

# Road Map to Recovery CBT Worksheet

## *Patient Information*

**Name:**

**Date of Birth:**

**Diagnosis:**

**Therapist/Counselor:**

## *Instructions*

- This worksheet is designed to help you explore your journey to recovery from substance abuse through Cognitive Behavioral Therapy (CBT).
- Take your time to reflect and complete each section thoughtfully.
- Your insights will guide us in tailoring a personalized treatment plan to support your recovery.

## **Section 1: Self-Assessment**

- Reflect on your substance use history and patterns.
- Describe the emotional and physical effects of substance use on your life.

## **Section 2: Identifying Triggers**

- List specific situations, emotions, or thoughts that trigger your substance use.
- Include both internal and external triggers.

## **Section 3: Challenging Negative Thoughts**

- Write down the negative thoughts associated with substance use.
- Challenge these thoughts with evidence-based, balanced perspectives.

#### **Section 4: Developing Coping Strategies**

- Identify practical strategies to manage cravings and triggers.
- Include relaxation techniques, stress management, and alternative activities.

#### **Section 5: Setting Goals**

- Define short-term and long-term recovery goals.
- Make them specific, measurable, achievable, relevant, and time-bound (SMART).

#### **Section 6: Relapse Prevention**

- Create a comprehensive relapse prevention plan.
- List early warning signs and strategies to avoid relapse.

#### **Section 7: Ongoing Monitoring**

- Commit to revisiting this worksheet regularly.
- Adjust your goals and strategies as you progress in your recovery journey.