

# Repairing Relationships During Recovery CBT Worksheet

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

Contact Information: \_\_\_\_\_ Therapist: \_\_\_\_\_

**Instructions:** This worksheet is designed to help you identify and address issues within your relationships as part of your recovery journey through Cognitive Behavioral Therapy (CBT). Please fill it out honestly and thoughtfully, and use it as a tool to guide discussions with your healthcare practitioner.

## Section 1: Relationship Assessment

- Describe the relationship you want to repair or improve:

- Relationship Type: \_\_\_\_\_
- Length of the Relationship: \_\_\_\_\_
- Key Issues/Challenges:

- Identify your emotional responses within the relationship:

- Examine your thoughts about this relationship:

## Section 2: Cognitive Distortions

- Identify and challenge cognitive distortions:

### Section 3: Communication and Conflict

- Describe recent communication patterns:

- Identify recent conflicts or misunderstandings:

### Section 4: Coping Strategies

- List healthy coping strategies for managing emotions and conflicts:

### Section 5: Action Plan

- Set specific goals for improving the relationship:

- Schedule a follow-up:

**Closing Notes:**

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist's Signature: \_\_\_\_\_ Date: \_\_\_\_\_