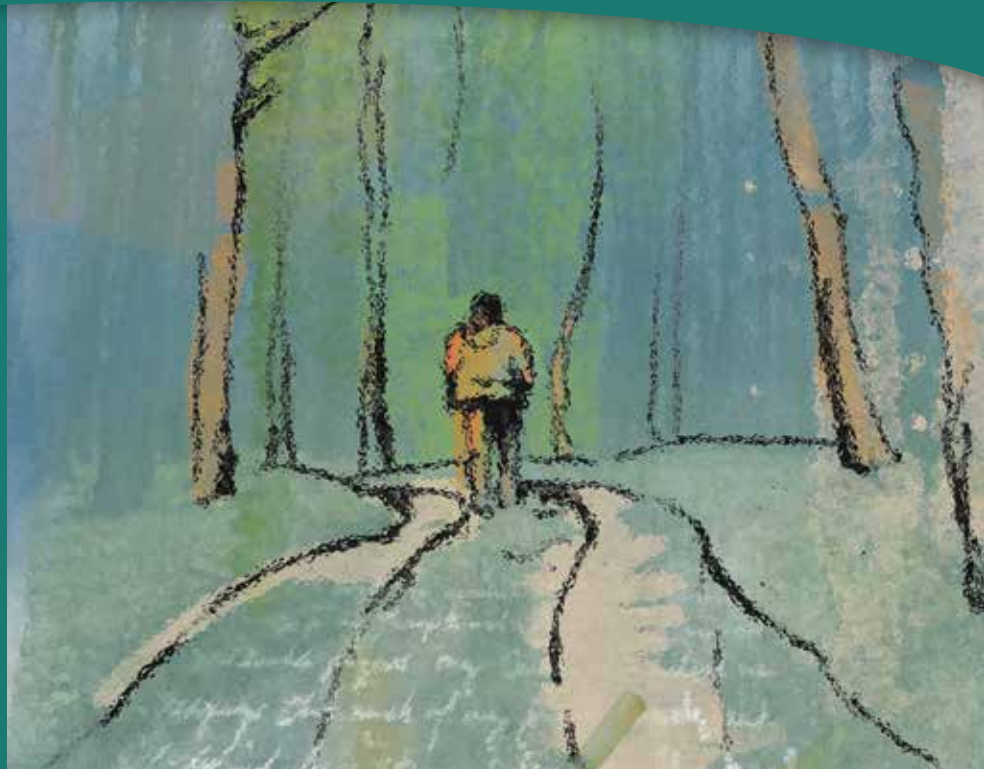


MY PERSONAL JOURNAL

for adult substance use

**TOP-SELLING
COMPREHENSIVE
12-STEP JOURNAL**

*Emphasizing
substance use,
feelings, relapse
prevention and
life management*



Substance Use

Have you been on the substance abuse team? Have you had problems caused by some use of alcohol or other drugs that have changed the way you live?

Do you feel as if you have serious alcohol problems that affect your health, family, health of drinking or eating, production of food, helping...

Do you feel as if you have serious alcohol problems that affect your health, family, health of drinking or eating, production of food, helping...

Substance Use

First Step

Spirituality

Feelings

Relapse Prevention

Life Management

Substance Use

Substance-abused people can describe their addiction in various ways. You probably have seen one way of talking or thinking about your substance abuse: you're "high" on the job, alcohol and other drugs "help" in your life, you can't get a day without feeling a way off your mind.

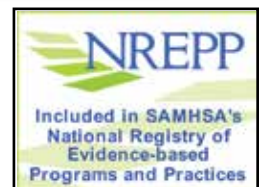
"I never missed a day of work and I never got in trouble with the law. Then one day I realized I was no longer in control."

"I was always prepared to let it to my family in order to get what I needed... something to get me high."

"My mind would constantly stay on getting high. It was what got me through the day."

"When I'd take that first drink, I'd have no recollection of getting drunk. But afterwards I just lost track."

Describe your roller coaster ride.



ABOUT INTERACTIVE JOURNALING

Over 25 million people have used Interactive Journals to make positive changes in their lives.

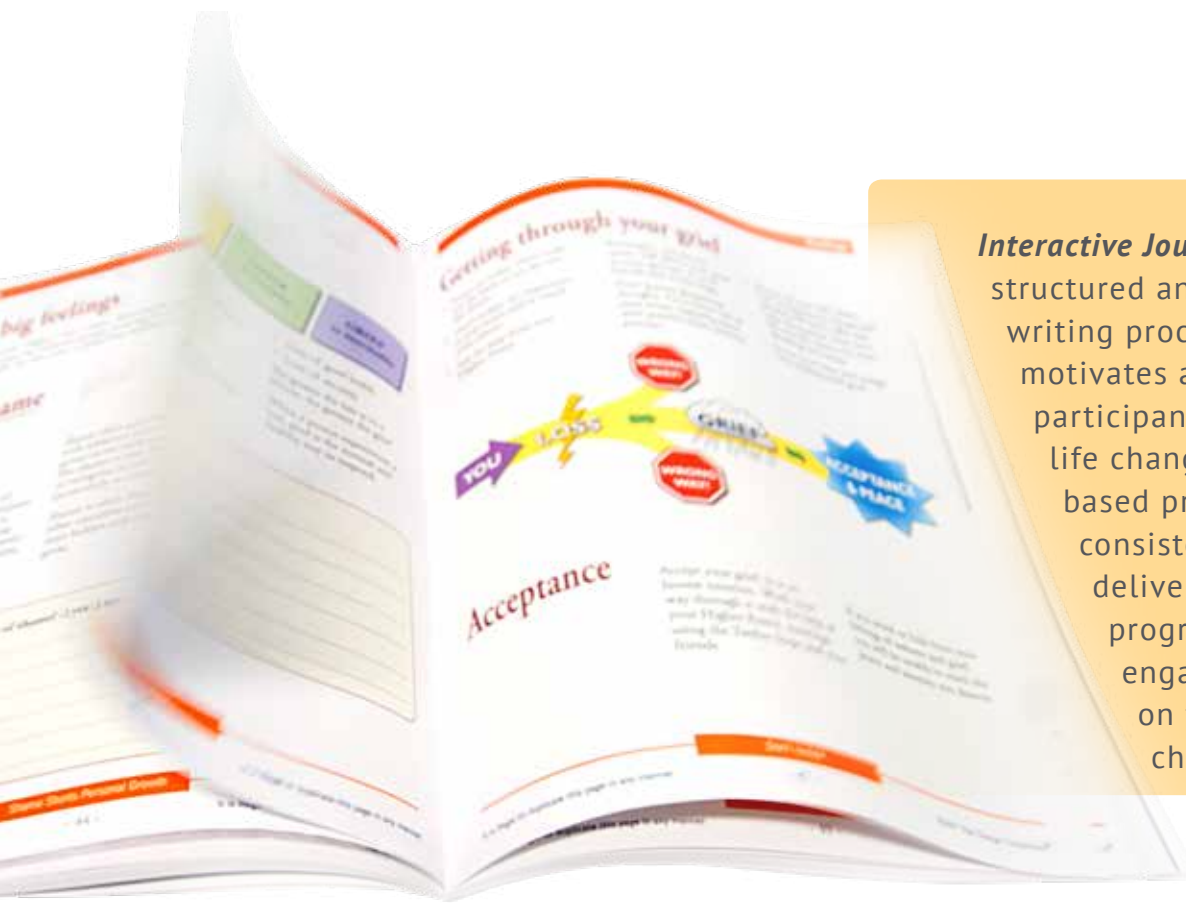
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE

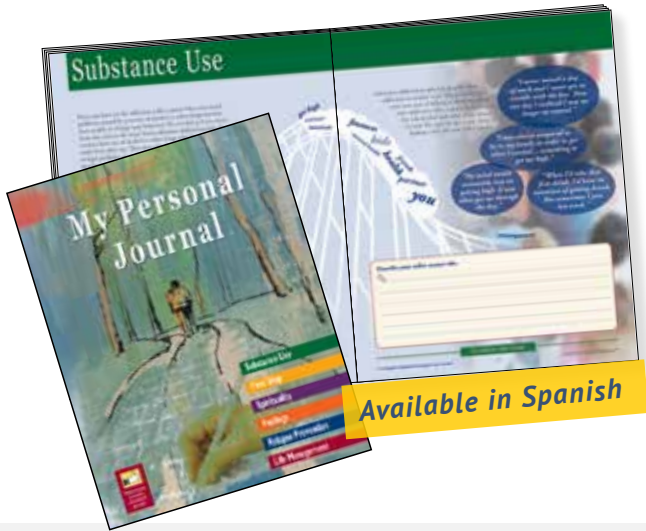


JOURNALING®



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.

MY PERSONAL JOURNAL



My Personal Journal

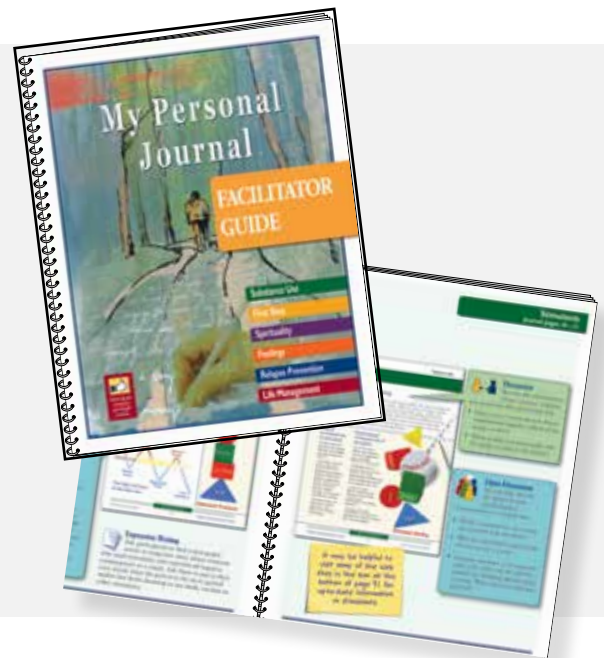
Item #: PJ | 80 pages | \$7.95

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 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.



Toll-free: 888-889-8866

MY PERSONAL JOURNAL

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.

Minimum quantity for Participant Journals is 25

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SPJ	Mi Diario Personal		x \$7.95	=
PJFG	My Personal Journal Facilitator Guide		x \$25.00	=
PJV	My Personal Journal Video		x \$40.00	=
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