

Recovery Status CBT Worksheet

Client Name: _____

Date: _____

1. Set Clear Goals

Specific Goal:

- ☐ Reduce anxiety
- ☐ Overcome addiction
- ☐ Manage stress

Other: _____

When do you want to achieve this goal?

- ☐ Within a month
- ☐ Within three months
- ☐ Within six months

Other: _____

Step 2: Identify Thoughts and Feelings

Describe the situation or trigger: _____

What were your thoughts in that situation? _____

What emotions did you feel?

- ☐ Anxious
- ☐ Sad
- ☐ Angry

Other: _____

Step 3: Challenge Negative Thoughts

List any negative thought patterns you noticed:

- ☐ Catastrophizing
- ☐ Black-and-white thinking
- ☐ Overgeneralization

Other: _____

Try to reframe one of these thoughts in a more positive way:

☐ Yes

☐ No

☐ Not sure

Step 4: Develop Strategies

Selected Strategies: _____

Implementation Plan: _____

Step 5: Monitor Progress

Review Frequency (e.g., Weekly): _____

What improvements have you noticed? _____

Any challenges faced during implementation? _____

Additional Notes: