

Coping with Feelings to Avoid Relapse

CBT Worksheet

Name: _____ Date: _____

Instructions: In cognitive behavioral therapy (CBT), emotions are seen as connected to our thoughts and behaviors. Strong feelings like sadness, anger, or loneliness can trigger urges to return to old habits. By identifying emotional triggers and learning to respond differently, you can build emotional resilience and protect your recovery.

This worksheet helps you recognize emotional triggers that may lead to relapse and offers tools to manage them. Be honest with your answers.

1. What feeling(s) tend to lead to cravings or urges? Check all that apply.

- | | | |
|----------------------------------|--|---|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Guilt or shame | <input type="checkbox"/> Feeling overwhelmed |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Anxiety or stress | <input type="checkbox"/> Feeling numb or disconnected |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Loneliness | <input type="checkbox"/> Other: |

2. What do you usually think or tell yourself during this feeling? Check any that often come up.

- | | |
|--|--|
| <input type="checkbox"/> "I can't handle this." | <input type="checkbox"/> "I deserve to feel better now." |
| <input type="checkbox"/> "Just one time won't hurt." | <input type="checkbox"/> "Nothing matters anyway." |
| <input type="checkbox"/> "No one understands me." | <input type="checkbox"/> Other thoughts: |

3. How do you usually respond? Write a short response or describe any patterns you've noticed.

4. Helpful coping strategies I've used before (or want to try). Check at least three that you know work for you or would like to try.

- | | | |
|--|--|---|
| <input type="checkbox"/> Deep breathing or grounding exercises | <input type="checkbox"/> Going for a walk or moving my body | <input type="checkbox"/> Reframing the thought with a more helpful one |
| <input type="checkbox"/> Journaling what I feel and why | <input type="checkbox"/> Using a coping box or comfort item | <input type="checkbox"/> Doing a distraction activity (drawing, cleaning, etc.) |
| <input type="checkbox"/> Talking to a supportive person | <input type="checkbox"/> Listening to calming or uplifting music | <input type="checkbox"/> Other: |

5. What could I tell myself next time this feeling shows up?

6. My relapse prevention plan. Complete the statements below

If I feel:

I will:

I will avoid:

I will reach out to:

Elaborate more: