

Coping with Feelings to Avoid Relapse - CBT Worksheet

Personal Details:

Name: _____

Date of Birth: ____ / ____ / _____

Contact Number: _____

Emergency Contact: _____

Date(s):

• ____ / ____ / _____

• ____ / ____ / _____

1) Understanding Emotional Responses

Unchecked emotions can potentially steer individuals in recovery back to substance dependence. It's crucial to recognize, comprehend, and adeptly navigate your emotional world.

- **Have you ever denied or mislabeled an emotion? Describe such instances.**
- **List any physical symptoms or behaviors you've noticed that are linked to certain emotions (e.g., nail-biting when anxious).**
- **Pinpoint emotions that may be challenging for you. How do these feelings influence you and those around you?**

Discuss and reflect on your responses.

2) Effective Emotional Coping Techniques

Several coping mechanisms can assist in managing and expressing feelings in healthy ways.

- **Identifying Genuine Feelings:** Stay true to your emotions. Refrain from denial or mislabeling, even if the feelings are negative or distressing.
- **Spotting Physical Indicators:** Recognize the bodily signs accompanying distinct emotions, aiding in early intervention.
- **Refining Emotional Responses:** Identify emotions that demand more effective coping. Evaluate how they impact you and your relationships.
- **Constructive Expression of Emotions:** Find appropriate contexts to voice your feelings. Adjust negative thought patterns to reshape emotional reactions. For instance, reframe thoughts like "I'm so angry because they disagreed, I should use" to "It's okay for disagreements to exist, using won't solve this."

**Do any specific feelings make you more susceptible to the idea of substance use?
Detail those emotions.**

Detail strategies you can employ to better manage these triggering emotions.

In which contexts do you feel it's beneficial for you to directly voice your emotions?

Share and explore your answers with peers or a therapist.

Key Takeaway: Mastering emotional regulation is pivotal in maintaining sobriety. Unbridled emotions can be a swift conduit to relapse. Regularly revisiting and refining your coping strategies is essential in your recovery journey.

Instructor/Therapist's Feedback:

This worksheet is a tool, aiding in emotion-focused relapse prevention. Routinely engage with it to strengthen emotional intelligence and resilience.

Source: PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS.
Intensive Treatment and Rehabilitation Program for Residential Treatment and Rehabilitation
Centers for Drug Dependents (INTREPRET)