

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 !

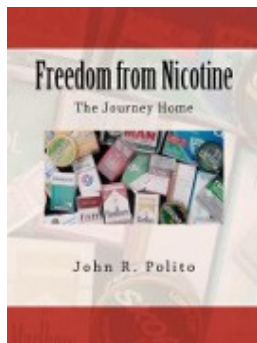
Freedom from Nicotine - The Journey Home
Copyright 2009 John R. Polito
Explore www.WhyQuit.com

Download other Chapters of FFN-TJH

Cover & Title Page	(P)	Chapter 7: The Roadmap Home	(P)
Table of Contents	(P)	Chapter 8: The First 72 Hours	(P)
Introduction	(P)	Chapter 9: Physical Recovery	(P)
Chapter 1: Nicotine Addiction 101	(P)	Chapter 10: Emotional Recovery	(P)
Chapter 2: The Law of Addiction	(P)	Chapter 11: Subconscious Recovery	(P)
Chapter 3: Quitting “You”	(P)	Chapter 12: Conscious Recovery	(P)
Chapter 4: Use Rationalizations	(P)	Chapter 13: Homecoming	(P)
Chapter 5: Packing for the Journey Home	(P)	Chapter 14: Complacency & Relapse	(P)
Chapter 6: Common Hazards & Pitfalls	(P)	Appendix: Recovery Journal/Diary	(P)

[Download Full PDF \(P\)](#)

***Chapter links for easier online reading, while (P) link is for printing.**



***Note:** Each Chapter link above is formatted in Verdana, a font that makes for easier online reading, while each (P) link is to a Print version formatted in Times New Roman for printing and offline reading.