

Scheduling for Recovery CBT Worksheet

Client's Name: _____

Therapist's Name: _____

Step 1: Set Goals

What specific goals do you want to achieve through Cognitive Behavioral Therapy (CBT)?

☐ Manage substance cravings

☐ Reduce anxiety

Other (please specify): _____

Are there any specific behaviors or thought patterns you want to address?

☐ Recognizing triggers

☐ Coping with stress

Other (please specify): _____

Part 2: Daily Entries

Day 1

Date: _____

Describe your thoughts and feelings today.

Were there any challenging situations or triggers you encountered?

Date: _____

Day 2

Reflect on your emotional state throughout the day.

Note any changes in your mood or any patterns you observed.

Date: _____

Day 3

Reflect on your emotional state throughout the day.

Note any changes in your mood or any patterns you observed.

Date: _____

Day 4

Reflect on your emotional state throughout the day.

Note any changes in your mood or any patterns you observed.

Date: _____

Part 3: Adjust Strategies

Based on your analysis, what changes or adjustments can you make in your daily life to address these patterns or triggers?

☐ Implement relaxation techniques

☐ Practice positive self-talk

☐ Seek social support

Other (please specify): _____

Notes: