



My Life In Recovery Journals	MEE Series Journals
MLIR 1 <b>Getting Started</b>	A01 <b>Getting Started</b> A11 <b>Self Worth</b>
MLIR 2 <b>Substance Use Education</b>	A02 <b>Substance Using Behaviors</b>
MLIR 3 <b>My 12-Step Program</b>	A03 <b>Denial</b> A06 <b>Looking Within</b> A04 <b>First Step</b> A07 <b>Into Action</b> A05 <b>Steps to Spirituality</b> A08 <b>Working Your Program</b>
MLIR 4 <b>Managing My Emotions</b>	A09 <b>Feelings</b>
MLIR 5 <b>My Relationships</b>	A12 <b>Family and Other Relationships</b>
MLIR 6 <b>Managing My Life</b>	A13 <b>Life Management</b>
MLIR 7 <b>My Coping Skills</b>	A17 <b>Coping Skills</b>
MLIR 8 <b>The Power of Self-talk</b>	A19 <b>Power of Self-talk</b>
MLIR 9 <b>Maintaining My Recovery</b>	A20 <b>Recovery Maintenance</b>
MLIR 10 <b>My Personal Change Plan</b>	NEW
MLIR 11 <b>My Mental Health</b>	NEW

## Other MEE Series Journals and alternatives



### Other Journals

AM Anger Management

DM Daily Mindfulness

MJ What About Marijuana?

NCD Co-Occurring Conditions Curriculum

### MEE Series Journals

A10 Anger

A26 Quiet Moments

AS1 Marijuana

A18 Successful Living with a Co-occurring Disorder