

# 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.**

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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)