

Pursuing Recreational Activities for Abstinence CBT Worksheet

Applicant Details:

Name:

Date of Birth:

TRC Departure Date:

Counselor/Therapist Name:

Introducing recreational activities in your life

Understanding the significance of incorporating new or revisiting old recreational activities is essential in maintaining abstinence. These activities can fill the void left by substance use, offering relaxation, fulfillment, and enjoyment.

Date(s):

Prompt 1:

What are some hobbies or activities that you used to enjoy and might like to try again? How did they enrich your life?

Answer 1:

Prompt 2:

What new activities and interests would you like to pursue?

Answer 2:

Share and discuss your answers with a counselor, peer, or support group.

Making recreational activities part of your life

It's crucial to be patient as you explore new activities or revisit old ones. It may take time to develop proficiency or find enjoyment. Additionally, communicating the importance of these activities to supportive friends and family is vital for creating an understanding and supportive environment.

Prompt 3:

What will be possible obstacles in continuing those recreational activities that you plan to pursue? How will you try to overcome those?

Answer 3:

Share and discuss your answers.

Actively engaging in recreational activities, whether new or old, is a valuable tool in maintaining abstinence. Reflection on past hobbies, exploring new interests, and discussing your journey with others can aid in solidifying these pursuits as integral components of your recovery.

Please note that this worksheet is intended for personal reflection and discussion and does not substitute for professional advice or treatment. Ensure that it is used under the guidance of a licensed healthcare professional or counselor.