

FEEL TO HEAL



Feel To Heal WORKBOOK

A guide to emotions in early sobriety

Back on track
 Recovery

backontrackrecovery.co.uk



WELCOME

Introduction

Welcome to Back on Track Recovery's "Feel to Heal" workbook. Early sobriety is often described as a new beginning, but at times can feel like you are stepping into a storm; the fear of the unknown.

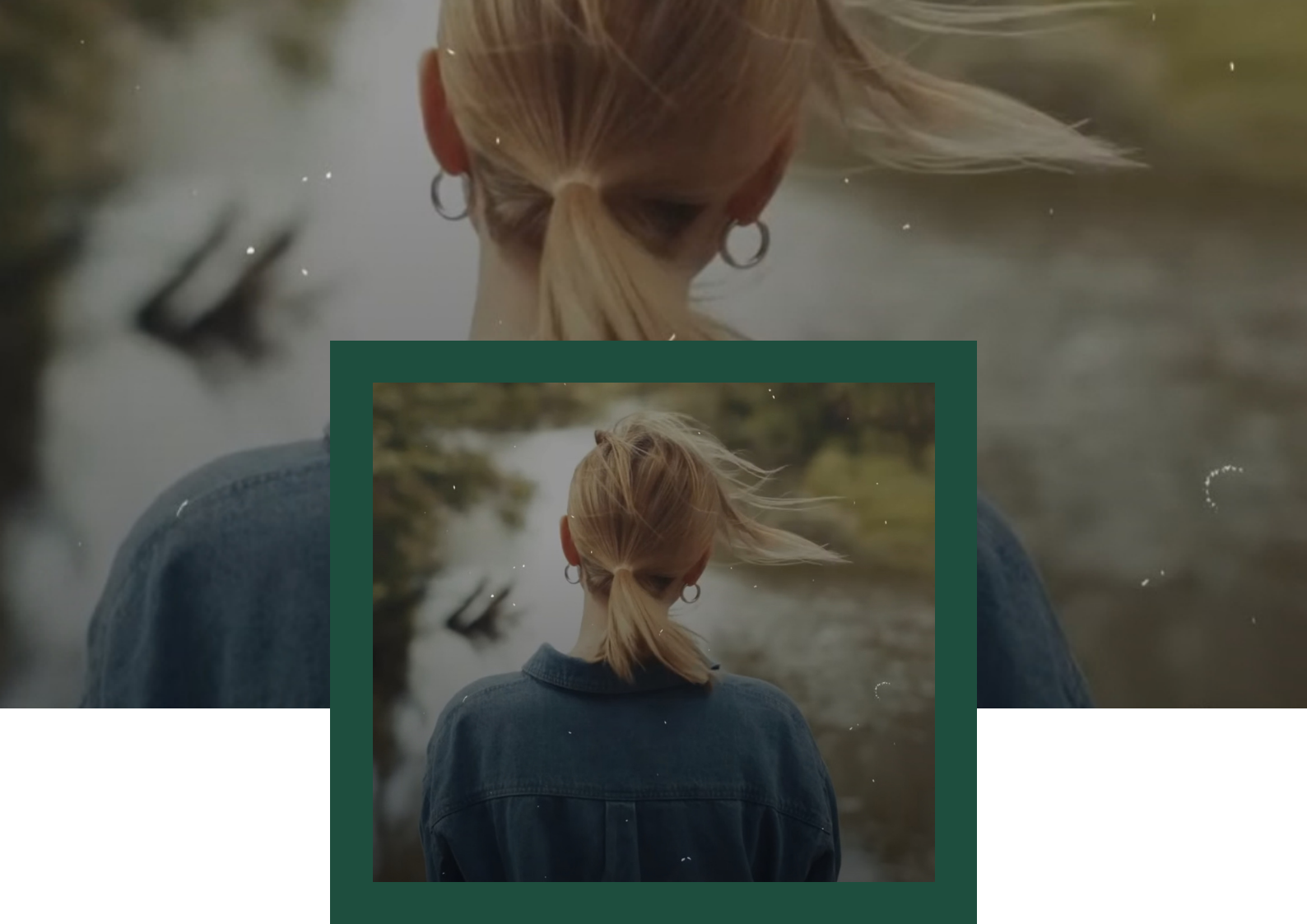
I know this, because I have lived it.

Emotions can feel like waves in early sobriety; Raw, powerful, unpredictable and often overwhelming.

I have designed this workbook as a companion for your first steps, to help you face your emotions in a safe and structured way.

This is a safe space to pause, breathe and check in with yourself. To work through this workbook, you will need a Journal/A4 Notepad & a pen.

Let's begin...



Common Emotional Waves

- Guilt and shame
- Anxiety and irritability
- Grief or sadness
- Restlessness
- Hope and joy! (The joy can be intense!)



QUICK CHECK-IN

Use daily or when you feel overwhelmed...

- What am I feeling right now?

- What triggered this feeling?

- What do I NEED in this moment?
(not want- NEED)

- What can i do to comfort myself in a healthy way?



EMOTIONAL RESETS

In early sobriety, emotions can build up quickly. This can feel overwhelming. An emotional reset is a simple way to pause, release tension and give yourself space to respond instead of react. Think of it as a “reset button” for your mind and body.

QUICK EMOTIONAL RESETS



Shake it out!
DANCE & SHAKE
Move your body for one
minute



4-4-6 Breathing
Inhale 4 , Hold 4, Exhale 6.



Grounding
Name 5 things you see, 4 things
you feel, 3 that you hear, 2 that
you smell and 1 you can taste...



Splash your face with cold
water or take a shower

DAILY AFFIRMATIONS



Daily affirmations can be powerful. These are short, positive statements you repeat to yourself to challenge negative thinking and build a healthier mindset. When practiced consistently - Daily affirmations can shift the way you see yourself, and your recovery:

“ I am allowed to feel without judging myself”

“ I am making progress every day”

“ I CAN do this and I AM doing this “

“ I am strong, I am in control“

You can add your own ..



SOBER STRESS SOS

QUICK CALM TOOLS

Sober Pause Plan:

1. **STOP**
2. **BREATHE**
3. **ASK** – “ *What would help me right now?*”
4. **ACT.** Continue for our stress toolkit.

STRESS TOOLKIT 1-2 PER DAY



Take a brisk walk - 10mins

Post in our Facebook support group - 5 mins



Call / Voice note a close friend - 5-15 mins

Do a “BRAIN DUMP” in your journal - 5 mins

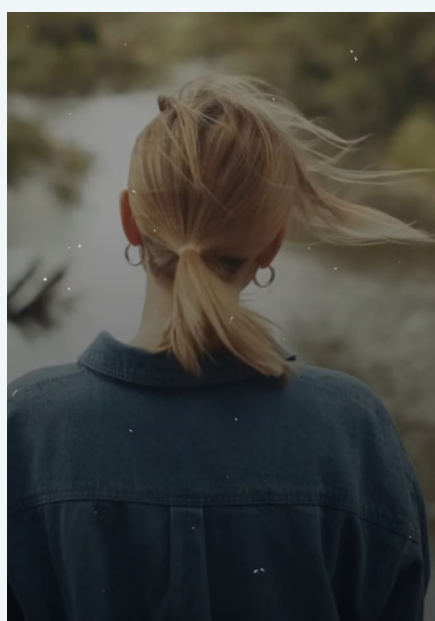
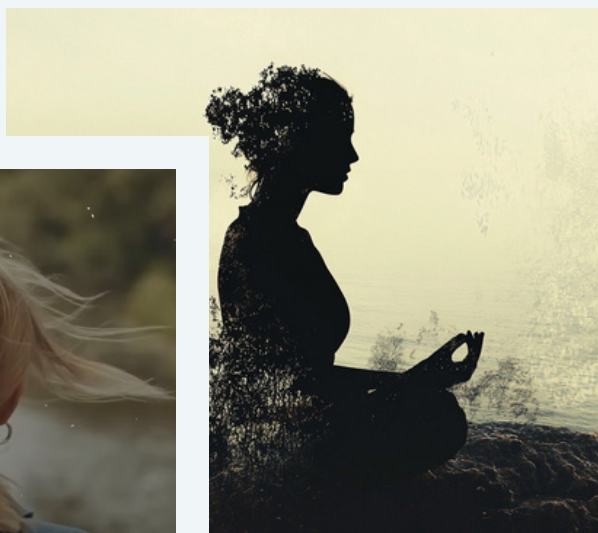
Listen to your favourite song - 3 mins



Stretches/ Breathing exercises - 10 mins

Use calming scents like lavender /peppermint 1 min

SOS MANTRA



“ I don’t need to fix anything – i just need to breathe”

“ I control the narrative of my life”

Add your own...

30 DAY

Sober Mood Tracker

Build emotional awareness , spot patterns, celebrate sober wins

WHY IS TRACKING IMPORTANT?

Your emotions are like waves - they rise & fall.

Tracking your emotions helps you ride them without reaching for alcohol.

TASK:

Create a Daily Check- In Table in your journal/ an A4 Book.

Here is an example:

DAILY CHECK IN TABLE

DAY	MOOD 1-5	CRAVINGS Y/N	TRIGGER?	SELF CARE?
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

DAILY JOURNAL

Your Thoughts

Dates :

Mood :

GOAL

-
-
-
-
-

TO DO LIST

-
-
-
-
-

Feeling
deeply is not
a weakness;
it is the
power that
fuels your
freedom.





SELF CHECK

Prompts

“What am I feeling right now?”

“What might this REALLY be about?”

“What does my body and mind need in this moment?”

“What would help me move through this?”

“Am I being kind to myself?”

WEEKLY REFLECTION

EVERY 7 DAYS



What emotions came up the most often?



What did I feel strongest/ most peaceful?



Any patterns between triggers & cravings?



What helped me the most?



What might I do differently?



What have I learnt this week?

NOTES & GOALS

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Need more insight & support?

Contact Sharon at Back on Track Recovery

www.backontrackrecovery.co.uk



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