

Volunteering in Recovery:

Journal Prompts to Find the Right Opportunity

Are you considering volunteer work as part of your relapse prevention plan? If you aren't sure how to begin, these journal prompts will help you reflect.

What activities/causes am I most passionate about?

What skills do I have that could help the cause...or help me learn new things?

What impact do I hope to make by volunteering?

Do I prefer working directly with people or behind the scenes? Do I enjoy working alone or with a team?

How much time can I commit to volunteer work?



CHANGES

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