a critical difference between a scar and an open wound. A scar represents a place that has healed—it is strong, and it can be touched without bleeding. An open wound is still tender, raw, and vulnerable to infection. If a memory or a trauma still brings back overwhelming emotional distress, it is an open wound. Give it time, protect your peace, and only share what you have processed.

**The Next Right Step:** Identify one sensitive area of your life that you are not ready to share publicly yet, and give yourself permission to protect it.

**Today's Pause:** How can you distinguish between the parts of your life that are healed and those that still need private protection?

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## Day 36: The Power of Forgiveness

*Forgiveness doesn't mean what they did was okay. It means you are tired of carrying their choices like a bag of hot coals.*

— Dianna Price, Philosophy

**The Honest Look:** In recovery, we often carry immense resentment toward people who hurt us, or deep anger toward ourselves for the choices we made. But resentment is a toxic weight. It is like drinking poison and waiting for the other person to die. Forgiveness is not a favor you do for someone else; it is an act of self-preservation. It is deciding that you are finished letting the past dictate your peace today. You are releasing the hook.

**The Next Right Step:** Write down the name of one person you are holding a resentment against, and write: 'I release you from my anger.'

**Today's Pause:** What resentment are you currently holding that you are ready to let go of for the sake of your own peace?

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## Day 37: Rebuilding Family Trust

*Family therapy can help family members understand how problematic substance use affects the whole family and how to support recovery.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Active addiction doesn't happen in a vacuum. It is a family disease that interrupts the equilibrium of everyone involved. When we get clean, we expect our families to celebrate immediately. But the truth is, they are often carrying their own trauma, fear, and exhaustion from watching our slow-motion collapse. Rebuilding trust requires patience, consistency, and a willingness to let them heal at their own pace. We show our recovery through our actions, not our promises.

**The Next Right Step:** Apologize to a family member today, not with words, but by consistently showing up sober and reliable.

**Today's Pause:** How can you show patience and compassion toward your family's fear of your potential relapse?

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## Day 38: The CRAFT Approach

*CRAFT consists of training families... Refraining from blaming and shaming, and expressing concern.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** If you have family members who are trying to support you, encourage them to look at evidence-based models like CRAFT (Community Reinforcement and Family Training). Traditional models often focus on 'tough love' or confrontational interventions that can drive people deeper into shame and isolation. CRAFT teaches families how to use positive reinforcement, set healthy boundaries, and communicate with compassion. When we remove blame and shame from the family system, recovery can flourish.

**The Next Right Step:** Share information about family support groups (like SMART Family & Friends or Al-Anon) with a loved one.

**Today's Pause:** What communication styles within your family currently trigger your defensiveness, and how can you change them?

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## Day 39: Saying No to Strangers

*I got back on the dating apps... trading pieces of myself just to stay high and stay numb.*

— Dianna Price, Do You ParTy?

**The Honest Look:** When we are active in our addiction, we often use our bodies, our safety, and our relationships as currency just to survive. We let strangers into our space, get into dangerous cars, and accept terrible compromises because we believe we don't deserve anything better. In recovery, we must reclaim our dignity. You are not a disposable object. Setting hard boundaries with relationships, dating, and sex in early recovery is essential to guarding your fragile peace.

**The Next Right Step:** Delete any dating apps or contact info that connect you to people who do not respect your recovery.

**Today's Pause:** How has active use compromised your personal boundaries in the past, and how can you protect them today?

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## Day 40: Your Past Is Not Your Gallows

*Your past does not define your future. Your worst decision does not determine your value.*

— Dianna Price, Philosophy

**The Honest Look:** The disease of addiction wants to lock you in a courtroom where your past is the judge and your shame is the executioner. It wants you to believe that because you made terrible mistakes, you are permanently disqualified from a good life. But that is a lie. Your past is a school, not a prison. The very mistakes you made can become the foundation of your wisdom. You are allowed to turn the page and write a completely new chapter.

**The Next Right Step:** Write a letter of forgiveness to yourself for the mistakes you made during your active use.

**Today's Pause:** What is one past decision you are still punishing yourself for every single day?

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## Day 41: The Scars of the Bridge

*I looked in a mirror... Bruised. Shattered. I fell to my knees. That was my rock bottom.*

— Dianna Price, *After the Party*

**The Honest Look:** My rock bottom wasn't an abstract concept; it was a physical reflection in a hotel mirror showing a bruised, hollowed-out woman with neck wounds. It was the absolute end of my strength. Sometimes, we have to hit the very bottom of our self-reliance before we are ready to receive help. If you have hit your bottom, celebrate it. It means you no longer have to keep digging. The only direction left to go is up.

**The Next Right Step:** Stand in front of a mirror today, look yourself in the eyes, and say: 'I forgive you. We are going up.'

**Today's Pause:** What did your rock bottom look like, and how does it serve as a foundation for your recovery today?

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## Day 42: Structure as a Sanctuary

*She didn't just sponsor my recovery. She protected it... Her home became my sanctuary.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When I was in early recovery, my sponsor Kat gave me a quiet place to live. She laid down strict rules, curfews, and expectations. At first, my pride resisted. But quickly, I realized that her boundaries were a safe fence keeping out the wolves of my past. Boundaries are not meant to restrict your life; they are meant to protect your healing. Embrace the rules, curfews, and structure of your program. They are your sanctuary.

**The Next Right Step:** Thank a recovery supporter, sponsor, or house manager today for holding you accountable to the rules.

**Today's Pause:** In what ways do you currently view accountability as a support system instead of a restriction?

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## Day 43: Unpacking the Grief of Loss

*I lost my infant daughter... I understand what it feels like to carry grief that never goes away.*

— Dianna Price, *After the Party*

**The Honest Look:** When I lost my daughter Brittani Gale, my soul was crushed. I didn't know how to carry that kind of grief, so I tried to freeze it with substances. But grief doesn't freeze; it simply waits for the thaw. When you get clean, the frozen feelings of your past losses will begin to melt, and it can feel overwhelming. Let the tears fall. Grief is not a relapse; it is a natural human response to loss. You must feel it to heal it.

**The Next Right Step:** Write a letter to a loved one or a dream you have lost, expressing all the pain and love you carry.

**Today's Pause:** What losses have you been trying to run from that you need to sit with and feel today?

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## Day 44: The Power of Spiritual Grounding

*A growing body of evidence indicates that religious and spiritual beliefs and practices contribute to better recovery outcomes.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** When the storm of cravings or trauma triggers is howling, we need an anchor that goes deeper than our own thoughts. Studies show that spiritual practices—such as conversational prayer, meditation, or quiet reflection—actively decrease psychological distress and quiet the brain's alarm systems. Whether you find your anchor through faith, nature, the fellowship, or a Higher Power of your understanding, lean into it. Let go of the need to run your own life.

**The Next Right Step:** Spend ten minutes in quiet, conversational prayer or meditation, asking for the strength to survive today.

**Today's Pause:** What does a Higher Power or spiritual anchor mean to you in your daily recovery practice?

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## Day 45: Trauma-Informed Gentle Yoga

*Yoga can be used as a safe, effective, holistic approach... It helps quiet cravings and state of mind.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Trauma and active drug use both disconnect us from our own physical bodies. We live entirely in our anxious, spinning thoughts, treating our bodies like a vehicle we are abusing. Trauma-informed gentle movement, like simple yoga or stretching, helps us physically reconnect. By moving mindfully and breathing deeply, we tell our central nervous system that we are safe in this exact moment, which naturally quiets cravings and anxiety.

**The Next Right Step:** Spend five minutes today doing gentle, mindful stretches while focusing entirely on your breathing.

**Today's Pause:** How does your physical body feel right now? Scan from your head to your toes and notice where you carry tension.

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## Day 46: Releasing Toxic People

*Some people's names and private details need to stay private... Telling your story well means telling it with care.*

— Dianna Price, *Tell Me Your Story*

**The Honest Look:** In active use, we often ran with people who were also lost, sick, and destructive. When we get clean, we have to walk away from those connections. That doesn't mean we hate them or judge them; it means we understand that we cannot stay clean while swimming in a toxic pool. You cannot carry someone else's recovery if they are not ready to put down the drugs. It is okay to wish them well from a safe distance.

**The Next Right Step:** Block any phone numbers or social media contacts that connect you to active users or drug dealers.

**Today's Pause:** What relationships in your life are you holding onto that are actively threatening your sobriety?

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## Day 47: Healing the Nervous System

*Withdrawal symptoms can last for months. Reassure clients that although symptoms continue, they can be managed.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Many people expect to feel completely happy and energetic within a few weeks of getting clean. But the reality of post-acute withdrawal syndrome (PAWS) means that you may experience mood swings, sleep disturbances, and low energy for months. Your nervous system is physically rewiring itself. Do not mistake this temporary flat feeling for proof that 'recovery doesn't work.' Your brain is doing heavy construction. Give it time.

**The Next Right Step:** Commit to an early bedtime tonight to give your healing brain the rest it desperately needs.

**Today's Pause:** In what ways can you adjust your expectations of how quickly your mind and body should heal?

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## Day 48: The Gift of Self-Compassion

*You are not going to hate yourself into recovery. You're going to need something much more difficult: honesty.*

— Dianna Price, *After the Party*

**The Honest Look:** Active addiction is a constant cycle of self-flagellation. We hate our decisions, so we use to numb the hatred, which leads to more decisions we hate. We try to shame ourselves into changing. But shame only feeds the urge to escape. Honesty, paired with self-compassion, is the only force strong enough to break the cycle. Acknowledge your mistakes without blinking, but treat yourself with the same kindness you would offer to a sick friend.

**The Next Right Step:** Write down one thing you love or respect about yourself today, independent of your past mistakes.

**Today's Pause:** Why is it so much easier for you to show compassion to others than to offer it to yourself?

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## Day 49: Building Healthy Alliances

*Joann works in the same place we once fought to get clean in... we walk beside each other.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** My friend Joann today works in the very treatment center where we once struggled to find our footing. We went from being two broken women in detox to being two professional peer supporters helping others find their way out. When you build healthy, sober alliances, you are building a partnership that multiplies your strength. Find friends who are committed to growth, who will tell you the unvarnished truth, and who will hold you high.

**The Next Right Step:** Write a text or note of gratitude to a recovery friend who keeps you strong and honest.

**Today's Pause:** How do your current relationships reflect the clean, purpose-filled life you are trying to build?

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## Day 50: Day Fifty: Halfway in the Light

*This book began in the shadows but ends in the light. Not because the darkness disappeared, but because I stopped walking alone.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** We have crossed the halfway mark of this ninety-day journey. Fifty days of choosing life over smoke, of choosing truth over secrets. The old shadows of your active use may still chase you, and the old cravings may still whisper. But the difference today is that you are no longer walking alone in the dark. You have a network, you have tools, and you have fifty clean days backing your decisions. The light is winning. Keep walking.

**The Next Right Step:** Share your fifty-day milestone with a sponsor, recovery peer, or safe family member today.

**Today's Pause:** When you look back at Day One, what is the biggest change you notice in your heart today?

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## Day 51: Understanding Triggers

*Helping clients develop stress-management skills and understand triggers can further support their recovery process.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** A trigger is a sensory cue—a song, a smell, a parking lot, or an emotional state—that instantly alerts your brain's old addiction pathways. It is like an electrical current running through an old wire. But a trigger is not a mandate. It is simply a physical reaction. When you identify a trigger, you can use your coping skills to disconnect the wire before the action occurs. Understanding your triggers turns an emotional emergency into a manageable event.

**The Next Right Step:** Write a list of five immediate action steps you will take the next time you feel triggered in a high-risk situation.

**Today's Pause:** What specific emotional states (like exhaustion, anger, or boredom) are your most dangerous triggers?

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## Day 52: The ADAPT-2 Lessons

*Guest Editorial – When Craving Predicts the Use of Methamphetamine: Lessons From the ADAPT-2 Trial.*

— ASAM, NCBI Bookshelf

**The Honest Look:** Clinical research from the ADAPT-2 trial demonstrates that a rise in daily cravings is the single strongest statistical predictor of methamphetamine use. This means that a craving isn't just an uncomfortable feeling; it is a critical warning sign that your recovery plan needs active protection. When cravings spike, you cannot afford to isolate or 'tough it out.' You must immediately activate your support system, change your environment, and increase your accountability.

**The Next Right Step:** If you are feeling a spike in cravings today, tell your sponsor or a recovery peer immediately.

**Today's Pause:** How can you treat a spike in cravings as a medical warning sign requiring immediate support instead of a personal failure?

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## Day 53: The Lacing Danger

*One Pill Can Kill. DEA resources highlight the extreme prevalence of fentanyl-laced substances in the community.*

— DEA, NCBI Bookshelf

**The Honest Look:** Let's tell the absolute, life-or-death truth: the drug landscape today is not what it was decades ago. Fentanyl and xylazine are being mixed into almost every illicit substance on the street. A single bad decision, a single lapse in judgment, or a single 'slip' can be instantly fatal. This isn't a speech to scare you; it is a biological fact. There is no such thing as a 'safe slip' anymore. Staying clean is quite literally a matter of staying alive.

**The Next Right Step:** Commit to your life today by recognizing that there is no safe way to return to active use.

**Today's Pause:** How does the lethal reality of today's street drugs change the way you view the 'harmless' thought of relapsing?

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## Day 54: The Strength of Boundaries

*My home is quiet. Peaceful... safety isn't just something I crave—it's something I protect with everything I've got.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** In active use, my life was a hurricane of chaos. My door was always open, strangers were coming and going, and danger was my daily environment. Today, my home is a quiet sanctuary. I guard my door, I guard my peace, and I guard my relationships with a fierce commitment. You have a right to a quiet, safe life. It is not selfish to shut out people who bring chaos, drama, or active drug use into your space. Protect your peace.

**The Next Right Step:** Evaluate your immediate living space today and identify one way you can make it more peaceful and secure.

**Today's Pause:** What chaos are you still letting into your life because you are afraid of setting a firm boundary?

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## Day 55: The Gift of an Empty Bed

*Her absence echoed through that house like a wound... One day she was there. The next, she wasn't.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** When Tiffany died, her empty bed in our sober living house was a howling silence. It broke my heart, but it also cemented my decision. I looked at that bed and realized that if I went back to meth, my bed would be the next empty one. In recovery, we must learn from the tragedies of our peers. We honor those we have lost by refusing to let their deaths be in vain. We choose life in their memory.

**The Next Right Step:** Think of someone you lost to addiction, and dedicate your commitment to staying clean today to their memory.

**Today's Pause:** How can you turn the grief of losing friends to addiction into a fierce determination to survive?

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## Day 56: The False Friend

*The drugs weren't always the disease. Sometimes they were the bandage.*

— Dianna Price, *After the Party*

**The Honest Look:** For a long time, the pipe was my only friend. It didn't judge me, it didn't ask questions, and it instantly silenced my grief. But that friendship was a toxic lie. The bandage was slowly rotting the skin underneath. Substances do not heal pain; they simply freeze it while the wound grows deeper. Real recovery requires us to take off the dirty bandage, look at the wound, and let the clean air of honesty and community begin the real work of healing.

**The Next Right Step:** Identify one emotional wound you have been covering up with 'chemical bandages' and tell a sponsor or counselor.

**Today's Pause:** What pain are you ready to stop numbing so that you can finally start healing?

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## Day 57: Waccamaw Healing Circles

*Rooted in traditional practices of Indigenous people, healing circles help individuals deal with stress and difficulties.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** In the search for recovery supports, we must recognize that healing comes through many cultural and traditional pathways. From Native American healing circles to secular self-empowerment groups, connection to community and ancestry is a powerful medicine. Recovery is not a rigid, clinical formula. Explore the cultural, spiritual, and community traditions that resonate with your soul. Find the circle where you feel connected, respected, and at home.

**The Next Right Step:** Explore a local or virtual recovery support network that aligns with your personal values or heritage.

**Today's Pause:** What ancestral, cultural, or spiritual connections give you a sense of strength and belonging?

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## Day 58: The Courage to Stay

*Are you done waking up ashamed? Are you done lying to yourself? Are you done surviving instead of living?*

— Dianna Price, *After the Party*

**The Honest Look:** When we get clean, we are often overwhelmed by the hard work of rebuilding. We look at our bills, our broken relationships, and our criminal records, and we feel a deep urge to run. But running is just active addiction in disguise. It takes immense courage to sit still in the mess, to face the music, and to stay. You don't have to fix everything today. You only have to stay clean today. The wreckage can be cleaned up, piece by piece, as long as you stay.

**The Next Right Step:** Identify one difficult task or conversation you have been running from, and make a plan to face it honestly.

**Today's Pause:** What is the biggest thing you want to run away from today, and how can you find the courage to stay?

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## Day 59: The Door I Opened

*I never imagined I would try methamphetamine. But in California, one decision opened a door I did not understand.*

— Dianna Price, *After the Party*

**The Honest Look:** California was where I tried methamphetamine for the first time. At that moment, I did not understand how far that first decision could carry me or how completely addiction could rewrite my life. Destructive patterns rarely announce themselves as disasters. They often begin with curiosity, pressure, pain, or the belief that one choice will not matter. But choices have direction. That first use did not determine the rest of my life, but it started a path that eventually became much harder to leave. Recovery asks us to look honestly at where our path began—not to punish ourselves, but to recognize the moments when we need to turn around.

**The Next Right Step:** Identify one seemingly small decision, environment, or relationship that has repeatedly led you away from the life you want.

**Today's Pause:** What did you believe before your substance use began, and what do you understand differently now?

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## Day 60: The Foundation Is Set

*Don't measure your progress by the number of pages. Measure it by the truth you've been willing to tell.*

— Dianna Price, *Tell Me Your Story*

**The Honest Look:** We have completed sixty days. Two full months of clean living. Look at the foundation you have built. It is solid, it is honest, and it was paid for with your own tears and courage. You have proven that you can survive the rawest cravings and the heaviest memories. As we move into the final thirty days of this journal, our focus shifts from simply surviving to thriving—reclaiming your identity, serving others, and creating a life that is too beautiful to throw away.

**The Next Right Step:** Take a moment to write a note of gratitude to yourself for having the courage to make it to day sixty.

**Today's Pause:** What is the most beautiful thing about your clean life today that was completely missing sixty days ago?

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## Day 61: The Lifetime Practice

*I used to believe there would come a day when I'd never think about meth... there isn't a finish line. Recovery is about what to do when one shows up.*

— Dianna Price, *After the Party*

**The Honest Look:** As we enter the final month, let's release a dangerous illusion: there is no finish line. Cravings will still happen, life will still get stressful, and your brain will still occasionally whisper old lies. Recovery isn't about becoming a person who never struggles; it is about becoming a person who knows exactly what to do when the struggle shows up. It is a daily, lifetime practice of honesty, community, and connection. The work doesn't end, and that's beautiful.

**The Next Right Step:** Commit to one simple, lifelong recovery habit—such as a daily meeting, journaling, or checking in with a peer.

**Today's Pause:** How does letting go of the search for a 'finish line' help you focus on living peacefully today?

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## Day 62: The Peace of Coffee and Cats

*My cats climb into my lap as I sip coffee and thank God I made it. I used to wonder if I'd ever feel safe.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Sometimes, the greatest victories in recovery are the smallest, quietest moments. My morning coffee, my cats Bobby and Alice purring in my lap, and a quiet, safe home—these are the miracles that crystal meth almost stole from me. In active use, we are always running, always looking over our shoulder, and always in fear. In recovery, we are allowed to sit still, to feel safe, and to savor the simple peace of an ordinary morning. Don't overlook the small miracles.

**The Next Right Step:** Spend ten minutes tomorrow morning sitting in absolute silence, savoring your coffee or tea, and practicing gratitude.

**Today's Pause:** What quiet, simple daily moments are you most grateful for in your life today?

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## Day 63: Reclaiming Your True Self

*I resigned from more than just a trucking job that day. I resigned from myself. But today, I remember who I am.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Active addiction strips away your identity until you are nothing but a ghost chasing a high. I walked away from a trucking career I loved simply to protect my smoke and hotel rooms. I completely resigned from myself. But getting clean is a process of reclamation. You are not 'building' a new person from scratch; you are uncovering the beautiful, strong, and honest soul that was always there, buried under the rubble of your active use. Welcome home to yourself.

**The Next Right Step:** Identify one talent, hobby, or interest you loved before your addiction, and take one step to reclaim it today.

**Today's Pause:** Who were you before the drugs took over, and what part of that true self are you most excited to reclaim?

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## Day 64: The Peer Supporter License

*This certificate is to certify that Dianna Marie Price... is hereby licensed to practice as a Certified Peer Recovery Supporter.*

— State of Ohio, Wall Certificate

**The Honest Look:** When I stepped off the Greyhound bus in Toledo with nothing but a wet bag of clothes, I was completely invisible. Today, I hold a state-certified license signed by the Director of Behavioral Health. That certificate isn't a badge of pride; it is a symbol of absolute redemption. It is proof that in recovery, your greatest failures and your deepest scars can be transformed into the very tools that save other people's lives. Your mess can become your ministry.

**The Next Right Step:** Share a word of hope or a practical recovery tool with someone who is earlier in their journey than you.

**Today's Pause:** How can you use the hard-earned lessons of your struggles to serve and support another person today?

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## Day 65: Conversations in My Car

*Today, I help others find their way out. Sometimes through a conversation in my car. Sometimes with a simple truth: 'You're not alone.'*

— Dianna Price, Do You ParTy?

**The Honest Look:** My peer support work doesn't happen in clinical offices. Often, it happens over coffee, in meeting basements, or during quiet conversations in my car. You don't need a professional title or a master's degree to save a life. You only need a willingness to sit in the truth, to listen without flinching, and to offer your lived experience as a bridge. The simple words 'I understand' are some of the most powerful words in the human language.

**The Next Right Step:** Listen to a recovery peer today without trying to 'fix' them—simply offer your presence and understanding.

**Today's Pause:** Who in your life needs to hear the simple, life-saving words: 'You are not alone'?

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## Day 66: Scars as Scaffolding

*My worst decision does not determine my value. Scars tell us that we survived.*

— Dianna Price, Philosophy

**The Honest Look:** Shame wants you to hide your scars under long sleeves and dark secrets. But in recovery, your scars are your scaffolding. They are the proof that the fire did not consume you. When a printed book or an honest conversation puts your vulnerability on display, you are showing the world that change is possible. Don't hide your survival. Wear your scars with dignity; they are the evidence of your healing.

**The Next Right Step:** Identify one scar (physical or emotional) from your past, and write down how it has become a source of strength.

**Today's Pause:** How does showing your scars honestly to others help break the hold of shame in your community?

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## Day 67: Don't Count Pages. Count Purpose.

*A meaningful story does not need to be extraordinary; it needs to be honest. Measure it not by its pages, but by its purpose*

**Dianna Price, Tell Me Your Story**

**The Honest Look:** When people think about writing a book or sharing their story, they often get caught in comparison. They think their story is too small, or they worry they don't have enough pages. But a story doesn't change lives because it is long or dramatic; it changes lives because it is honest. If your words help one person choose life instead of giving up, then every page has been worth it. Focus on the purpose of your life, not the length of your resume.

**The Next Right Step:** Focus entirely on executing one small, purpose-filled act of kindness or service today without seeking credit.

**Today's Pause:** What does a life centered on 'purpose instead of performance' look like for you today?

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## Day 68: Resilience as a Habit

*One form of resilience is recovery from problematic substance use itself... Resilience can be learned.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** Many people treat resilience as a genetic lottery—something you either have or you don't. But clinical trauma research proves that resilience is not an innate trait; it is a process and a habit that is built through active therapy and daily practice. Every time you face a craving with a SOBER tool, every time you choose honesty over a secret, and every time you walk into a meeting instead of a bar, you are physically building your brain's resilience circuits.

**The Next Right Step:** Identify one positive coping habit you have established in recovery, and commit to practicing it daily.

**Today's Pause:** How has your ability to handle stress and emotional pain improved over these last sixty days?

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## Day 69: Forgiving the Unforgivable

*We met in treatment, two broken women... we forged a sisterhood in the ashes.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Some of the people we hurt during our active use may never forgive us. They may hold onto their anger, and they have a right to their feelings. In recovery, we must learn to accept their boundaries. We do not demand forgiveness from others; we simply live a life that is worthy of it. True amends is not a speech; it is a changed lifestyle lived consistently over months and years. Your changed life is the fullest apology.

**The Next Right Step:** Accept one relational boundary a loved one has set, and commit to respecting it without anger or defensiveness.

**Today's Pause:** What relationship in your life are you trying to force or control, instead of letting it heal slowly?

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## Day 70: The Power of a Single Choice

*One decision changed the direction of my life. Not all at once. But enough that I slowly became someone I didn't recognize.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** If a single, bad decision made in Ontario, California, could change my life and pull me into years of active use, then think about the reverse: a single, honest decision made today can change the entire direction of your future. You do not have to fix your whole life today. You only have to make one, clean decision in this exact moment. Every positive decision multiplies, slowly steering you toward a life you are proud to live.

**The Next Right Step:** Make one intentional, positive choice today that represents the future you want to build, not the past you left behind.

**Today's Pause:** What is the single most important choice you are facing today, and how will you handle it honestly?

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## Day 71: Hope as a Clinical Weapon

*Hope is not wishful thinking. Hope keeps people alive long enough to heal.*

— Dianna Price, Philosophy

**The Honest Look:** Some clinical circles treat hope as a soft, sentimental feeling. But in peer recovery support, we understand that hope is a clinical weapon. It is the literal force that keeps a person alive on that Maumee River bridge. People rarely change because they are criticized or shamed; they change because someone helps them believe that a better life is physically possible for them. Hold onto hope like it is a lifeline. It is.

**The Next Right Step:** Write a note of absolute hope to a peer who is struggling today, reminding them of their value.

**Today's Pause:** What gives you the strongest sense of practical, realistic hope for your future today?

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## Day 72: A Mind That Is Quiet

*There is life on the other side... A life where you wake up safe... Where your mind is quiet.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** For years, my mind was a screaming engine of paranoia, hallucinations, and voices. I would stare at hotel room walls, shivering and pacing, hunted by my own demons. Today, my mind is quiet. When I wake up, the only sound is the coffee pot and the cats. If you are currently dealing with the screaming noise of guilt and fear, stay with us. Brain chemistry heals, the shadows fade, and a quiet, safe, and beautiful mind is waiting for you on the other side.

**The Next Right Step:** Spend five minutes today practicing quiet, slow box breathing (inhale for four, hold for four, exhale for four, hold for four).

**Today's Pause:** What does a 'quiet mind' feel like to you, and how can you invite more stillness into your life today?

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## Day 73: Removing Stigma Through Terminology

*Use of language that stigmatizes SUDs can create additional barriers.  
Stigma makes people less willing to seek treatment.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** stigma keeps people sick because it forces them to hide. When we call ourselves 'junkies' or 'addicts' with a tone of self-disgust, we are reinforcing our own shame. We must use person-first, recovery-oriented language. You are not a 'substance abuser'; you are a person with a chronic, treatable medical condition who is actively walking toward recovery. Your language sets the tone. Speak about yourself and your peers with the dignity you deserve.

**The Next Right Step:** Correct yourself today if you catch yourself using stigmatizing language or labels to describe your struggle.

**Today's Pause:** How does using person-first language change the way you value your own worth as a recovering person?

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## Day 74: The Value of a Safe Environment

*Avoiding potential triggers is critical... People should feel safe and supported in their environment.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** In the first month, your recovery scaffolding is built by others. But by month three, you must become the active architect of your own environment. If you are still hanging around with 'friends' who use, or if you keep your old stash spots 'just in case,' you are leaving the door open for the thief. Clean up your physical space, block the numbers, and ensure that your home and your phone are safe sanctuaries for your recovery.

**The Next Right Step:** Do a thorough clean-up of your physical and digital space today, removing any lingering reminders of active use.

**Today's Pause:** What environment in your life is still a potential trigger, and how can you make it safer today?

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## Day 75: Nutrition, Activity, and Sleep

*Addressing health and wellness to support recovery, including healthy nutrition, physical activity, and sleep.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** We often treat recovery as a purely spiritual or mental process. But your mind lives inside your physical body. Chronic drug use depletes your body's basic nutrients, disrupts your sleep architecture, and dysregulates your HPA stress axis. True healing requires physical care. Mindful nutrition, regular exercise, and high-quality sleep are clinical tools that naturally decrease anxiety, improve mood states, and quiet cravings. Take care of your temple.

**The Next Right Step:** Eat a fresh, nutrient-rich vegetable or fruit, and go for a fifteen-minute brisk walk today.

**Today's Pause:** In what ways have you been neglecting your physical health, and how can you start treating your body with respect today?

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## Day 76: Developing Healthy Leisure

*Clients need to learn the value of a balanced lifestyle that includes recreational and leisure activities to reduce cravings.*

— NCBI Bookshelf, TIP 65

**The Honest Look:** In active use, our only hobby was getting high and recovering from the high. When we get clean, we are left with a massive amount of empty time, which can quickly turn into boredom and vulnerability. You must fill that space with healthy leisure. Whether it is drawing, hiking, coloring, reading, or learning a new skill, find activities that bring you joy without chemicals. A balanced lifestyle is a powerful shield against relapse.

**The Next Right Step:** Spend thirty minutes today participating in a creative hobby or exploring a new recreational activity.

**Today's Pause:** What creative or playful activities did you enjoy as a child that you can bring back into your life today?

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## Day 77: The Scars of Toledo

*The bridge didn't get the final word. Today, I stand in the light.*

— Dianna Price, Philosophy

**The Honest Look:** When I stood on that Toledo bridge in the rain, I believed my life was a complete waste. I believed the dark water below was my only logical exit. But today, I stand in the light of a license, a quiet home, and books that encourage people worldwide. Your current chapter is not the end of your book. No matter how deep the wreckage feels, God can redeem your story. Stay alive, keep persistent, and watch what your life can become.

**The Next Right Step:** Look back at the hardest day of your life and write down three things that are different and better today.

**Today's Pause:** How does your survival of that darkest day prove that you have a future worth fighting for?

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## Day 78: The Purpose of Service

*We help others find their way out... Sometimes that's enough to start a fire in someone else's darkness.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** The ultimate safeguard of recovery is service. When we are entirely focused on our own cravings, our own anxiety, and our own problems, our world gets very small and very dark. But the moment we turn our focus outward to serve another struggling person—whether in a shelter, a meeting, or a simple phone call—our own burdens instantly feel lighter. Service shifts your brain from a state of survival to a state of purpose.

**The Next Right Step:** Perform one small act of service today—wash the dishes at your house, help a peer, or volunteer your time.

**Today's Pause:** How does serving others naturally quiet the internal noise of your own cravings and self-doubt?

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## HOW THIS JOURNAL WAS CREATED

People often ask how I am able to write books so quickly.

The answer is simple: I don't start with a blank page.

Over the years, I have written books, articles, recovery resources, website content, and personal reflections based on my own lived experience, education, professional training, and ongoing research. I have also built a carefully curated library of trusted recovery resources, including scientific literature, peer support materials, and evidence-based publications from organizations such as SAMHSA, ASAM, and the National Center for Biotechnology Information (NCBI).

For this journal, I used Google's NotebookLM as a research and writing partner—not as the author.

Before writing began, I assembled a private library of carefully selected source material, including my own published books, recovery writings, educational articles, and evidence-based research. NotebookLM analyzed only those materials. It identified recurring themes, organized related concepts, compared information across sources, and helped structure those ideas into a logical ninety-day recovery journal.

Every page was then personally reviewed, edited, fact-checked, refined, and approved by me. I verified the accuracy of the recovery concepts, corrected errors, adjusted the language to reflect my own voice, and ensured the finished journal remained faithful to my lived experience and professional philosophy as a Certified Peer Recovery Supporter.

Artificial intelligence did not replace my experience or my judgment. Instead, it served as an advanced research and organizational tool that helped me transform years of accumulated knowledge into a practical daily recovery resource.

I believe artificial intelligence is most valuable when it helps organize trustworthy information—not when it replaces wisdom, discernment, or lived experience. Just as a calculator helps an engineer perform complex calculations, AI helped me organize thousands of pages of information into a format that is easier to understand, easier to use, and more accessible to people seeking recovery.

The stories are mine.

The recovery philosophy is mine.

The encouragement is mine.

The responsibility for every page is mine.

My hope is that this journal reflects the best of both worlds: modern technology guided by evidence, personal experience, and a sincere desire to help someone take one honest next step toward recovery.

Technology helped organize the information.

Recovery gave it meaning.

— Dianna Price  
Certified Peer Recovery Supporter  
Recovery Advocate

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## Day 79: Humility Over Arrogance

*Before addiction, I believed people struggling were weak... I held the arrogant belief... I was completely wrong.*

— Dianna Price, Philosophy

**The Honest Look:** My arrogance was my greatest vulnerability. I thought my cd license, my perfect driving record, and my age made me immune to addiction. I had to be broken completely down to the street to learn the deep, life-saving value of humility. Humility is not thinking less of yourself; it is thinking of yourself less. It is realizing that we are all just one choice away from the dark, and that we must stand together in the light.

**The Next Right Step:** Admit one mistake or area where you need guidance to a sponsor or counselor today.

**Today's Pause:** In what ways did pride or arrogance keep you sick, and how does humility keep you safe today?

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## Day 80: Coloring as a Therapy

*Coloring is a wonderful way to relax, reduce stress, and reconnect with yourself.*

— Dianna Price, Resources

**The Honest Look:** Mindful relaxation doesn't have to be complicated. Simple activities like coloring, sketching, or basic crafts engage our brains in non-threatening, repetitive visual tasks. This active engages the parasympathetic nervous system, lowering our cortisol levels and heart rate. In recovery, we need simple, accessible self-care tools that we can use anytime to soothe our anxiety and quiet our spinning minds.

**The Next Right Step:** Get a coloring page or a simple sketch pad, and spend fifteen minutes coloring mindfully today.

**Today's Pause:** How does engaging in simple, low-pressure creative activities help calm your nervous system?

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## Day 81: The Sanctuary of Peace

*Our home is quiet. Peaceful... safety is something I protect with everything I've got.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Look around your life today. Do you have a quiet sanctuary? In recovery, we learn to appreciate the beauty of a quiet room, a clean bed, and a mind that is not racing with panic. This peace was paid for with your relentless persistence. You have a right to protect it. Do not let toxic relationships, old playground habits, or chaotic lifestyles back into your sanctuary. Guard your peace with everything you've got.

**The Next Right Step:** Identify one toxic or chaotic element currently trying to enter your space, and firmly close the door to it.

**Today's Pause:** What does 'protecting your peace' look like in your daily relationships and environment today?

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## Day 82: The Role of Education

*Education is one of the most powerful tools we have in preventing addiction... especially education that explains cravings and dependence.*

— Dianna Price, *Why I Tried Methamphetamine...*

**The Honest Look:** Before I used meth at nearly fifty, I knew almost nothing. I thought 'detection windows' were the only risk, and I believed I could control my use. My decision was based on incomplete information and misplaced confidence. That is why education is such a powerful shield. When we understand the physical science of how drugs hijack the dopamine system, we realize that we are fighting a biochemical storm. Education empowers us to make choices based on truth.

**The Next Right Step:** Read one evidence-based article from NIDA or the Recovery Research Institute today to understand your brain's healing.

**Today's Pause:** How has learning the actual science of addiction helped free you from the weight of self-blame?

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## Day 83: Rebuilding Relationships Slowly

*He reminded me that one relapse didn't erase the work... most importantly, he saw someone worth fighting for.*

— Dianna Price, *After the Party*

**The Honest Look:** When we get clean, we want everyone we hurt to instantly celebrate and trust us. But relational wreckage takes time to clean up. If you are rebuilding a marriage, a friendship, or a connection with your children, remember: consistency is your only currency. Keep showing up, keep telling the absolute truth, keep making your bed, and let them heal at their own pace. Trust is built in the silent, ordinary moments of reliable behavior.

**The Next Right Step:** Express gratitude to a loved one today for standing by you, without demanding that they fully trust you yet.

**Today's Pause:** How can you show reliable, consistent behavior in your closest relationships today?

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## Day 84: The Purpose Culture

*Our priority is to help build resilience and move from chemical coping to human connection—from a pill culture toward a purpose culture.*

— SAMHSA Spotlight, Great American Recovery

**The Honest Look:** For too long, our culture has trained us to cope chemically—to reach for a substance the second we feel a spike of stress or discomfort. But recovery is a shift from chemical coping to human connection. It is moving from a 'pill culture' to a 'purpose culture.' When you build your life around purpose, service, and connection, you are installing a natural chemical balance in your brain that is far more stable than any synthetic high. Find your purpose and live it.

**The Next Right Step:** Identify one life-goal or service project you are passionate about, and write down three steps to achieve it.

**Today's Pause:** What does a 'purpose culture' look like in your everyday life and recovery practice today?

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## Day 85: The Legacy of Healing

*By sharing my journey, being present, and teaching healthy ways... I hope to give my child the tools to navigate.*

— Jason Brown, Partnership to End Addiction

**The Honest Look:** Our recovery isn't just about our own survival; it is about changing the legacy for our children, our families, and the next generation. When we heal our own trauma and choose a clean life, we are breaking a cycle of generational addiction. We are teaching our children how to feel their feelings, how to tell the truth, and how to navigate life's challenges without chemicals. Your recovery is a gift to people you haven't even met yet.

**The Next Right Step:** Commit to modeling healthy, substance-free emotional regulation for a young person or family member today.

**Today's Pause:** What generational patterns or cycles of pain are you actively breaking through your recovery today?

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## Day 86: The Grace of God's Faithful Story

*But God wasn't finished with my story... His grace is greater than my failures. That night became the turning point.*

— Dianna Price, *About Dianna*

**The Honest Look:** When I was sitting on that hotel bed with a meth pipe clutched in my hand, sobbing and begging God to make the pain stop, I honestly believed I was finished. I believed I had crossed a line that God's grace couldn't reach. But I was wrong. God wasn't finished with my story, and He isn't finished with yours either. No matter how deep your failures, His grace is greater. Let Him pick you up off the floor and begin again.

**The Next Right Step:** Let go of one lingering failure from your past today, and choose to receive grace and forgiveness.

**Today's Pause:** In what ways have you experienced a turning point of grace or hope in your own darkest hours?

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## Day 87: Your Voice Belongs to You

*Your story belongs to you. Your voice belongs to you. Your healing belongs to you.*

— Dianna Price, *Tell Me Your Story*

**The Honest Look:** No author, no clinician, no counselor, and no sponsor can tell your story or live your recovery for you. The decisions you make every morning are yours. The courage you bring to the page is yours. The peace you build in your home is yours. Reclaim your agency. You are no longer a victim of active addiction; you are the active, empowered author of your own healing. Stand tall in your recovery.

**The Next Right Step:** Take full responsibility for your actions today, and celebrate your power to choose a clean life.

**Today's Pause:** What does it mean to you to recognize that your voice, your story, and your healing belong to you?

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## Day 88: Humor as Medicine

*Kind of funny, really—how I became one of the clients who needed their services the most.*

— Dianna Price, *Do You ParTy?*

**The Honest Look:** Recovery is serious work, but let's tell the truth: we have to be able to laugh. I spent years rolling my eyes and laughing at the people standing outside treatment centers, only to walk through those exact doors with a trash bag of belongings and a mind full of demons. Sometimes, you have to look at the sheer irony of your own journey and laugh. Humor is a powerful medicine that releases tension and reminds us that we are human.

**The Next Right Step:** Find a moment to laugh today—whether sharing a funny active addiction memory with a peer or watching a comedy.

**Today's Pause:** How can learning to laugh at yourself help soften the heavy grip of your self-criticism today?

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## Day 89: The Persistence Standard

*Recovery isn't perfect. It needs to be persistent.*

— Dianna Price, Philosophy

**The Honest Look:** We are standing on day eighty-nine. Tomorrow is day ninety. If there is one lesson I hope you carry with you forever, it is this: your recovery doesn't need to be perfect to be powerful. You will have days when you feel anxious, days when you are tired, and days when the old whispers return. That doesn't mean you are failing. It means you are alive. Your only job is to be persistent. Keep showing up, keep telling the truth, and keep moving forward.

**The Next Right Step:** Commit to showing up for your recovery tomorrow, and the day after that, regardless of how you feel.

**Today's Pause:** What does the word 'persistent' mean to you in your daily recovery practice today?

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## Day 90: One Honest Next Step

*You do not have to fix your entire life today. You only have to take one honest next step.*

— Dianna Price, Philosophy

**The Honest Look:** We have completed ninety days. Take a slow, deep breath, and look at the path you have traveled. You are clean, you are alive, and you are standing in the light. If you look ahead and feel overwhelmed by the future, stop. Don't try to solve next year. Don't try to navigate the rest of your life. Bring your focus back to this exact moment. You only ever have to live one day, one hour, and one breath at a time. Take your next step with honesty, and watch the future unfold beautifully. You are worth saving.

**The Next Right Step:** Define your single, honest next step for your recovery today, and take it with full confidence.

**Today's Pause:** What is your honest next step right now, and how will you take it with courage today?

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