

# Staying Busy to Avoid Relapse - CBT Worksheet

## Personal Details:

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Contact Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Date(s):

• \_\_\_\_ / \_\_\_\_ / \_\_\_\_

• \_\_\_\_ / \_\_\_\_ / \_\_\_\_

---

## 1) Recognizing the Dangers of Idle Time

Understanding that an empty mind and schedule can be a playground for relapse.

**Written schedules are your allies.** Mental schedules can easily be forgotten or manipulated. Be extra vigilant with high-risk times such as weekends or periods you associate with substance use.

Discuss and reflect on your responses.

**Post-rehab, how will you actively occupy yourself? Why is having a written schedule vital for you?**

## 2) Embracing Sobriety-Supporting Activities & Connections

When immersed in substance use, many forsake activities and relationships once cherished. Reintegrating or forging a new path around sober habits and associations is key to sustained recovery.

**Post-rehab, which sober activities will you pursue? Document both previously enjoyed hobbies and novel ventures.**

- **Past hobbies or activities:**

- **New explorations:**

Open up and delve into your responses.

---

**Remember:** Planning your days, particularly vulnerable times, is a proactive relapse prevention strategy. Ensure you stay engaged with sobriety-supporting ventures and decrease idle moments.

---

### **Homework Assignment:**

Enumerate activities you're keen on post-rehab. Your list can feature activities shared by peers during group discussions. Further, specify when and with whom you'll undertake these activities.

1. <b>Activity:</b>	<b>Time:</b>	<b>With:</b>
2. <b>Activity:</b>	<b>Time:</b>	<b>With:</b>

### **Instructor/Therapist's Remarks:**

Staying proactive and connected to positive influences is pivotal in maintaining sobriety. Revisit this worksheet as a reminder and tool in your journey.

Source: PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS. Intensive Treatment and Rehabilitation Program for Residential Treatment and Rehabilitation Centers for Drug Dependents (INTREPRET)