

Making New Friends During Recovery CBT Worksheet

Name:

Date:

Contact Information:

Therapist:

I. Introduction:

Recovery from substance abuse often involves building a new support network. This worksheet will guide you through the Cognitive Behavioral Therapy (CBT) process of making new friends during your recovery journey.

II. Identifying Negative Beliefs:

- List any negative beliefs or fears about making new friends in recovery.

1. _____

2. _____

3. _____

4. _____

5. _____

- Challenge these beliefs by asking:
 - Are these beliefs based on facts or assumptions?
 - What evidence supports or contradicts these beliefs?
 - What are the potential consequences of holding onto these beliefs?

III. Setting Realistic Goals:

1. Set specific, measurable goals related to making new friends in recovery. Example: "Attend one support group meeting per week."

IV. Identifying Barriers:

- List any obstacles or challenges hindering your efforts to make new friends.

1. _____
2. _____
3. _____

- Brainstorm possible solutions or strategies to overcome these barriers.

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V. Building Social Skills:

- Identify social skills you want to improve or develop for making new friends. Example: active listening, initiating conversations, or expressing empathy.

1. _____
2. _____
3. _____

4. Practice these skills during social interactions or support group meetings.

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VI. Seeking Support:

- List individuals or resources you can turn to for support and encouragement during your journey to make new friends.

1. _____

2. _____

3. _____

VII. Tracking Progress:

- Regularly review your goals and note your progress toward making new friends.

1. _____

2. _____

3. _____

Client's Signature: _____ Date: _____

Therapist's Signature: _____ Date: _____