

Countering Relapse Justifications CBT Worksheet

Name:

Date:

Identifying Relapse Justifications

Instructions: Fill in this table with examples of relapse justifications you have experienced. Include the situation or trigger, your thoughts or excuses, and the emotional state you felt.

Relapse Justification	Trigger Situation	Thoughts or Excuses	Emotional State

Responses to Relapse Justifications

Instructions: In this table, list your healthy responses to the identified relapse justifications. Include alternative thoughts that counter the excuses and describe the emotional state you expect after applying the response.

Relapse Justification	Healthy Response	Alternative Thoughts	Emotional State After Response

Self-Reflection on Overconfidence

Have you ever felt overconfident about your ability to control substance use?

Yes

No

If yes, can you recall specific situations or events where you felt this overconfidence?
Describe them briefly.

How did this overconfidence affect your decisions related to substance use?

Triggers and Relapse Justifications

What are the common triggers or situations that lead to relapse justifications for you?

List any relapse justifications you tend to use when faced with these triggers.

How do these justifications impact your commitment to recovery?