

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.