

THE INTEGRATED RECOVERY WORKSHEET

Understanding the Connection Between Your Mind and Your Patterns

A Real-Life Truth: When you are dealing with both mental health struggles and substance use, it can feel like a game of tug-of-war where you are the rope. Trying to fix one while the other pulls you back is exhausting. This worksheet doesn't ask you to be perfect. It is simply a safe, judgment-free space to help you see how your mind and your body are talking to each other.

SECTION 1: THE CROSS-TALK (CONNECTING THE DOTS)

In real life, mental health and substance use don't live in separate rooms. They feed into each other. Trace your cycle below based on a recent tough day:

1. The Emotional Spark

"When I feel overwhelmed by (anxiety, loneliness, anger, trauma memories), my brain immediately tells me to..."

.....

2. The Action

"The substance or behavior I turn to in order to make that feeling go away is..."

.....

3. The Aftermath

"A few hours later, or the next day, my mental health feels..."

.....

SECTION 2: THE REAL-LIFE TRIGGER & CRAVING TRACKER

Situation / Time of Day	Internal Feeling	Craving (1-10)	What Did You Actually Need?
<i>Example: 6 PM after a stressful work shift.</i>	<i>Overwhelmed, lonely, mind racing.</i>	<i>8/10</i>	<i>Quiet time, a safe person to talk to.</i>

SECTION 3: CBT THOUGHT RECORD

The Auto-Pilot Thought

Is this 100% true in reality?

A More Honest, Balanced Thought

SECTION 4: EMOTIONAL REGULATION & GROUNDING

- The 5-4-3-2-1 Method:** Focus on your surroundings to break hyper-fixation.
- Temperature Shift:** Splash cold water to break physical stress loops.

SECTION 5: MY DAILY ACCOUNTABILITY PLANNER

One Small Mental Health Win for Today

One Boundary I Need to Keep Today

A GENTLE REALITY CHECK

Worksheets are incredible tools for building self-awareness, but they cannot do the heavy lifting alone. If you find yourself filling out these pages but still feeling stuck in the same painful loop, it doesn't mean you are failing—it just means the weight is too heavy to lift by yourself.

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