

Being Smart to Prevent Relapse CBT Worksheet

Name	Date
<p>Instructions: In this worksheet, you will explore various factors that may contribute to a relapse in your mental health or behavioral goals. By identifying and addressing these factors, you can better prepare yourself to maintain progress and cope effectively.</p>	
<p>List specific situations or events that have triggered relapse in the past.</p>	
<p>Identify any patterns or commonalities among these triggering situations.</p>	
<p>Describe negative thoughts or beliefs that tend to arise when you are in triggering situations.</p>	
<p>Challenge and reframe these negative thoughts using evidence-based techniques from CBT.</p>	
<p>Note the emotions you experience when facing triggering situations.</p>	
<p>Explore healthier ways to cope with these emotions.</p>	

List any behaviors or actions you tend to engage in during a relapse or when facing triggering situations.

Brainstorm alternative, healthier behaviors you can engage in when confronted with triggers.

List signs or cues that indicate you might be heading toward a relapse.

Specify the actions you will take when you notice these warning signs.

Additional notes