

Relapse Prevention Activities:

Cognitive Restructuring Worksheet

Describe a situation that triggered a negative thought.

What was your immediate response to that thought?

List any evidence or reasons that support the thought.

List and facts that challenge or contradict the negative thought.

What's a more balanced or positive way to view the situation?

How do you feel after considering the positive thought? (Rate from 1 - 10)



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Relapse Prevention Activities:

Journal Prompts to Avoid High-Risk Situations

Explain a time when you've been in high-risk situations after completing addiction treatment.

What triggers made you consider substance use?

Which coping strategies did you use to stick with your relapse prevention plan?

Is there anything you would do differently if your recovery is threatened in the future?

What ongoing support tools do you need to stay on track?



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