Sickness and Relapse CBT Worksheet

Name:_____Date:_____

Contact Information: _____ Therapist:_____

Instructions: This worksheet is designed to help you better understand and manage your thoughts, feelings, and behaviors related to sickness and the possibility of relapse. Please work through the following sections and be as honest and specific as possible.

Identifying Negative Thoughts:

- Write down any negative thoughts or worries related to your sickness or the fear of relapse.

1.

2.

3.

4.

5.

Evaluating Thoughts:

- For each negative thought, ask yourself:
  - Is this thought rational and evidence-based?
  - How likely is it that this thought will come true?
  - How does this thought make me feel?

1. **Negative Thought:**
   - Rationality (1-10):
   - Likelihood (1-10):
   - Emotions it triggers:

2. **Negative Thought:**

- Rationality (1-10):

- Likelihood (1-10):

- Emotions it triggers:

3. **Negative Thought:**

- Rationality (1-10):

- Likelihood (1-10):

- Emotions it triggers:

4. **Negative Thought:**

- Rationality (1-10):

- Likelihood (1-10):

- Emotions it triggers:

5. **Negative Thought:**

- Rationality (1-10):

- Likelihood (1-10):

- Emotions it triggers:

Challenging Negative Thoughts:

- Challenge each negative thought with more balanced and realistic alternatives.

1. **Negative Thought:**

- **Challenge:**

- **Alternative Thought:**

2. **Negative Thought:**

- **Challenge:**

- **Alternative Thought:**

3. **Negative Thought:**

   - **Challenge:**

   - **Alternative Thought:**

4. **Negative Thought:**

   - **Challenge:**

   - **Alternative Thought:**

5. **Negative Thought:**

   - **Challenge:**

   - **Alternative Thought:**

Coping Strategies:

- List coping strategies that can help you manage your emotions and prevent relapse.
- **Relaxation Techniques:**

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- **Stress Management Strategies:**

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- **Healthy Distractions:**

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Action Plan:

- Describe concrete steps you can take to apply your coping strategies in times of distress or when you fear relapse.

1.

2.

3.

4.

5.