

Repairing Relationships During Recovery CBT Worksheet

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Instructions: This worksheet is designed to help you identify and address issues within your relationships as part of your recovery journey through Cognitive Behavioral Therapy (CBT). Please fill it out honestly and thoughtfully, and use it as a tool to guide discussions with your healthcare practitioner.

Section 1: Relationship Assessment

- Describe the relationship you want to repair or improve:

- Relationship Type: Spousal
- Length of the Relationship: 10 years
- Key Issues/Challenges:

Our communication has deteriorated significantly over the past year, and we've been arguing more frequently. Trust issues have also arisen due to past conflicts.

- Identify your emotional responses within the relationship:

Anger, frustration, sadness, anxiety, and a general sense of disconnection.

- Examine your thoughts about this relationship:

My spouse doesn't understand me anymore, and they're not interested in working things out.

Section 2: Cognitive Distortions

- Identify and challenge cognitive distortions:

"My spouse doesn't understand me anymore" might involve "mind-reading" – assuming I know what they think without concrete evidence. I should challenge this by seeking their perspective.

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