

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. Activity:	Time:	With:
2. Activity:	Time:	With:

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)