

Motivations for Recovery CBT Worksheet

Client Name:

Date:

Instructions: This worksheet will help you explore your motivations for recovery from substance abuse. Take your time to reflect on your thoughts and feelings. Be honest with yourself; this will guide your journey towards a healthier, sober life.

List Your Motivations

What are the primary reasons you want to overcome your substance use disorder? List them below.

Motivation 1:

Motivation 2:

Motivation 3:

Motivation 4:

Rank Their Importance

On a scale of 1 to 10, with 10 being the most important, rank each motivation's significance to you.

Motivation 1:

Motivation 2:

Motivation 3:

Motivation 4:

Connect Emotions

Write down the emotions or feelings associated with achieving each motivation.

Motivation 1:

Motivation 2:

Motivation 3:

Motivation 4:

Anticipate Challenges

Think about potential obstacles or challenges you may face in your recovery journey. Write them down.

Challenge:

Challenge:

Challenge:

Create Action Plans

List specific actions or steps you can take to support your recovery based on your motivations.

Action Plan 1:

Action Plan 2:

Action Plan 3:

Action Plan 4:

Review and Commitment

Take a moment to review what you've written. Reflect on your motivations, emotions, and action plans. Commit to your recovery journey, and revisit this reinforcement worksheet.