

*Interactive Journaling®*

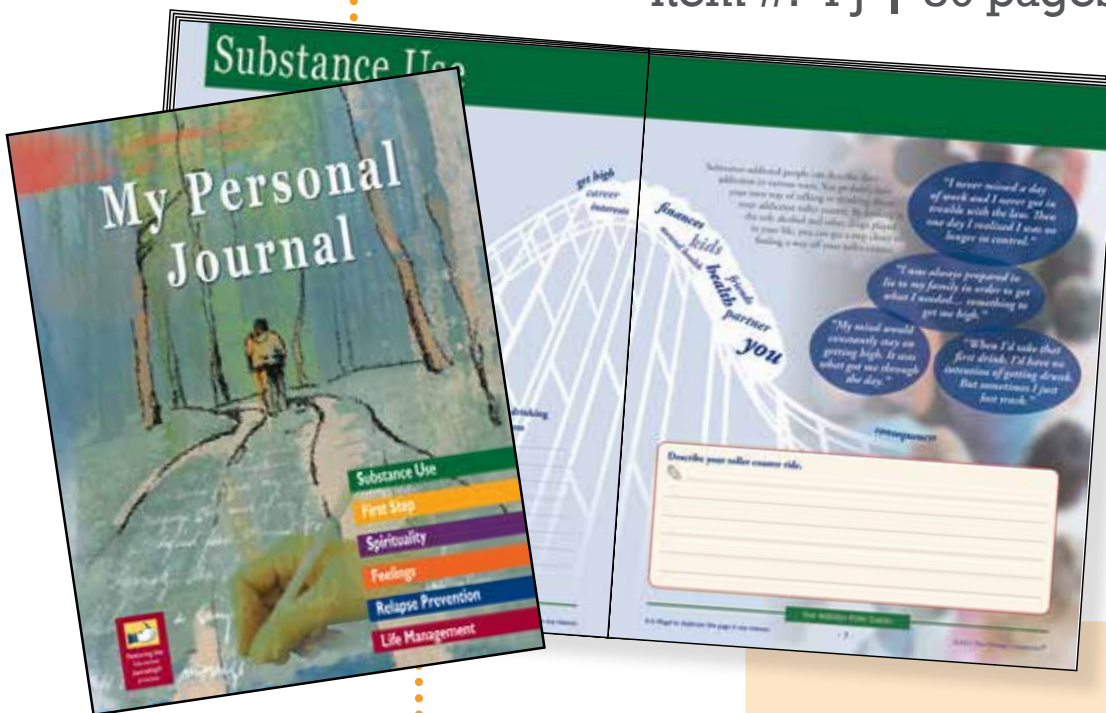
# My Personal Journal

# MY PERSONAL Journal

More than 1.5 million people in treatment have used this recovery Journal as a helpful tool for sobriety. This 80-page Journal places special emphasis on substance use, the first three steps of a Twelve-Step Program, feelings, relapse prevention and life management.

## My Personal Journal

Item #: PJ | 80 pages | \$7.95



INTERACTIVE

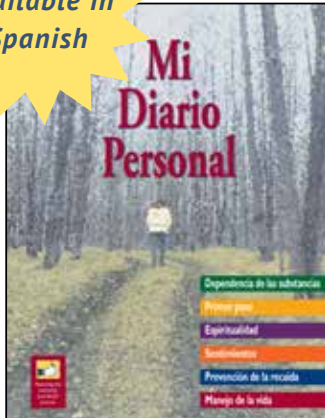


JOURNALING®

**My Personal Journal** features the process of **Interactive Journaling®**. *Interactive Journaling®* is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.



Available in  
Spanish



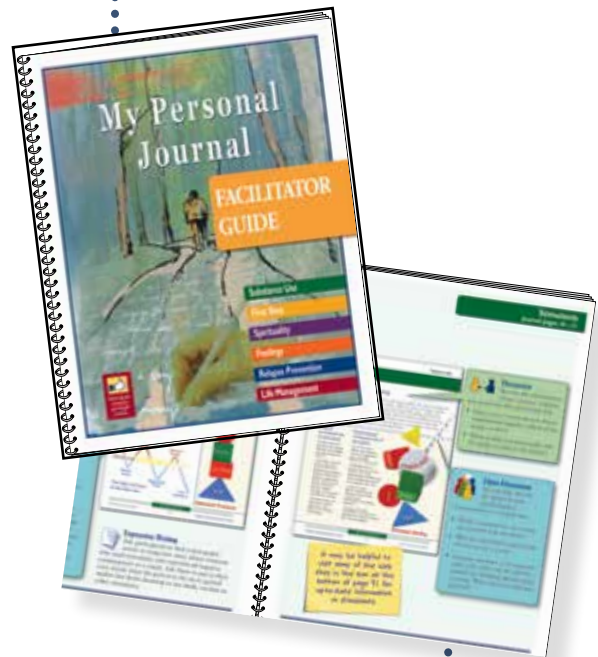
### *Mi Diario Personal*

Item #: SPJ | 80 pages | \$7.95

### *My Personal Journal Facilitator Guide*

Item #: PJFG | 104 pages | \$25.00

The *My Personal Journal Facilitator Guide* was created as a resource for providers using My Personal Journal with their clients.



### *My Personal Journal Video*

Length: 51:34 minutes

Item #: PJV | \$40.00

The *My Personal Journal Video* corresponds to the six sections of *My Personal Journal*, each of which explores a topic relevant to recovery. Video chapters can be used to introduce concepts, encourage participation and stimulate group discussion. Through clear explanations and engaging personal accounts, viewers will learn how to approach the journaling process and reinforce their commitment to change.



# ORDER FORM



## Family Recovery

Item #: FR | 40 pages | \$3.95

Family Recovery explains the basics of addiction and the impact the disease has on all members of the family. In a simple, organized and graphic manner, Family Recovery helps the family member make healthy choices.

ITEM #	PARTICIPANT JOURNALS <small>Minimum quantity for Participant Journals is 25</small>	QUANTITY	UNIT PRICE	TOTAL
PJ	My Personal Journal		x \$7.95	=
PJO	My Personal Journal: Quantity 100+		x \$6.95	=
PJF	My Personal Journal: Quantity 500+		x \$6.25	=
PJT	My Personal Journal: Quantity 1000+		x \$5.35	=
SPJ	Mi Diario Personal		x \$7.95	=
ITEM #	ADDITIONAL RESOURCES	QUANTITY	UNIT PRICE	TOTAL
PJFG	My Personal Journal Facilitator Guide		x \$25.00	=
PJV	My Personal Journal Video		x \$40.00	=
FR	Family Recovery		x \$3.95	=

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DOMESTIC S&H 7.5% (MIN. \$7.50)	
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