

Name :

Date :

# PATH TO RECOVERY: CBT ACTIVITIES FOR OVERCOMING DRUG ADDICTION

This worksheet is designed to help you identify thoughts, emotions, and triggers associated with drug use while developing healthier coping strategies. Reflect on each question and answer honestly.

## 1. Identifying Triggers

List three situations, thoughts, or feelings that trigger your drug use:

1.
2.
3.

## 2. Recognizing Negative Consequences

Describe three ways drug use has negatively impacted your life:

1.
2.
3.

## 3. Healthy Coping Strategies

List three healthy alternatives to drug use when faced with stress or cravings:

1.
2.
3.

## 4. Building a Support System

Who are three people you can reach out to for support in your recovery journey?

1.
2.
3.

## 5. Setting Recovery Goals

Write down two short-term and two long-term goals for your recovery:

Short-term goals	Long-term goals:
1.	1.
2.	2.

## Reflection:

Take a moment to review your answers. What steps can you take today to move closer to a drug-free life?

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