## Recovery Status CBT Worksheet

## 1. Set Clear Goals

Specific Goal:
(v) Reduce anxiety
( $)$ Overcome addiction
$\square$ Manage stress
Other: $\qquad$

When do you want to achieve this goal?Within a monthWithin three monthsWithin six months
Other: Within a year

## Step 2: Identify Thoughts and Feelings

Describe the situation or trigger: When plans change
What were your thoughts in that situation? I was arfaid that everything will change and that I have to compromise somethings.
What emotions did you feel?
$\square$ Anxious
$\square$ SadAngry
Other: $\qquad$

Step 3: Challenge Negative Thoughts
List any negative thought patterns you noticed:

- Catastrophizing
$\square$ Black-and-white thinking
$\square$ Overgeneralization
Other: $\qquad$

Try to reframe one of these thoughts in a more positive way:
v Yes
$\square$ No
$\square$ Not sure

## Step 4: Develop Strategies

Selected Strategies: Meditation
Implementation Plan: Do it everyday in the mornings

## Step 5: Monitor Progress

Review Frequency (e.g., Weekly): Weekly
What improvements have you noticed? I notice that I don't worry too much anymore.
Any challenges faced during implementation? None

## Additional Notes:

Meditation is helpful to keep me mindful of the things around me

