

# Avoiding Relapse Triggers During Holidays

## CBT Worksheet

Name	Date
<p><b>Instructions:</b> the holiday season can be challenging for individuals in recovery. This worksheet is designed to help you identify potential relapse triggers and develop strategies to manage them. Take your time to reflect and be as honest with yourself as possible.</p>	
<p><b>Holiday-related triggers:</b> list specific situations or events during the holidays that might trigger cravings or negative emotions related to your addiction .</p>	
<p><b>Emotional triggers:</b> identify any emotions that tend to surface during the holidays that may lead to relapse.</p>	
<p><b>Environmental triggers:</b> are there any places or environments that you associate with your addiction that may be more prevalent during the holidays?</p>	
<p><b>Automatic thoughts:</b> write down any negative or irrational thoughts that come to mind when you think about these triggers. These thoughts can contribute to cravings and relapse.</p>	
<p><b>Challenging negative thoughts:</b> challenge each automatic thought by asking yourself if it's based on facts or if there are alternative ways to think about the situation.</p>	

**Coping skills:** list coping skills or strategies you can use to manage the identified triggers and negative thoughts.

**Emergency plan:** create an emergency plan for situations where cravings become overwhelming or relapse seems imminent. Include phone numbers of support contacts and actions to take.

**Commitment statement:** write a statement that reaffirms your commitment to staying sober during the holidays.

**Additional notes**