

Challenges in Maintaining Abstinence - CBT Worksheet

Date(s):

Objective:

- Understand five common challenges and suggested approaches to maintaining abstinence.
 - Identify your approaches to cope with these challenges.
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Part I: Identifying Common Challenges

Five Common Challenges in Early Recovery Stage

1. Friends and associates who use substances:
 2. Anger, irritability:
 3. Substances in the home:
 4. Boredom, loneliness:
 5. Special occasions:
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Part II: Suggested Approaches

Suggested Approaches to Cope with the Five Common Challenges

Challenges	Suggested Approaches
Friends and associates who use substances	
Anger, irritability	
Substances in the home	
Boredom, loneliness	

Special occasions	
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Part III: Personal Reflections

- Are some of the five common challenges likely to be problems for you? Which ones?
 - How will you cope with them?
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Share and discuss your answers. Be prepared to apply your approaches to cope with these challenges.

Feel free to fill out this worksheet as needed, and consider discussing your answers with a therapist or counselor skilled in addiction recovery.

Source: PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS. INTENSIVE TREATMENT AND REHABILITATION PROGRAM FOR RESIDENTIAL TREATMENT AND REHABILITATION CENTERS FOR DRUG DEPENDENTS (INTREPRET)