

Building Discrepancy Worksheet

Step 1: Reflect on Current Behavior

What behavior or habits are putting you at risk of relapse?

How do these behaviors affect your recovery, health, relationships, and overall well-being?

Step 2: Define your Values and Goals

What are the key values that guide your life and recovery?(e.g health, family)

What are your specific goals for your recovery and overall life (e.g., maintaining sobriety, rebuilding relationships)?



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Step 3: Explore the Discrepancy

In what ways do your current behaviors conflict with your values and goals?

How does continuing these behaviors impact your ability to achieve your goals?

Step 4: Plan for Change

What changes can you make to align your behaviors with your recovery goals?