

Justifying Relapse CBT Worksheet

Client Information

Name:

Date:

Session Number:

Identify the Trigger

- Describe the situation or emotion that triggered the urge to relapse:

Thoughts and Beliefs

- List the thoughts and justifications that accompanied the trigger:

Challenge the Thoughts

- Examine the evidence supporting and contradicting these thoughts. Are they based on facts or distortions?

Healthier Alternatives

- Brainstorm healthier alternatives to relapse. What could you do instead?

Coping Plan

- Develop a concrete plan for coping with future triggers. Specify actions and strategies to implement:

Commitment to Recovery

- Reaffirm your commitment to sobriety. Reflect on your long-term goals and reasons for staying substance-free:

Therapist's Notes