

Emotional Triggers and Relapse CBT Worksheet

Name	Date
<p>Instructions: This worksheet is designed to help you identify emotional triggers that may lead to relapse in your behaviors, emotions, or thought patterns. Relapse can occur in various contexts, such as substance abuse, addiction, unhealthy habits, or even negative thought patterns. By recognizing these triggers, you can develop healthier coping strategies to prevent relapse.</p>	
<p>Describe the specific situation or event that triggered your emotional response or thoughts.</p>	
<p>Identify the emotions you experienced during or after the trigger.</p>	
<p>Describe any physical sensations that accompanied these emotions.</p>	
<p>Note any automatic thoughts or self-talk that occurred.</p>	
<p>Consider the underlying beliefs or assumptions that contributed to your emotional response.</p>	

Reflect on whether these beliefs are rational or distorted.

Challenge the distorted beliefs by generating more balanced or rational thoughts.

Consider alternative interpretations of the trigger event.

Write down the new, more balanced thoughts.

List healthy coping strategies you can use when faced with a similar trigger in the future.

Make a commitment to practice these coping strategies next time the trigger occurs.

Additional notes