

YOUR FIRST 30 DAYS

A Raw Truth Recovery Course & Journal

The hardest 30 days of your life.
The most important ones too.

By Rufus

Commander | Get Clean or Die

GetCleanOrDie.us

No filter. No fake inspiration. Just what's real.

BEFORE YOU START

This is not a self-help book. This is a survival manual.

For the next 30 days, you are going to do something most people avoid for their entire lives: be honest. With yourself. On paper. Every single day.

Each day in this workbook has three parts:

- 1. A LESSON** — something real about recovery that nobody sugarcoats for you.
- 2. A VIDEO** — from the **Get Clean or Die** series. Watch it. Let it hit.
- 3. JOURNAL PROMPTS** — questions that go where small talk does not.
- 4. AN EXERCISE** — something you actually do. Not think about. Do.

The videos are on YouTube. Search 'Get Clean or Die' or 'Raw Truth Recovery' or go to GetCleanOrDie.us to find every video referenced in this workbook.

Some days will be hard. Some days will be ugly. Some days you will want to throw this in the trash and go back to what you know.

Do it anyway.

This workbook works if you work it. Not perfectly. Not beautifully. Just honestly.

The structure is simple:

WEEK 1: THE DECISION — Committing to Day 1 and surviving the first 7 days.

WEEK 2: THE WEIGHT — Facing what addiction cost you and the people around you.

WEEK 3: THE WORK — Building honesty, discipline, and the daily habits that keep you alive.

WEEK 4: THE REBUILD — Planning for what comes after, and making sure Day 31 happens.

You do not need to be ready. You just need to start.

— Rufus

Commander, Get Clean or Die

GetCleanOrDie.us

WEEK 1

THE DECISION

Days 1 — 7

DAY 1

This Is Day 1

WATCH TODAY

>> #2 — What Nobody Tells You About Day 1

>> #1 — Get Clean or Die

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Day 1 is not a fresh start. It is a war. Your body is screaming, your mind is lying to you, and every cell in your system is begging you to go back to what you know. Nobody tells you that Day 1 feels like dying — not because you are dying, but because the thing that was killing you is the only thing that made you feel alive. Today is not about motivation. Today is about one decision: I am not using today. That is the entire assignment.

JOURNAL

1. What time did you wake up today? How does your body feel right now — be specific.

2. What is the lie your mind is telling you right now? Write it down word for word.

3. Who is one person you could call if tonight gets bad? Write their name and number here.

TODAY'S EXERCISE

EMERGENCY CONTACTS: Write down 3 names and phone numbers of people you can call when it gets bad. Put this list somewhere you can reach it without thinking.

DAY 2

The Lie You Already Told Today

WATCH TODAY

>> #9 — The Lie You Tell Yourself Every Time

>> #33 — The Two-Minute Lie

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

By Day 2, most people have already lied. Maybe to someone else. Maybe to themselves. 'I'm fine.' 'It wasn't that bad.' 'I can handle this.' These are not words — they are walls. Recovery does not begin until the lying stops. You do not have to confess everything today. But you have to stop pretending you are okay when you are not.

JOURNAL

1. What is one lie you told today — to yourself or someone else? Write the lie, then write what was actually true.

2. Why did you lie? What were you protecting?

3. What would happen if you just told the truth right now? What scares you about that?

TODAY'S EXERCISE

TRUTH PRACTICE: Find one person today and tell them one honest thing. It does not have to be deep. It just has to be real. Write down what you said and how it felt.

DAY 3

The 5 Minutes That Matter Most

WATCH TODAY

>> #3 — The 5 Minutes Before a Relapse

>> #22 — What to Do in the First 10 Minutes of a Craving

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

The 5 minutes before a relapse are the quietest minutes of your life. No alarms go off. Nobody grabs your arm. It is just you, the craving, and a door that is always unlocked. If you can survive those 5 minutes — just those 5 — the wave passes. Every single time. Not because you are strong. Because cravings have a shelf life. They expire. You just have to outlast them.

JOURNAL

1. Describe the last time you felt a craving hit. Where were you? What time was it? What triggered it?

2. What did you do in those first 5 minutes? Did you reach for something or someone?

3. Write down 3 things you can do in the next craving window instead of using. Keep it simple — things you can actually do at 2am.

TODAY'S EXERCISE

5-MINUTE PLAN: Write a step-by-step plan for the next time a craving hits. Step 1 should happen within 10 seconds. Tape this plan to your bathroom mirror or keep it in your phone.

DAY 4

Your Triggers Are Talking

WATCH TODAY

>> #4 — What Your Triggers Are Really Telling You

>> #14 — The Smell of Yesterday

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Triggers are not just things that make you want to use. They are messages. A smell, a song, a street corner, a time of day — they are your body remembering something your mind is trying to bury. You cannot fight what you refuse to name. Today you start naming them. Not to relive them. To disarm them.

JOURNAL

1. List 3 triggers you already know about. Be specific — not just 'stress' but 'the drive home after a bad day at work.'

2. Which trigger catches you off guard the most? The one that shows up before you even realize what is happening?

3. Is there a place, a person, or a time of day that makes you feel unsafe? Write it down.

TODAY'S EXERCISE

TRIGGER MAP: Draw a simple map of your typical day. Mark the moments where cravings tend to show up. Morning? After work? Late at night? Identify the pattern.

DAY 5

The Places That Remember You

WATCH TODAY

>> #19 — The Place You Used to Go

>> #68 — Trigger Places & Strategy

>> #29 — The Gas Station Exit

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Some places remember a version of you that you are trying to leave behind. The parking lot. The corner store. That friend's apartment. Your body walks in and your brain time-travels. Avoiding those places is not weakness. It is strategy. You would not walk barefoot through a minefield and call it bravery.

JOURNAL

1. List 3 places that pull you backwards. Be honest — even if one of them is your own house.

2. What route do you drive that takes you past a danger zone? Is there another way?

3. When was the last time a place surprised you — caught you off guard before you could think?

TODAY'S EXERCISE

ROUTE PLANNING: Pick one place you need to avoid this week. Write down a new route or a new plan that keeps you away from it. Tell someone about this change.

DAY 6

Nobody Is Coming to Save You

WATCH TODAY

>> #7 — Nobody's Coming to Save You

>> #5 — Why I Built This App

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

This is the hardest truth in recovery. Nobody is coming to fix this for you. Not your family. Not a therapist. Not an app. Not God. Not willpower. Those things can help. But the decision to stay clean today is yours. And it will be yours again tomorrow. And the day after that. The sooner you accept that this is your fight, the sooner you stop waiting and start building.

JOURNAL

1. Who have you been waiting on to save you? Be honest.

2. What would change if you accepted that the only way through this is you?

3. What is one thing you can do today — by yourself — that moves you forward?

TODAY'S EXERCISE

OWNERSHIP STATEMENT: Write a short paragraph that starts with 'I am responsible for my recovery because...'. Read it out loud. Keep it.

DAY 7

Week 1 Check-In

WATCH TODAY

>> #6 — Recovery Isn't a Straight Line

>> #18 — The Morning You Don't Hate Yourself as Much

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

You made it one week. That is not nothing. That is everything. Recovery is not a straight line. Some of these 7 days were probably terrible. Some were just numb. Maybe one felt almost okay. All of them count. Today is about pausing, looking back, and being honest about where you are — not where you think you should be.

JOURNAL

1. What was the hardest day this week? What made it hard?

2. What was one small win — even if nobody else noticed it?

3. On a scale of 1 to 10, how honest have you been with yourself this week?

TODAY'S EXERCISE

WEEK 1 REVIEW: Write a letter to yourself from 7 days ago. What would you tell that version of you? What do they need to hear?

WEEK 2

THE WEIGHT

Days 8 — 14

DAY 8

The People You Lost

WATCH TODAY

>> #8 — You Lost People

>> #45 — The Friend Who Stopped Calling

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Addiction takes people from you. Some left because they had to. Some left because you pushed them away. Some left because they could not watch anymore. You do not get to decide when they come back — or if they do. But you can decide to stop pretending the losses do not hurt. Today is about looking at the empty chairs.

JOURNAL

1. Who did you lose? Write their name. What happened?

2. Which loss hurts the most — the one you caused or the one you could not stop?

3. Is there someone you want to reach out to but have not? What is stopping you?

TODAY'S EXERCISE

THE UNSENT LETTER: Write a letter to someone you lost. You do not have to send it. Just write what you wish you could say.

DAY 9

The Apology You Cannot Finish

WATCH TODAY

>> #15 — The Apology You Can't Finish

>> #32 — The Text I Deleted

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Some apologies die in your throat. Not because you do not mean them — because the damage feels too big for words. You start the sentence and it collapses. Recovery forces you to look at the wreckage. Not to fix it all at once. But to stop pretending it is not there.

JOURNAL

1. What apology have you been carrying that you have not been able to say?

2. What are you afraid will happen if you say it?

3. Write the apology here — even if nobody ever reads it. Get it out of your chest and onto paper.

TODAY'S EXERCISE

WRITE IT DOWN: Even if you never send it, write the full apology. Every word. The honesty still counts, even on paper.

DAY 10

Shame Will Keep You Stuck

WATCH TODAY

>> #53 — Shame Keeps You Stuck

>> #51 — You Cannot Heal What You Cover Up

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Shame is the thing that tells you that you are too broken to be fixed. That you have done too much. Gone too far. That you do not deserve recovery. Shame is a liar. It keeps you hiding. It keeps you using. It keeps you from asking for help because you think you should be able to handle this alone. You cannot heal what you refuse to look at.

JOURNAL

1. What is the thing you are most ashamed of? You do not have to share it. But write it here.

2. Has shame ever stopped you from asking for help? When?

3. If someone else told you they did the same thing, would you judge them or help them? Why do you not give yourself that same grace?

TODAY'S EXERCISE

SHAME vs. TRUTH: Write down one shame statement ('I am a terrible person because...') then write the truth underneath it. Shame lies. The truth is usually quieter and kinder.

DAY 11

The Voice That Sounds Like You

WATCH TODAY

>> #12 — The Voice That Sounds Like You

>> #49 — Relapse Starts in Your Mind

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

There is a voice in your head that sounds exactly like you — but it is not on your side. It says 'just one time.' It says 'you deserve this.' It says 'nobody will know.' That voice is addiction wearing your face. The more you learn to recognize it, the less power it has. Relapse starts in your mind long before it reaches your hands.

JOURNAL

1. What does the voice say to you? Write its exact words.

2. When is the voice loudest? Time of day, situation, mood?

3. How do you talk back to it? If you do not yet — what would you say?

TODAY'S EXERCISE

NAME THE VOICE: Give the voice a name. Something that reminds you it is not you. When it talks, call it by name. 'That is not me. That is [name].' Separation is power.

DAY 12

The Double Life

WATCH TODAY

>> #64 — The Double Life

>> #44 — The Money I Can't Explain

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Most people in addiction are living two lives. The one people see and the one that happens in the dark. The smiles that cover the chaos. The explanations for missing money, missing time, missing presence. Maintaining the double life is exhausting. Recovery means collapsing the two into one. It is terrifying — but it is the only way to stop drowning.

JOURNAL

1. What is the biggest gap between who people think you are and who you actually are right now?

2. What part of your 'other life' are you most afraid of people finding out about?

3. What would it feel like to just be one person? No performance. No cover story.

TODAY'S EXERCISE

COLLAPSE THE GAP: Pick one area where you are living a double life. Write down one small step you can take this week to close that gap. One honest conversation. One truth.

DAY 13

The Late Night Test

WATCH TODAY

- >> #20 — The Truth at 2:03am
- >> #13 — The Hour Between Midnight and One
- >> #35 — The Couch at 1:17am

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

At 2am everything gets honest. The distractions are gone. The performance is over. It is just you and your thoughts — and your thoughts know exactly where to take you. The late night hours are when recovery gets tested the hardest. Not in meetings. Not in therapy. On the couch. Alone. Staring at the ceiling.

JOURNAL

1. What time of night is hardest for you? What happens in your head during those hours?

2. What do you usually do when you cannot sleep and the thoughts get loud?

3. Write down what you need to hear at 2am. The words that could keep you here.

TODAY'S EXERCISE

2AM KIT: Build a list of 5 things you can reach for at 2am that are not substances. A phone number. A playlist. A journal. A walk. A prayer. Write them down and keep this list next to your bed.

DAY 14

Week 2 Check-In

WATCH TODAY

>> #50 — Recovery Is a Daily Decision

>> #66 — Evidence of Survival

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Two weeks. You are still here. That is evidence of survival. Not evidence that everything is fixed — evidence that you are choosing this, every day, even when it is miserable. Recovery is a daily decision. Some days the decision is easy. Some days it takes everything you have. Both count the same.

JOURNAL

1. What is different about you today compared to Day 1?

2. What almost broke you this week? How did you survive it?

3. What is one thing you are proud of — even if it seems small to everyone else?

TODAY'S EXERCISE

EVIDENCE LOG: Write down 3 pieces of evidence that you are making progress. Not goals. Not dreams. Evidence. Things that already happened.

WEEK 3

THE WORK

Days 15 — 21

DAY 15

Recovery Starts When You Stop Lying

WATCH TODAY

>> #48 — Recovery Starts When You Stop Lying

>> #56 — Honesty Is Not Weakness

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

You have spent weeks, months, maybe years lying. To people who love you. To people who tried to help. To yourself. Recovery does not start when you put the substance down. It starts when you put the lies down. Honesty is not weakness. It is the foundation that everything else gets built on.

JOURNAL

1. What is the biggest lie you are still telling? Who are you telling it to?

2. What would your life look like if you stopped lying completely — starting today?

3. Who in your life deserves the truth from you? What truth do they need to hear?

TODAY'S EXERCISE

24-HOUR HONESTY: For the next 24 hours, do not lie. Not once. Not even a small one. Write down every moment you were tempted to lie and what you said instead.

DAY 16

The Fear of Getting Better

WATCH TODAY

>> #16 — The Fear of Staying Like This

>> #54 — Survival Is Not the End

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Here is a truth nobody talks about: some people are afraid of getting better. Because if you get better, you lose your excuse. You lose the thing that explained the mess. And you have to actually face who you are without the substance. Survival is not the end. It is the beginning. And beginnings are terrifying.

JOURNAL

1. Are you afraid of getting better? Be honest — what scares you about it?

2. What identity have you built around your addiction? What happens to that identity if you recover?

3. What does your life look like on the other side of this? Describe it.

TODAY'S EXERCISE

FUTURE SELF: Write a paragraph about who you are 6 months from now. Not who you hope to be. Who you are actively becoming. Describe your morning. Your relationships. Your peace.

DAY 17

Asking for Help

WATCH TODAY

>> #17 — The Number I Almost Didn't Call

>> #40 — The Call I Let Ring

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Asking for help feels like surrender when you have been pretending you are fine. But the call you almost did not make might be the one that saves your life. The person on the other end does not need you to be polished. They just need you to be honest. One call. One text. One 'I am not okay.' That is enough.

JOURNAL

1. When was the last time you needed help and did not ask? What happened?

2. Who do you trust enough to call on a bad night? If nobody — who could you start building that trust with?

3. What stops you from asking for help? Pride? Shame? Fear of being a burden?

TODAY'S EXERCISE

MAKE THE CALL: Call or text one person today and tell them something honest about how you are doing. It does not have to be dramatic. Just real.

DAY 18

Discipline Over Feelings

WATCH TODAY

>> #55 — Discipline Over Feelings

>> #37 — The Hour I Wanted to Quit Trying

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Feelings will betray you. Every single day. You will feel like using. You will feel like quitting. You will feel like nothing matters. Discipline does not care about feelings. Discipline is doing the thing anyway. Not because you want to. Because you decided to. There will be hours where you want to quit trying. Those hours do not get to decide.

JOURNAL

1. What did you do today that you did not feel like doing?

2. Where in your life have you been letting your feelings make decisions that your discipline should be making?

3. What is one daily discipline you can commit to for the rest of this program?

TODAY'S EXERCISE

DAILY NON-NEGOTIABLE: Pick one thing you will do every day for the rest of the 30 days — no matter how you feel. Write it here. It is now non-negotiable.

DAY 19

I Am Not Here to Act Perfect

WATCH TODAY

>> #52 — I'm Not Here to Act Perfect

>> #57 — What Raw Truth Recovery Is About

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

You do not have to perform recovery for anyone. You do not have to be the success story yet. You do not have to smile in meetings or post milestones you do not feel. Raw Truth Recovery exists because perfection is a trap. The people who pretend they have it together are often the closest to falling apart. Be messy. Be honest. Be here.

JOURNAL

1. Where have you been performing recovery instead of actually doing it?

2. What would change if you stopped trying to look recovered and just focused on being honest?

3. Write down one thing about your recovery that you have not told anyone.

TODAY'S EXERCISE

DROP THE MASK: Share something real with someone today. Not curated. Not polished. Something that is true right now.

DAY 20

The Small Wins

WATCH TODAY

>> #11 — The Small Win Nobody Sees

>> #62 — The Quiet Mornings

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Nobody claps for the morning you woke up and did not hate yourself as much. Nobody sees the craving you survived at the gas station. Nobody knows about the call you made instead of the decision you almost made. The small wins are the real ones. They do not trend. They do not get likes. But they are proof that something in you is changing.

JOURNAL

1. What small win did you have this week that nobody else noticed?

2. What quiet morning have you had where things felt just a little lighter?

3. What is something you did differently this week — even a tiny thing — that the old you would not have done?

TODAY'S EXERCISE

WIN LOG: Write down 5 small wins from the past 20 days. Things that felt like nothing at the time but actually mattered.

DAY 21

Week 3 Check-In

WATCH TODAY

>> #67 — Stayed Long Enough

>> #28 — The Cup in the Sink

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Three weeks. You stayed long enough for something to shift. Maybe you cannot name it yet. Maybe it is just the cup you put in the sink instead of leaving it. Maybe it is the morning you got up without dreading it. These shifts are quiet but they are real. And they are yours.

JOURNAL

1. What has shifted in you over the past 3 weeks — even if it is small?

2. What habit or pattern have you noticed changing?

3. What are you most afraid of in the final 9 days?

TODAY'S EXERCISE

3-WEEK LETTER: Write a letter to the version of you at Day 30. What do you want them to know? What are you handing off to them?

WEEK 4

THE REBUILD

Days 22 — 28

DAY 22

The Emergency Plan

WATCH TODAY

>> #24 — The Emergency Plan You Need Before You Need It

>> #21 — 5 Signs You're Closer to Relapse Than You Think

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

You need a plan before you need a plan. When the crisis hits, you will not have time to think clearly. The emergency plan is not about being dramatic. It is about being prepared. Who do you call? Where do you go? What do you do in the first 60 seconds? Write it down now while your head is clear.

JOURNAL

1. Do you have an emergency plan right now? If yes, when did you last update it?

If no — why not?

2. What are your personal warning signs that you are getting close to the edge?

3. Who is your first call? Your second call? Your third?

TODAY'S EXERCISE

BUILD YOUR EMERGENCY PLAN: Write a step-by-step plan. 1) First 60 seconds. 2) Who to call. 3) Where to go. 4) What to say. Keep this on your phone and on paper.

DAY 23

The People Still Watching

WATCH TODAY

>> #41 — The Kid Who Watches Everything

>> #42 — The Version of Me They Remember

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Someone is watching you. A child. A sibling. A friend who is also struggling. They are not watching to judge you. They are watching to see if it is possible. Your recovery is not just yours. It is evidence for someone else that getting out is real. You do not have to be perfect. You just have to be visible.

JOURNAL

1. Who is watching your recovery — even if they have not said so?

2. What version of you do the people around you remember? What version are you becoming?

3. If a child in your life followed your exact path, what would you want to change?

TODAY'S EXERCISE

LEGACY STATEMENT: Write one sentence about the person you are becoming — not for yourself, but for the person watching you.

DAY 24

What Your Journal Knows

WATCH TODAY

>> #23 — 3 Things to Write in Your Journal Tonight

>> #34 — The Morning Phone Check

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

If you have been journaling through this program, your journal now knows things about you that you might not even realize yet. The patterns. The timing. The triggers that repeat. The progress that hides in plain sight. Today is about reading back through what you have written and letting your own words teach you something.

JOURNAL

1. Go back and read your Day 1 entry. What do you notice? What has changed?

2. What pattern keeps showing up in your journal that you had not noticed until now?

3. What entry are you most proud of? Which one was hardest to write?

TODAY'S EXERCISE

JOURNAL REVIEW: Read your entries from Day 1, Day 7, Day 14, and today. Highlight one line from each that tells the truth. Write those 4 lines together on one page.

DAY 25

The Relapse That Starts Quiet

WATCH TODAY

>> #49 — Relapse Starts in Your Mind

>> #25 — How to Know If Your Triggers Are Running Your Life

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Relapse does not start with the substance. It starts with the thought. The justification. The slow drift back toward old patterns. You stop calling people. You stop writing. You stop caring about the small things. By the time the substance shows up, the relapse has been in progress for days. Watch for the drift.

JOURNAL

1. Have you noticed any drifting in the past week? Less journaling, less calling, less caring?

2. What is the first thing that slips when you start drifting?

3. What would catching yourself early look like? What is the signal?

TODAY'S EXERCISE

EARLY WARNING SYSTEM: Write down your top 3 early warning signs that a relapse is building. Share them with someone you trust.

DAY 26

Building Something

WATCH TODAY

>> #10 — This App Won't Fix You

>> #70 — Admitting You're Not Okay

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

No app, no course, no program will fix you. This workbook will not fix you. But you are building something. Day by day, page by page, you are building the discipline to be honest, the habit of showing up, and the proof that you can survive without the thing that was destroying you. That is not nothing. That is the foundation.

JOURNAL

1. What are you building right now — even if it does not look like much yet?

2. What skill or habit have you developed in the last 26 days that you did not have before?

3. Where do you still need to admit you are not okay?

TODAY'S EXERCISE

FOUNDATION CHECK: List 5 things you have built or rebuilt during this program. Relationships, habits, trust, discipline, anything. This is your foundation.

DAY 27

The Cost of Trust

WATCH TODAY

>> #69 — The Cost of Trust

>> #46 — The Parking Lot After the Meeting

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Trust is expensive. You broke it. Maybe more than once. Rebuilding it takes longer than breaking it did, and some people will not let you try. That is their right. But the people who do let you try — do not waste that. Show up. Be consistent. Follow through. Trust is not rebuilt with words. It is rebuilt with evidence.

JOURNAL

1. Whose trust did you break? Be specific.

2. What have you done to rebuild it — or what have you been avoiding?

3. What does being trustworthy look like in your daily life? Not the big moments — the small, boring ones.

TODAY'S EXERCISE

TRUST DEPOSIT: Do one thing today that builds trust with someone. Show up on time. Follow through on a promise. Tell the truth when it is easier to lie.

DAY 28

Week 4 Check-In

WATCH TODAY

>> #65 — The Tilt

>> #38 — The Shower Floor

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

There is a moment in recovery called the tilt. It is the point where things could go either way. You are close enough to the old life to go back, but far enough into the new one to see what is possible. You are at the tilt right now. Two more days. What you do from here matters. Not because it is perfect — because it is yours.

JOURNAL

1. Where are you tilting right now — toward recovery or toward old patterns?

2. What moment this week made you feel closest to giving up?

3. What kept you here?

TODAY'S EXERCISE

TILT CHECK: Be honest — on a scale of 1 to 10, where is your commitment right now? If it is below a 7, write down what needs to change in the final 2 days.

DAY 29

What Raw Truth Recovery Is About

WATCH TODAY

>> #57 — What Raw Truth Recovery Is About

>> #71 — Raw Truth Recovery - Intro

>> #72 — Raw Truth Recovery - The Starting Point

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

Raw Truth Recovery is not a brand. Not a program. Not a motivational page full of sunsets. It is a place for people who are tired of being lied to — including by themselves. Accountability without shame. Honesty without performance. Progress without pretending the hard parts do not exist. If you made it to Day 29, you are already living it.

JOURNAL

1. What does recovery mean to you — in your own words? Not a textbook definition. Yours.

2. What would you tell someone on Day 1 right now?

3. What part of this 30-day journey surprised you the most?

TODAY'S EXERCISE

YOUR MANIFESTO: Write your personal recovery manifesto. What do you stand for? What are you done tolerating? What are you building? Keep it raw. Keep it honest.

DAY 30

Day 30 — You Are Still Here

WATCH TODAY

>> #58 — Mike's Story

>> #60 — Staying Through the Night

Find these at GetCleanOrDie.us or search YouTube for 'Get Clean or Die'

TODAY'S LESSON

You made it. Not perfectly. Not cleanly. Not the way the inspirational posts describe it. But you are here. 30 days ago you made a decision. And every day since then, you made it again. That is not willpower. That is war. And you are winning. This is not the finish line — it is the starting point. Everything you built in these 30 days is the foundation for what comes next. Do not stop writing. Do not stop being honest. Do not stop showing up.

JOURNAL

1. Read your Day 1 entry. Then read today. What do you see?

2. What is the biggest thing you learned about yourself in 30 days?

3. What comes next? Not the whole plan — just the next step.

TODAY'S EXERCISE

FINAL LETTER: Write a letter to yourself that you will open on Day 60. Tell yourself what you survived. What you learned. What you need to remember when it gets hard again. Seal it. Date it. Open it in 30 days.

YOU ARE STILL HERE.

30 days ago you made a decision.
Every day since then, you made it again.

That is not willpower. That is war.
And you are winning.

This workbook is done. You are not.

Keep writing. Keep being honest.
Keep showing up — even when it is ugly.

The next 30 days start tomorrow.

And you already know how to survive them.

GetCleanOrDie.us

Raw Truth Recovery

No filter. No fake inspiration. Just what's real.

Please like and subscribe — it helps other people get the message.
And your comments might help somebody going through the same thing you are.

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All videos referenced in this workbook. Find them at GetCleanOrDie.us or search YouTube.

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