

Filling the Void in Recovery

A Guided
Workbook for
Grief, Emptiness,
and New Rituals



Filling the Void in Recovery

Working Through Grief, Emptiness, and Learning New Rituals

Bookenders, recovery doesn't just mean giving something up. Recovery means facing the space that's left behind and understanding what to do with it.

This workbook will help you explore that emptiness, honor the grief that may come with it, and find healthier ways to fill those gaps. It's the perfect companion to my blog post, *When Recovery Feels Like Losing Something You Can't Replace*.

Remember that what you're experiencing is a normal part of the journey, but it's something that can be changed and worked through.

Warmly,

Laura



Naming the Loss

What do you feel you've lost in recovery? Be specific: rituals, comfort, certainty, etc.

Loss i.e.: Scrolling at night	What it Gave Me i.e.: Felt like I could escape loneliness



PHANTOM *Ache*

LIKE A PHANTOM LIMB, YOUR BRAIN MAY ITCH FOR SOMETHING THAT'S NO LONGER THERE. THIS MEANS YOUR NERVOUS SYSTEM IS REWIRING

When does the phantom ache show up most for me

How do I feel:

Morning
After work
Evenings

How do I feel :

Weekends
After a conflict
Create your own:

Notes:



Grief Mapping

How can I honor these losses in a healthier way?
(i.e. tea ritual, calling a friend, walking outside)

Rituals I miss

Comfort I miss

Certainty I miss



Micro-Ritual Replacement

Old Trigger i.e. 5:00 urge	New Ritual i.e Brew tea & step outside	Notes i.e. Use my superhero mug



THE VOID TRACKER

NOTE: WHEN VOID SHOWED UP / WHAT I FELT / WHAT I DID INSTEAD.

Week _____//_____

SUNDAY		MONDAY		TUESDAY	

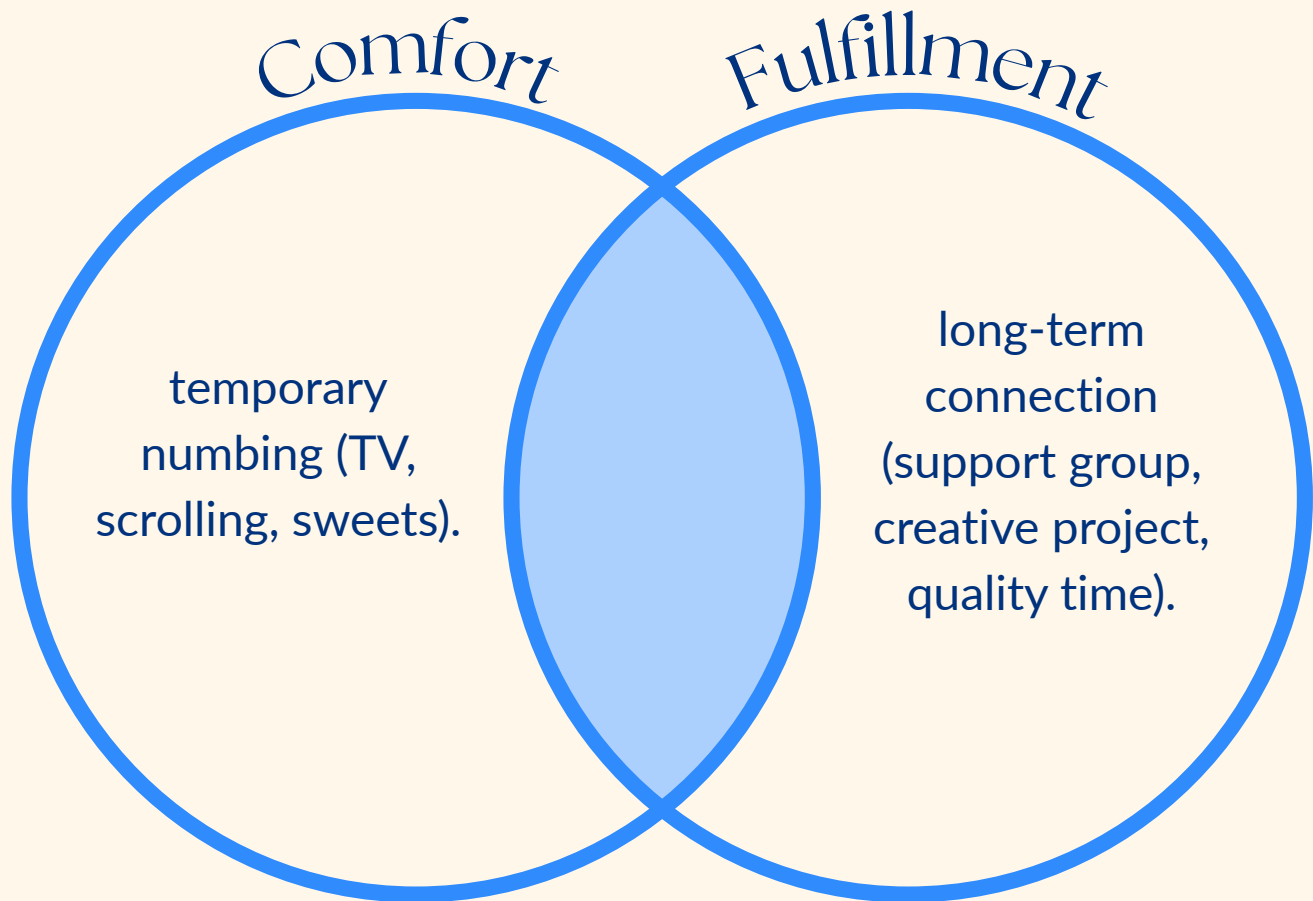
WEDNESDAY		THURSDAY		FRIDAY	

SATURDAY		REFLECTIONS (PATTERNS)		NOTES	



Look for patterns at the end of each week

Comfort vs. Fulfillment



Reflection Questions:

- Am I leaning too much on comfort?
- Where can I add more fulfillment?



What I Lost vs. What I Need

What I Feel I Lost	What I Need



REFLECTION *Prompts*

FILL YOUR ANSWERS IN BELOW

What's one loss that turned out to be an opening for something better?

How can I remind myself the void is temporary when it feels overwhelming?

What ritual or practice could I add this week to bring comfort or fulfillment?

Notes:



Final THOUGHTS



Congratulations on taking this step in your journey! Recovery and healing are a continuous process, and every bit of effort you put in matters. These tools are here to support you as you navigate your recovery and healing journey. Remember, you don't have to do this alone, reaching out to a professional can be a powerful act of self-care.

Sending you strength and healing vibes,
Warmly,
Laura

Share Your Thoughts!

If you'd like, feel free to email me your reflections or ask any questions. I love hearing from my readers and I'm here to support you in your journey:
bookendsofrecovery@duck.com