

Name _____

Date _____

Group Journal

What was today's topic? _____

What specific feelings did you experience during today's group? _____

What did you get out of today's group that will help you in your life? _____

What have you done since the last group session that will help you in your recovery? _____

What topics would you like to have information or a group discussion about? _____

Did you drink or use drugs during the past week? _____

Explain: _____

Additional Comments: _____
