

Spirituality and Recovery CBT Worksheet

Name	Date
Instructions: Recovery is a personal journey that can be greatly influenced by your spiritual beliefs. This worksheet is designed to help you explore the connection between your spirituality and your recovery process.	
Write a brief description of your spiritual beliefs. This could include religious beliefs, belief in a higher power, or any other spiritual principles that are important to you.	
How have your spiritual beliefs influenced your life, values, and decision-making in the past? Consider both positive and negative aspects.	
List any spiritual practices or rituals that you engage in regularly (e.g., prayer, meditation, attending religious services). How do these practices contribute to your overall well-being?	
What are your primary recovery goals? List them here.	
How can your spiritual beliefs and practices support your recovery goals? Are there specific aspects of your spirituality that can provide strength, hope, or guidance during difficult times?	

Are there any challenges or conflicts between your recovery goals and your spiritual beliefs? If so, describe them and consider potential solutions or compromises.

Identify resources or support within your spiritual community or belief system that can aid your recovery. This could include mentors, religious leaders, or support groups.

Develop a list of daily or weekly spiritual practices that can help you stay focused on your recovery journey. These practices should align with your beliefs and support your goals.

How will you incorporate self-care into your spiritual recovery plan? Consider activities that promote physical, emotional, and mental well-being.

Progress journal

Use this space to journal your experiences as you integrate spirituality into your recovery journey. Note any insights, challenges, or successes you encounter along the way.

Additional notes