

MY SOBER CARE

Journaling Workbook 1

-FOUNDATIONS-

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Worksheet 1: CBT Journaling for Triggers & Thoughts

Instructions: Use this worksheet to identify situations that trigger cravings or difficult emotions, and to practice reframing your thoughts.

Step 1 – Identify the Trigger

What happened? (situation, place, or person) _____

Step 2 – Automatic Thought

What was the first thought that came to mind? _____

Did it feel helpful or unhelpful? _____

Step 3 – Challenge the Thought

Is the Thought 100% True? _____

What Evidence Challenges it or Supports it? _____

Step 4 – Reframe

Write a Healthier and More Balanced Thought You Can Use Next Time.

Worksheet 2: Mindfulness Check-In

Instructions: Use this daily to ground yourself and build awareness.

Morning Check in

One Word to Describe How You Feel Right Now: _____

One Attention for Today: _____

Evening Reflection

One Moment I felt Calm Today: _____

One Challenge I Handled Well Today: _____

One Thing I'm Grateful For: _____

Worksheet 3: Relapse Prevention Planning

Instructions: Use this to prepare for high-risk situations and strengthen your recovery plan.

My top three triggers this week:

1. _____
2. _____
3. _____

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Urge Surfing Practice Sheet

Instructions: Use this worksheet when you feel a craving or urge. Practice riding it out instead of reacting. Repeat as needed.

Name the Urge: _____

What are you craving or feeling pulled toward?

Where Do You Feel it in Your Body? 1. _____

Describe the physical sensations.

2. _____

Ride the Wave (*90 seconds*):

Set a timer. Breathe slowly. Imagine the urge rising and falling like a wave.

3. What did you notice as you surfed the urge? _____

Reframe the Thought:

What truth can you tell yourself now that the urge has passed?

4. _____
