

# Addiction Recovery Worksheets

- OPEN UP CONVERSATIONS IN YOUR GROUP OR THERAPEUTIC SESSIONS.
- ASSIST CLIENTS IN EXPLORING ADDICTION & RECOVERY.
- DEVELOP RECOVERY SKILLS.



### People you might find in your recovery

**Supportive People**

- They are non-judgmental.
- They listen with compassion.
- They want to help you.
- They don't judge you.
- They are in recovery.

**Neutral People**

- Good people who do not have a strong opinion on your recovery.
- They might be too busy to support you fully.
- They might not understand your situation.
- They might not be in recovery.

**Unsupportive People**

- They are judgmental.
- They are not in recovery.
- They might be too busy to support you.
- They might not understand your situation.

### Red Flag Thoughts in Recovery

Thoughts or feelings that might lead you to relapse or harm yourself. Be aware of these thoughts and feelings and try to avoid them.

Thinking about using	
Thinking about relapsing	
Thinking about using	
Thinking about relapsing	
Thinking about using	
Thinking about relapsing	

### Qualities of Helpers in Recovery

Circle the 3 qualities most important to you.

Non-judgmental	Good listener	Compassionate
Empathetic	Willing to help	Respectful
Supportive	Understanding	Non-judgmental

Helpers can be friends, sponsors, therapists, or support groups.

### WHAT'S YOUR RECOVERY GOAL?

Write down your recovery goal in the space below.

Internal	External
• Anxiety	• Friends
• Low energy	• Significant others
• Depression	• Family members
• Hopelessness	• Support groups
• Worry	• Recovery coaches
• Isolation	• Neighbors
• Stress	• Recovery community
• Loneliness	• Recovery community
• Overwhelm	• Recovery community
• Frustration	• Recovery community
• Feeling lost	• Recovery community
• Feeling stuck	• Recovery community
• Feeling hopeless	• Recovery community
• Feeling "stuck"	• Recovery community
• Feeling full of life	• Recovery community
• Hope	• Recovery community

# Addiction Recovery Handouts

**Dennis C. Daley, G. Alan Marlatt**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

## **Addiction Recovery Handouts:**

*Step Six & Seven for Drug Addiction Recovery* Aaron C., 2018-07-05 Step Six Seven For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it s your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid and prevent against relapse depression and anxiety **The Addiction Counselor's Documentation Sourcebook** James R. Finley, Brenda S. Lenz, 2005-05-13 All of the requisite forms addiction treatment professionals need a crucial time saver in today s healthcare system Treating addiction in today s healthcare environment means that mental health professionals must manage an imposing amount of paperwork Government and private grant funding insurance and benefits programs regulatory compliance and the need for data on treatment effectiveness evidence based treatment all require proper documentation If these forms are missing the results can range from bureaucratic headaches to problems serious enough to close a practice Now fully updated and revised *The Addiction Counselor's Documentation Sourcebook The Complete Paperwork Resource for Treating Clients with Addictions Second Edition* provides the most useful and current forms for accurate and comprehensive documentation and record keeping These ready to use forms will save you and your practice hours that would otherwise be spent creating and collating them freeing you to devote more energy to the important matters of treatment A companion CD ROM includes all documents in Word format so you can customize them according to the unique needs of your practice Covering every aspect of mental health practice for addiction treatment this fully revised Second Edition also includes Critical forms updated to help providers achieve HIPAA JCAHO and CARF compliance Unique handouts exercises and facilitator guides for use in individual and group therapy A comprehensive CD ROM featuring all forms in Word format as well as PowerPoint slideshows for every psychoeducational presentation in the book *The Addiction Counselor's Documentation Sourcebook Second Edition* is an essential time saving resource that allows any professional practicing or working in the field of addiction treatment the freedom to give more of their time and energy to the people they serve *The Substance Abuse & Recovery Workbook* John J. Liptak, Ester A. Leutenberg, 2008 This workbook written for therapists counselors psychologists teachers and group leaders contains self assessments exploratory activities reflective journaling exercises and educational handouts to help participants discover their habitual and ineffective methods of managing substance abuse and to explore new ways for bringing about healing The book contains five sections that help individuals determine the level their addiction examine personality traits that predispose them to various addictions measure co dependency characteristics understand relapse warning signs and identify excuses they may be using to continue their abuse

of substances Addictions come in many shapes and forms the assessments and activities help participants deal with a wide variety of addictions including drug and alcohol caffeine tobacco products computers gambling and more DBT Skills Training Handouts and Worksheets Marsha M. Linehan, 2025-08-20 The revised edition of this indispensable resource presents the tools clients need to learn and practice any Dialectical Behavior Therapy DBT skill or set of skills Clients get quick access to the materials recommended for a particular skills training program with more than 225 reproducible handouts and worksheets in all In the revised edition handouts and worksheets for each skill are grouped together making the book even easier to use All four DBT skills modules are included mindfulness interpersonal effectiveness emotion regulation and distress tolerance each with a brief introduction written expressly for clients In a convenient spiral bound 8 1/2 x 11 format the book is updated throughout to feature more inclusive language and reflect changes in technology and daily life

**Step Eight for Drug Addiction Recovery** Aaron C., 2018-07-06 Step Eight For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it's your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid and prevent against relapse depression and anxiety

**Therapy Manuals for Drug Addiction**, 1998 **Therapy Manuals for Drug Addiction** Dennis C. Daley, 2002 Step Four for Drug Addiction Recovery Aaron C., 2018-07-04 Step Four For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it's your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid and prevent against relapse depression and anxiety

*Processed Food Addiction* Joan Iland PhD, Marianne T. Marcus, Harry G. Preuss, 2017-12-22 Obesity and eating disorders have stubbornly refused to respond to treatment since the 1990s This book organizes the evidence for a possible answer i.e. that the problem could be one of addiction to processed foods In a Processed Food Addiction PFA model concepts of abstinence cue avoidance acceptance of lapses and consequences all play a role in long term recovery Application of these concepts could provide new tools to health professionals and significantly improve outcomes This book describes PFA recovery concepts in detail The material bridges the research into practical steps that health professionals can employ in their practices It contains an evidence based chapter on concepts of abstinence from processed foods It rigorously describes PFA pathology according to the DSM 5 Addiction

Diagnostic Criteria It applies the Addiction Severity Index to PFA so that health practitioners can orient themselves to diagnosing and assessing PFA It contains ground breaking insight into how to approach PFA in children Because the book is evidence based practitioners can gain the confidence to put the controversy about food addiction to rest Practitioners can begin to identify and effectively help their clients who are addicted to processed foods This is a breakthrough volume in a field that could benefit from new approaches Path to Freedom Micah Helene Olson, 2024-05-08 Path to Freedom 100

Transformative Worksheets for Substance Abuse Recovery offers a collection of transformative worksheets meticulously designed to guide individuals through the process of substance abuse recovery Grounded in evidence based practices and therapeutic techniques Key Highlights Effective coping strategies Learn practical techniques to cope with triggers cravings and stressors commonly encountered during substance abuse recovery Practical worksheets Engage in structured activities and exercises designed to promote self reflection goal setting and accountability throughout the recovery process Cognitive behavioral techniques Explore evidence based strategies for identifying and challenging negative thought patterns fostering positive cognitive habits and promoting lasting behavioral change Relapse prevention strategies Develop personalized plans to prevent relapse and maintain long term sobriety by recognizing triggers implementing coping skills and building a support network Managing triggers and cravings Utilize worksheets specifically tailored to manage triggers and cravings empowering individuals to navigate challenging situations and maintain sobriety Self reflection exercises Engage in introspective activities to enhance self awareness explore underlying emotions and motivations and facilitate personal growth in recovery Goal setting worksheets Set clear and achievable goals for addiction rehabilitation track progress and stay motivated on the path to recovery Coping skills worksheets Acquire practical coping skills to manage stress regulate emotions and overcome substance use disorder promoting resilience and well being Empowering tools Access empowering resources and tools to overcome addiction build self efficacy and cultivate a sense of empowerment in recovery Developing healthy habits Establish routines incorporate healthy activities and foster lifestyle changes to support long term recovery and overall well being Mindfulness exercises Practice mindfulness techniques to increase present moment awareness reduce impulsivity and enhance coping abilities in substance abuse recovery Addressing underlying issues Explore and address underlying issues contributing to substance abuse such as trauma co occurring mental health disorders and maladaptive coping mechanisms Comprehensive relapse prevention plans Create comprehensive plans to identify triggers implement coping strategies and navigate high risk situations to prevent relapse and sustain sobriety Practical scenarios Navigate real life scenarios and challenges commonly encountered during addiction recovery applying learned strategies and skills in practical settings Coping strategies for stress management Learn effective stress management techniques to reduce stress promote relaxation and enhance overall well being in sobriety Identifying and challenging negative thoughts Identify and challenge negative thought patterns and beliefs that contribute to substance abuse fostering cognitive restructuring and

positive thinking Assertiveness training exercises Develop assertiveness skills to communicate effectively set boundaries and navigate interpersonal relationships in addiction rehabilitation Building resilience Build resilience and coping skills to overcome setbacks adapt to challenges and thrive in recovery from substance abuse Rebuilding relationships Use worksheets to repair and rebuild relationships damaged by substance abuse fostering trust communication and connection in sobriety Self care practices Prioritize self care and wellness through activities that nurture physical emotional and spiritual health promoting overall well being and sustained sobriety Start your journey today

**Step Five for Drug Addiction Recovery** Aaron C.,2018-07-05 Step Five For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it s your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid and prevent against relapse depression and anxiety

**Overcoming Your Alcohol or Drug Problem** Dennis C. Daley,G. Alan Marlatt,2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol tobacco or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers The difficulty can be in any area of life medical or physical psychological family interpersonal social academic occupational legal financial or spiritual This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem Designed to be used in conjunction with therapy or counseling it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one s lifestyle that keep the substance use problem active The information presented is derived from a wealth of research studies and discusses the most effective recovery strategies from the examination of cognitive behavioral treatment TreatmentsThatWork represents the gold standard of behavioral healthcare interventions BL All programs have been rigorously tested in clinical trials and are backed by years of research BL A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date BL Our books are reliable and effective and make it easy for you to provide your clients with the best care available BL Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated BL A companion website [www.oup.com/us/ttw](http://www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources BL Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

**Homework Assignments and Handouts for LGBTQ+ Clients** Joy S. Whitman,Cyndy J. Boyd,2020-08-31 Featuring over 70 affirming interventions in the form of homework

assignments handouts and activities this comprehensive volume helps novice and experienced counselors support LGBTQ community members and their allies Each chapter includes an objective indications and contraindications a case study suggestions for follow up professional resources and references The book s social justice perspective encourages counselors to hone their skills in creating change in their communities while helping their clients learn effective coping strategies in the face of stress bullying microaggressions and other life challenges The volume also contains a large section on training allies and promoting greater cohesion within LGBTQ communities Counseling and mental health services for LGBTQ clients require between session activities that are clinically focused evidence based and specifically designed for one or more LGBTQ sub populations This handbook gathers together the best of such LGBTQ clinically focused material As such it will appeal both to students learning affirmative LGBTQ psychotherapy counseling and to experienced practitioners Offering practical tools used by clinicians worldwide the volume is particularly useful for courses in clinical and community counseling social work and psychology Those new to working with LGBTQ clients will appreciate the book s accessible foundation to guide interventions

Creating Change Lisa M. Najavits,2024-08-07 This flexible evidence based manual offers counselors a gentle compassionate approach to help people with trauma addiction or both explore their past Creating Change guides clients to understand how trauma and addiction arose over time grieve losses and regrets create a new perspective on their life story and take pride in their survival The manual has 23 topics that can be implemented in any order with individuals or groups Topics include Relationship Patterns Break the Silence Deepen Your Story Darkness and Light Emotions and Healing and Influences Family Community Culture Creating Change can be implemented with any other treatment including the author s present focused model Seeking Safety The book has a convenient large size format and includes 70 reproducible handouts many of which can be downloaded and printed at the companion website Publisher s description

**Step Two for Drug Addiction Recovery** Aaron C.,2018-07-03 Step Two For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it s your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid to prevent against relapse depression and anxiety

*Step Nine for Drug Addiction Recovery* Aaron C.,2018-07-06 Step Nine For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it s your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This

book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid and prevent against relapse depression and anxiety

**Step Three for Drug Addiction Recovery** Aaron C.,2018-07-03 Step Three For Drug Addiction Recovery Guide History Worksheets are meant to be used as an aid for members at any stage of recovery from addictions that range from narcotics prescription drug dependence marijuana and alcohol This book is written to help you whether it s your first time through the steps or whether you are a more experienced member This book uses the Big Book of Alcoholics Anonymous and other Twelve Step literature to help you develop a deeper understanding of how to obtain and maintain healthy sobriety This book also uses Cognitive Behavior Therapy to help the person in recovery identify negative mindsets to avoid to prevent against relapse depression and anxiety

*The Outside-The-Box Recovery Workbook* Kim Rosenthal,2021-08 Drug and alcohol counselor creativity guru and humorist in one Dr Kim Rosenthal s Outside the Box Recovery Workbook is an innovative and friendly action plan for recovery The workbook takes the reader on a 130 page introductory journey into the world of sobriety where relapse prevention cognitive behavioral therapy motivational interviewing and the hard work of recovery meet entertainment and creativity That means art therapy positive psychology narrative therapy and creative writing as well as illustrations alter egos movies mazes word searches cartoons and a joke or two With this book as guide you ll learn more about Grieving the loss of addiction Taking on triggers and cravings Understanding change Dealing with mistakes What to do if you relapse Setting goals and pursuing dreams Getting to know the new you in recovery Whether you re a professional or someone new to recovery if you re looking for a clinical approach to addiction that s both demanding and paradoxically fun this book was written for you Welcome Take off your jacket and stick around a while Dr Rosenthal is a board certified psychiatrist with more than 20 years of experience helping people get past mental illness and addiction She s licensed in Maine Hawaii and North Carolina and has experience working in dozens of settings including detox units rehabs hospitals clinics forensics geriatrics and with our nation s veterans She founded the Outside the Box Recovery movement to help providers help clients beat addiction

**Treatment of Opiate Addiction with Methadone** Michael J. McCann,Jeanne L. Obert,1994 Ph.D. Mary Blomgren,Mary Blomgren PH D,2005 This workbook is meant as a guide for individuals working with recovery Its focus is to enlighten through information and suggestion The group process whether found in working within a professional setting or a self help setting is explained Parenting and recovering the parenting roll in recovery are covered with checklists coloring book and serious information on abuse Like any good recipe there are many ingredients some easier and more accessible than others are all mix to make change possible Like making a cake the finished product called recovery needs time to cool and digest



## Unveiling the Magic of Words: A Overview of "**Addiction Recovery Handouts**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Addiction Recovery Handouts**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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