

# WORKSHEET:

## Coping with Emotions in Recovery

*CBT journaling sheets for emotional balance while recovering.  
Consider positive, healthy ways to support your well-being.*

1) Setting Boundaries: What's one boundary you must set with someone in your life, and what makes it hard to set? How does setting the boundary support recovery?

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2) What are three healthy ways you've used — or want to try — to cope with difficult emotions (like art, exercise, music, or writing)? How do you think these outlets might help?

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3) Describe a recent situation where you felt angry. What triggered that anger? How did you respond, and how would you like to respond if it happens again?

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4) Who are the people in your life you can turn to when overwhelmed? What makes these people feel safe to you? What would you like to say to them if you asked for help?

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5) What are three things you can see, hear, or feel around you right now? How can noticing the present moment help you when emotions feel overwhelming?

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