

Internal Triggers of Substance Abuse CBT Worksheet

Patient Information

Name:

Date:

Date of Birth:

Therapist/Provider Information

Name:

Credentials:

Contact Information:

Worksheet Purpose:

This worksheet aims to help the patient identify and address internal triggers associated with substance abuse, providing a foundation for personalized treatment and recovery planning.

Instructions

Identification of Triggers

1. Ask the patient to list internal triggers such as emotions, thoughts, or situations that lead to substance use.
2. Encourage the patient to be specific and provide examples.

Trigger Analysis

1. For each identified trigger, prompt the patient to delve deeper:
 - *Why does this trigger have such an impact?*
 - *How does it relate to their substance use?*

Coping Strategies Development

1. Guide the patient in brainstorming healthy coping strategies for each trigger.
2. Emphasize the importance of practical and achievable strategies.

Action Plan Creation

1. Work with the patient to develop an action plan based on the triggers and coping strategies.
2. The plan should outline what the patient will do when faced with each trigger to avoid substance use.

Regular Review and Adjustment

1. Stress the need for regular review and adjustment of the worksheet as progress is made.
2. Encourage the patient to revisit and revise triggers and strategies as necessary.

Notes and Recommendations

- Document any additional insights, observations, or recommendations during the session.
- Consider sharing a copy of the completed worksheet with the patient for their reference and continued self-reflection.