

Avoiding Substances By Managing Your Life and Money CBT Worksheet

Managing Life; Managing Money

Date(s):

Understand that substance dependence makes people neglect day-to-day activities

1) Substance Dependence and Neglected Activities

Before being admitted to the TRC, did you neglect any day-to-day activities because of your substance use? What are they, and how?

Your Answer:

2) Addressing Long-Neglected Responsibilities

People in recovery need to regain long-neglected responsibilities in life, such as:

- Settling debts or unpaid bills
- Having a car or a bike serviced or repaired
- Going to a clinic for a health check-up
- Handling daily living chores (e.g., buying groceries, doing laundry, cleaning)

After leaving the TRC, will you take care of any long-neglected responsibilities? Please list the first and second priority items.

First Priority Item:

Second Priority Item:

Describe how you'll address each of these. Set small and manageable goals.

First Priority Item:

Second Priority Item:

Part II: Relapse Prevention

3) Managing Money to Maintain Abstinence

Which of the following consequences have you experienced due to your substance use?

- Concealing money to buy substances
- Having large debts
- Gambling with your money
- Spending money compulsively when feeling bad
- Frequently arguing about money with family members
- Stealing to get money to buy substances
- Others related to money: _____

After leaving the TRC, what will you do to avoid the above consequences that you experienced?

Your Answer:

What is the amount of money in your hand that triggers you to buy drugs?

Your Answer:

Will you change the way to manage money at your hand after leaving the TRC? If so, how?

Your Answer:

MEMO:

Please remember to set up small and manageable goals to take up long-neglected responsibilities. Knowing ways to manage money can help you maintain abstinence.

Feel free to share and discuss your answers with a trusted person in your recovery network, such as a counselor or sponsor, to get additional perspectives and support.

Source: PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS - Department of Health