

# Trust and Substance Abuse CBT Worksheet

## Client Information:

Client Name:

Date:

Therapist/Practitioner Name:

## Introduction:

Explain the purpose of this checklist to the client. It is designed to help you explore your thoughts and behaviors related to substance use. Check the boxes that apply to your situation.

## Part 1: Self-Reflection

Please check the boxes that best describe your experiences:

- I am aware of situations or triggers that lead me to use substances.
- I can identify the emotions I experience when facing these triggers.
- I recognize my typical reactions when encountering these triggers.
- Others, Please describe \_\_\_\_\_

## Part 2: Identifying Cognitive Distortions

### Negative Thoughts and Beliefs:

Are there any negative thoughts or beliefs you connect with substance use? If so, please list them here.

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### Irrational Thoughts:

Do you notice any thoughts that don't seem logical and may contribute to your substance abuse?

Can you provide examples of these thoughts that feel distorted or unrealistic?

### **Part 3: Challenging and Restructuring**

Please check the boxes that apply to your progress:

- I have challenged some of my distorted thoughts.
- I have reframed negative thoughts into more rational and positive ones.
- I have considered alternative perspectives when faced with triggers.

### **Part 4: Developing Coping Strategies**

Please check the boxes next to the coping strategies you plan to use:

- Deep breathing exercises
- Mindfulness and meditation
- Physical activity or exercise
- Calling a friend or support person
- Engaging in a hobby or favorite activity
- Attending support group meetings
- Using a substance abuse hotline
- Others, please specify \_\_\_\_\_

**Notes:**