

# Mooring Lines for Avoiding Relapse CBT Worksheet

## Patient Information

Name:

Date of Birth:

Therapist/Counselor:

Date:

## Instructions

This worksheet is designed to help you identify triggers, early warning signs, and coping strategies to prevent relapse. Take your time to complete it honestly and thoroughly. Your input is essential for your recovery journey.

### Step 1: Identify Personal Triggers

List situations, emotions, or thoughts that trigger your cravings or the urge to use substances.

### Step 2: Recognize Early Warning Signs

Identify physical, emotional, or behavioral signs that indicate you might be at risk of relapse.

### Step 3: Develop Coping Strategies

Brainstorm and document healthy coping strategies to counteract triggers and warning signs.

## **Step 4: Create a Support Network**

List friends, family, or support groups you can contact when you need help.

## **Step 5: Establish an Emergency Plan**

Prepare a clear plan for what to do in case of a relapse. Include contact information for professionals or crisis hotlines.

## **Step 6: Review and Revisit**

Regularly review and update this worksheet to ensure it remains relevant to your recovery journey.