

# Coping with Feelings to Avoid Relapse - CBT Worksheet

## Personal Details:

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Contact Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Date(s):

- \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_
  - \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_
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## 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.

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## 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)