

March

During today's meeting, I reflected on the difference between making excuses and understanding the factors that contributed to a poor decision. **Stress and fatigue may provide context, but they do not remove personal responsibility.** I remain accountable for my choices and their consequences. My responsibility now is to learn from the experience and demonstrate meaningful change through consistent actions. Attending peer-support meetings, participating in counseling, completing education, and following my recovery plan are ways I can turn accountability into lasting personal and professional growth.

Monday, Mar 30

