

Name :

Date :

BREAKING FREE FROM ALCOHOL DEPENDENCE: A CBT TOOLKIT

This worksheet is designed to help you explore your relationship with alcohol, identify triggers, and develop healthier coping mechanisms. Take your time to answer each section honestly.

1. Recognizing Your Alcohol Use Patterns

- How often do you consume alcohol?
- What situations or emotions tend to lead you to drink?

2. Identifying Negative Consequences of Alcohol Dependence

- How has alcohol affected your physical health?
- How has it impacted your relationships and daily life?

3. Recognizing Your Triggers

- What emotional, social, or environmental factors contribute to your alcohol use?

Emotional Triggers	Social Triggers	Environmental Triggers

4. Developing Healthy Coping Strategies

- What are some alternative ways to cope with stress, anxiety, or social pressure?
- How can you replace alcohol with healthier activities?

5. Setting Goals for Recovery

- What are your short-term and long-term goals for reducing or quitting alcohol?
- Who can support you in this journey?