

The Recovery Journal

AA gentle, trauma-informed journal for anyone who has experienced a controlling, abusive intimate relationship. It's designed to support healing, reflection, and moving forward — at your own pace.

What's Inside:

- Simple prompts to help you reflect
- Space to plan for safety and support
- Questions to process past experiences
- Private areas to write thoughts, feelings, and goals

Who It's For:

- Anyone who has been in a controlling relationship
- People who want a calm, supportive way to start healing

Why It Helps:

- Encourages emotional safety
- Supports future planning
- Builds self-awareness, reflection, and confidence
- No pressure – just gentle guidance



**Available On: Amazon –
Search "L R Dovie" or visit
phoenix-gateway.com**