

**Local 24/7  
Drug & Alcohol  
Hotline**

**1 (844) 643-5766**

**Local  
Mental Health  
Crisis Hotline**

**(814) 724-2732**

**Local Domestic  
Violence  
Hotline**

**(888) 881-0189**

**Local Let's Talk...  
Recovery Helpline**

**(814) 333-3916**

**Alcoholics  
Anonymous  
Phoneline**

**(814) 337-4019**

**Narcotics  
Anonymous  
Hotline**

**(888) 251-2426**

**LetsTalkHelps.com**

**NWPANA.org**

**NWPAAA.org**

**AnonAnon.org**

**NOMNWPA.org**

**CCDAEC.org**

**MMCHS.org**

**NA.org**

**AA.org**

**TSRSCNA.org**



**(814) 333-5000**

**LET'S TALK...**  
overcome addiction

**(814) 333-3916**



**MEADVILLE  
MEDICAL CENTER**  
**STEPPING STONES**

# **3 GOOD THINGS WORKBOOK**

## **INSTRUCTIONS:**

**Each evening, two (2) hours before going to sleep, reflect on three (3) good things that happened today, the role that you played in those good things, and one positive word describing how that good thing made you feel!**

## **LEARN MORE AT:**

**LetsTalkHelps.com/3gt**

**Day 1**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 2**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 3**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 4**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 5**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 6**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 7**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 8**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 9**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 10**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 11**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 12**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 13**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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**Day 14**

**One Good Thing!**

First Good Thing!?

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Your Role!?

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Your Feeling!?

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**Two Good Things!**

Second Good Thing!?

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Your Role!?

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Your Feeling!?

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**Three Good Things!**

Third Good Thing!?

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Your Role!?

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Your Feeling!?

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