

Overcoming Addiction Using CBT

This CBT worksheet is designed to help you identify and challenge the thoughts, emotions, and behaviours associated with addiction, and to develop healthier coping strategies for managing cravings and urges.

Step 1: Understanding Triggers

1. **Identify Triggers:** Reflect on the situations, emotions, or thoughts that tend to trigger your addictive behaviour. Common triggers may include stress, boredom, social situations, or certain environments.
2. **List Triggers:** Write down specific examples of triggers you have encountered recently, including where you were, what you were doing, and how you were feeling at the time.

Step 2: Challenging Thoughts and Beliefs

1. **Recognize Negative Thoughts:** Notice any negative or distorted thoughts that arise in response to your triggers. These thoughts may include rationalizations, justifications, or excuses for engaging in addictive behaviour.
2. **Challenge Negative Thoughts:** Use the following questions to challenge and reframe your negative thoughts:
 - What evidence supports this thought or belief?
 - Are there alternative explanations or perspectives?
 - What would I tell a friend in a similar situation?

Step 3: Developing Coping Strategies

1. **Identify Coping Strategies:** Brainstorm healthy coping strategies that you can use to manage cravings and urges when faced with triggers. Examples may include deep breathing exercises, mindfulness meditation, physical activity, or reaching out to a supportive friend or family member.
2. **Create a Coping Plan:** Write down a personalized coping plan that outlines the specific strategies you will use to cope with triggers and cravings. Be sure to include:
 - The coping strategies you will use
 - When and where you will use each strategy
 - How you will implement each strategy effectively

Step 4: Implementing Behavioural Changes

1. **Set SMART Goals:** Establish specific, measurable, achievable, relevant, and time-bound (SMART) goals for reducing or eliminating addictive behaviour. Break down your goals into smaller, manageable steps to increase your likelihood of success.
2. **Track Progress:** Keep track of your progress towards your goals using a journal or tracker. Celebrate your successes and learn from any setbacks or challenges you encounter along the way.