My Life In Recovery and MEE Series transition guide



	My Life In Recovery Journals	MEE Series Journals
GETTING	MLIR 1 Getting Started	A01 Getting Started A11 Self Worth
SUBSTANCE USE EDUCATION	MLIR 2 Substance Use Education	A02 Substance Using Behaviors
THE 12 STEPS OF RECOVERY	MLIR 3 My 12-Step Program	A03 Denial A06 Looking Within A04 First Step A07 Into Action A05 Steps to Spirituality A08 Working Your Program
WANAGING NE EMOTIONS	MLIR 4 Managing My Emotions	A09 Feelings
SY AYONAMPS	MLIR 5 My Relationships	A12 Family and Other Relationships
MANAGING MY LIFE	MLIR 6 Managing My Life	A13 Life Management
SKILLS	MLIR 7 My Coping Skills	A17 Coping Skills
THE POWER STATES	MLIR 8 The Power of Self-talk	A19 Power of Self-talk
HAINTAINING MECOVERY	MLIR 9 Maintaining My Recovery	A20 Recovery Maintenance
NY PERSONAL CHANGE PLAN	MLIR 10 My Personal Change Plan	NEW
MY MENTAL REALTH	MLIR 11 My Mental Health	NEW

Other MEE Series Journals and alternatives



Other Journals	MEE Series Journals
AM Anger Management	A10 Anger
DM Daily Mindfulness	A26 Quiet Moments
MJ What About Marijuana?	AS1 Marijuana
NCD Co-Occurring Conditions Curriculum	A18 Successful Living with a Co-occurring Disorder
	AM Anger Management DM Daily Mindfulness MJ What About Marijuana?