

Recovery Journal/Diary

1. My nicotine use history:
2. My core motivations for wanting to end nicotine use:
3. My recovery attempt history and the real reason each attempt failed:
4. A brief summary of what the first week of this recovery was like:
5. The total minutes daily I spent thinking about wanting to use nicotine at:

30 hours	6 weeks:
72 hours:	2 months:
1 Week:	3 months:
2 Weeks:	6 months:
4 Weeks:	1 year:
6. The benefits I noticed during recovery included:
7. Things I want to remind myself of on my one-year anniversary:
8. The names of two other active users that I've taught the [Law of Addiction](#):
9. The names of two children or teens that I've taught the true power of nicotine:

Why wait for things to explode?



Yes you can !

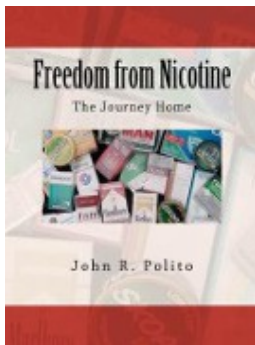
Freedom from Nicotine - The Journey Home
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