

Guilt and Shame of Substance Dependence CBT Worksheet

Patient Name:

Date:

Instructions: This worksheet is designed to help you address and manage feelings of guilt and shame related to your substance dependence. It's a self-guided tool you can use with our therapy sessions. Take time with each section, and be honest as you work through your emotions and thoughts.

Section 1: Identifying Negative Thoughts

- Write down any negative thoughts or beliefs you have about yourself about your substance dependence.

Section 2: Challenging Negative Thoughts

- For each negative thought, challenge it with rational and balanced thinking.

Section 3: Exploring Emotions

- Describe your emotions when you think about your substance dependence and the associated guilt and shame.

Section 4: Coping Strategies

- List healthy coping strategies that can help you manage guilt and shame constructively.

Section 5: Goal Setting

- Set achievable goals for managing guilt and shame in the context of your substance dependence.

Section 6: Regular Review

- Commit to revisiting this worksheet regularly, perhaps before or after therapy sessions.
- Use it to track your progress and update your thoughts and coping strategies.

Remember, this worksheet is a valuable tool for your recovery journey. It empowers you to confront and reshape negative thought patterns and emotions, ultimately fostering a healthier mindset and increased resilience in the face of addiction-related guilt and shame.

Therapist's Name:

Therapist's Contact Information:

Date: