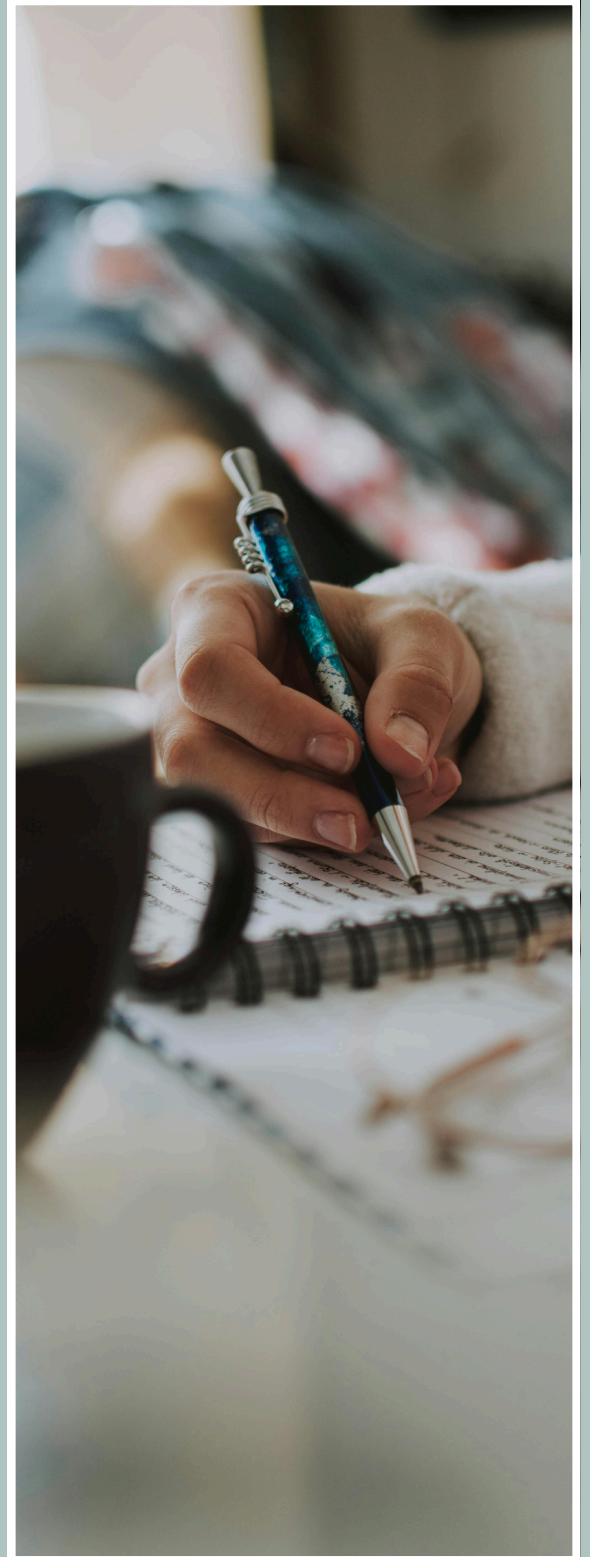




Addiction Recovery Worksheets

- *Worksheet 1: Identifying Triggers*
- *Worksheet 2: Coping Strategies*
- *Worksheet 3: Daily Reflection*
- *Worksheet 4: Setting Goals*
- *Worksheet 5: Understanding Relapse*
- *Worksheet 6: Building a Support System*
- *Worksheet 7: Self-Care Planning*
- *Worksheet 8: Overcoming Negative Thoughts*
- *Worksheet 9: Exploring Hobbies*
- *Worksheet 10: Stress Management*
- *Worksheet 11: Celebrating Progress*
- *Worksheet 12: Relapse Action Plan*



Identifying Triggers

Objective: Help individuals identify personal triggers for substance use.



COMMON TRIGGERS:

List examples like people, places, and emotions.

MY TRIGGERS:

Write down specific triggers in your life.

REFLECTION:

How do these triggers affect my thoughts and actions?

Coping Strategies

Objective: Develop coping mechanisms for managing triggers.



HEALTHY COPING SKILLS I KNOW:

List current strategies that help.

NEW STRATEGIES TO TRY:

Brainstorm additional techniques to explore.

REFLECTION:

Which strategies have worked for me in the past and why?

Daily Reflection

Objective: Encourage self-awareness and mindfulness.



TODAY'S ACCOMPLISHMENTS:

Write down things you achieved today.

CHALLENGES FACED AND LESSONS LEARNED:

Reflect on obstacles and growth.

GRATITUDE PRACTICE:

What am I thankful for today?

Setting Goals

Objective: Help individuals set and achieve recovery goals.



SHORT-TERM GOALS (1-3 MONTHS):

Define specific, actionable goals.

LONG-TERM GOALS (1 YEAR OR MORE):

Envision larger recovery milestones.

ACTION STEPS:

Outline steps to achieve each goal.

Understanding Relapse



Objective: Educate about relapse and how to prevent it.

MY WARNING SIGNS:

List signs that a relapse may be approaching.

PREVENTION PLAN:

Write a detailed plan for managing warning signs.

REFLECTION:

What can I learn from past experiences with relapse?

Building a Support System



Objective: Identify and strengthen a support network.

PEOPLE I CAN RELY ON:

List trusted friends, family, or professionals.

WAYS TO ASK FOR HELP:

Write scripts or methods for reaching out.

REFLECTION:

How does my support system impact my recovery journey?

Self-Care Planning

Objective: Develop a self-care routine to support mental health.



MY FAVORITE SELF-CARE ACTIVITIES:

List activities that help you relax and recharge.

DAILY/WEEKLY SELF-CARE PLAN:

Create a schedule for incorporating self-care.

REFLECTION:

How does self-care support my recovery?

Overcoming Negative Thoughts



Objective: Recognize and challenge negative thinking patterns.

COMMON NEGATIVE THOUGHTS I EXPERIENCE:

Write down recurring negative thoughts.

REFRAMING NEGATIVE THOUGHTS INTO POSITIVE ONES:

Practice rewriting thoughts.

REFLECTION:

What helps me stay optimistic?

Exploring Hobbies

Objective: Rediscover interests and passions.



HOBBIES I ENJOYED IN THE PAST:

List hobbies from childhood or previous years.

NEW ACTIVITIES I'D LIKE TO TRY:

Brainstorm potential new interests.

ACTION PLAN:

How can I incorporate hobbies into my routine?

Stress Management

Objective: Teach stress reduction techniques.



SOURCES OF STRESS IN MY LIFE:

Identify what causes stress.

TECHNIQUES TO REDUCE STRESS:

Write down strategies (e.g., journaling, deep breathing).

REFLECTION:

How can I manage stress more effectively?

Celebrating Progress

Objective: Focus on achievements and milestones.



MY BIGGEST ACHIEVEMENTS IN RECOVERY:

Celebrate milestones, big or small.

HOW I'VE GROWN AS A PERSON:

Reflect on personal growth.

REFLECTION:

What motivates me to keep going?

Relapse Action Plan

Objective: Create a detailed plan to respond to relapse.



IMMEDIATE STEPS TO TAKE:

List actions like contacting a sponsor or attending a meeting.

REFLECTION:

What will I do differently next time?

ENCOURAGEMENT:

Write a positive message to your future self.

Extra Notes

