



COLOR-ME-SOBER

A 12-STEP RECOVERY COLORING/JOURNALING SAMPLE

Therapeutic Tool for Anxiety, Insight, and Reflection

Coloring is more than just "art"—it is a proven way to quiet a racing mind, practice "The Next Right Thing," and stay grounded during early recovery or long meetings.

For Self-Help: Use these pages during your morning meditation or quiet time. As you color the slogans, reflect on how that principle applies to your sobriety today.

- Coloring is a form of meditation.
- Slogans help the mind consider recovery issues in everyday life.
- Journaling begins the process of healing

For Groups & Workshops: Each participant can pick the entry that 'speaks' to them. The group spends 20 minutes coloring the slogan and thinking of how it applies in their life. They then get 10 minutes to write about their reflection and the remainder of group time is spent sharing their insights with the rest of the participants.

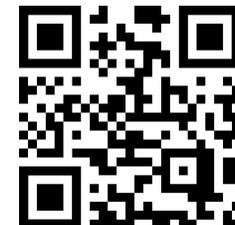
Journaling: Each coloring page in the full book is paired with a journaling page. Use this for the first 31 days off alcohol and other drugs. After coloring, take a moment to write down what the slogan means to you or any insights that surfaced while you worked.



Purchase from Amazon
<https://amzn.to/4s8zpSm>

Please Note: These sample pages have been enlarged to 8.5" x 11" for easy home printing. The original Color-Me-Sober journal is a convenient 5" x 7" travel size, specifically designed to fit in a purse, backpack, or pocket so you can take your recovery tools with you to meetings, work, or travel.

If these pages help you, the complete 31-page journal is available from Amazon or directly from us and includes a Wooden Pocket "Hug" and a starter pencil set to get you going immediately.



Buy Direct/Bulk (Best Value)
<https://payhip.com/b/UiNSD>





WAKE

UP

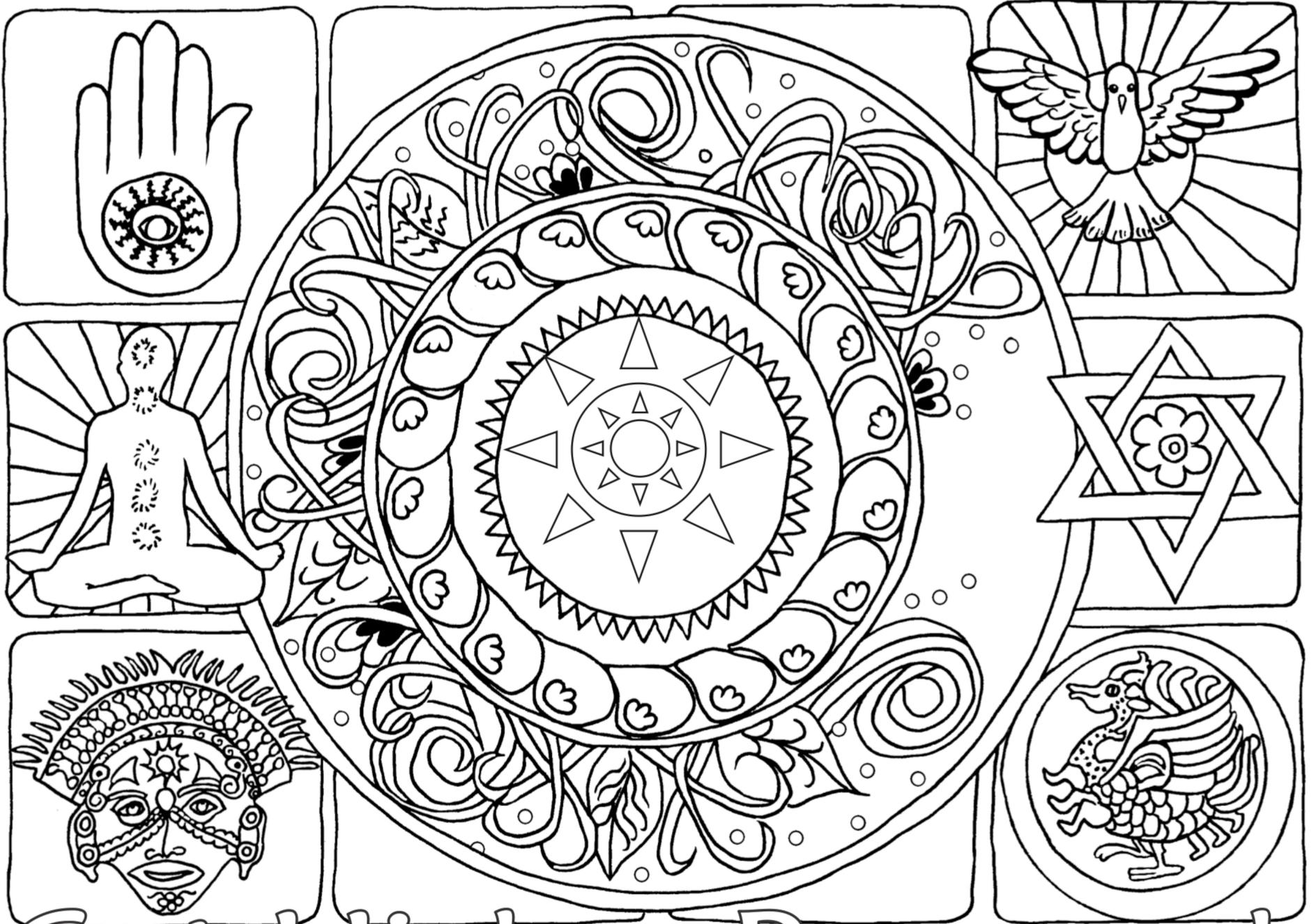


and smell the recovery.



DON'T
FIGHT
DRUGS





Get Higher Powered.

