

Stigma in Addiction Worksheet

Name:	Date:
Reflection on Personal Experiences with Stigma	
1. Describe any personal experiences where you felt stigmatized due to substance use:	
Experience:	
How it made you feel:	
Impact on your treatment or recovery process:	
2. Instances where you observed others facing stigma in addiction:	
Observation:	
Perceived impact on the individual:	
Challenging Negative Stereotypes	
1. Common stereotypes about people with substance use disorders:	
Stereotype #1:	Why it's harmful:

Truth/Counterstatement to Stereotype #1:

Stereotype #2:

Why it's harmful:

Truth/Counterstatement to Stereotype #2:

Identifying and Countering Self-Stigma

1. Identify instances of self-stigma:

Self-Stigmatizing Belief:

Situation:

2. Develop counterstatements to challenge these beliefs:

Self-Stigmatizing Belief:

Situation:

Planning Actionable Steps

1. Actions to reduce stigma in your community:

Action 1:

How it will be implemented:

Action 2:

How it will be implemented:

2. How you can support others in their recovery journey:

Support Method 1:

Situation:

Support Method 2:

Situation:

Reflective Notes

1. What insights have you gained about the impact of stigma on addiction and recovery?

2. How do you plan to apply what you've learned from this worksheet to your recovery journey or in supporting others?

Signature:

Date Signed: