

# Managing Downtime to Avoid Relapse CBT Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Recovery Program Start Date: \_\_\_\_\_

Anticipate Discharge Date: \_\_\_\_\_ Contact Information: \_\_\_\_\_

## Date(s) of Completion:

Session 1: \_\_\_\_\_

Session 2: \_\_\_\_\_

## Objective:

- Recognize and understand the risks of boredom as a relapse trigger.
- Appreciate the benefits of planning activities and rewards to anticipate.
- Explore various strategies to manage downtime effectively.

## Acknowledging Boredom as a Relapse Trigger

Boredom can exacerbate the emotional challenges experienced during recovery, making individuals susceptible to relapse. Reflect on how boredom has acted as a trigger for substance use in your past.

### Reflection Question:

- Before entering the recovery program, how did boredom contribute to your substance use?

## Planning Activities to Look Forward To

Introducing enjoyable and rewarding activities into your schedule can infuse a sense of excitement and anticipation. These activities don't have to be grand; even simple pleasures can make a significant impact.

### Reflection Questions:

- What were your sources of joy and reward before entering the recovery program?

- What enjoyable activities are you planning to incorporate into your life after leaving the program?

### **Effectively Handling Downtime**

Substances might have previously offered a quick escape from monotony, but new, healthier alternatives are necessary to replace them. Identifying and engaging in non-substance-related activities are crucial for relaxation and rejuvenation.

#### **Activity Options:**

- Walking
- Reading
- Meditating or doing yoga
- Playing a musical instrument
- Engaging in a hobby (painting, knitting, scrapbooking, etc.)
- Exercising or playing sports
- Participating in community or church activities
- Socializing with non-using friends or family
- Learning something new (taking a class, cooking, etc.)
- Attending self-help meetings
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#### **Reflection Questions:**

- What other activities not listed above would help rejuvenate you?

- In the past, stress might have led you to substance use. What healthy alternatives will you turn to now, particularly during downtime?

Share, discuss your answers, and reflect on how managing boredom through planned activities and healthy downtime can support your recovery journey.

**Reminder:** Boredom can be a powerful trigger, but with proactive planning and a commitment to self-care, you can navigate through it and maintain a path of recovery.

**Additional Notes/Comments:**