

Serenity Prayer CBT Worksheet

Applicant Details:

Name:

Date of Birth:

Contact Information:

Date(s):

The Serenity Prayer CBT Worksheet helps you to understand the importance of distinguishing between things that can be changed and those that can't, and how this understanding can strengthen your recovery.

Distinguishing things that can be changed from those that can't

Understanding the difference between what can be changed and what can't is crucial for recovery. Misunderstanding this can lead to frustration, anger, and increased stress, making you more vulnerable to relapse.

Consider these situations. Can you change them? How should you respond?

You're stuck in traffic and late for an appointment.

The grocery store is out of a key ingredient for a special dish.

Your boss reprimands you for being late to work.

Your partner still doesn't trust you, even though you've been abstinent for months.

Reflect on how you distinguished the situations that can be changed from those that can't.

Understanding Serenity in the context of recovery

The Serenity Prayer is: "God grant me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference."

This prayer, popularized by Alcoholics Anonymous (AA), offers a guiding principle for recovery. Even if you are not religious, the principles of the Serenity Prayer can be beneficial to your recovery.

Reflect on what the Serenity Prayer means to you and how 'courage' and 'wisdom' contribute to your recovery and serenity.

Identifying areas that require changes

Achieving inner peace requires the ability to let go of things you can't change and the commitment to work on things you can.

Reflect on these questions:

What parts of your life or yourself can't you change?

What have you already changed?

What parts of your life or yourself do you need to change?

Remember, successful recovery requires distinguishing between what can be changed and what can't. Share and discuss your answers with your support network.