

# Truthfulness and Substance Abuse CBT Worksheet

Dates: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## Introduction

Understand that substance dependence and truthfulness are irreconcilable states. Acknowledge that truthfulness will not always be easy. Understand that continued truthfulness is integral to a successful recovery.

## Part I: Understanding the Role of Truthfulness in Substance Dependence and Recovery

### 1) Not being truthful is part of substance dependence

Substance dependence often leads to dishonesty. The effort to obtain and use substances may require lying or deceiving loved ones, coworkers, and even oneself.

In what ways were you less than truthful when you were using substances?

### 2) Recovery can't be successful without truthfulness

Being honest is difficult, especially when the truth might make you or others uncomfortable. However, honesty is crucial for a successful recovery.

How has truthfulness been difficult for you in recovery?

### Checkpoint: Being partly honest is not being truthful

Decide to let someone believe a partial truth?

Yes

No

Tell people what they want to hear?

Yes

No

Tell people what you wish were true?

Yes

No

Tell less than the whole truth?

Yes

No

What positive experiences have you had by being honest in recovery?

## Part II: Relapse Prevention

Share and discuss your answers.

Remember, not being truthful is part of substance dependence. Recovery is impossible without truthfulness. Being partly honest is not being truthful.