

## RELAPSE PREVENTION SHEET

Triggers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Emotions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1) Automatic Thought: \_\_\_\_\_

Core Belief: \_\_\_\_\_

Rational Response: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) Automatic Thought: \_\_\_\_\_

Core Belief: \_\_\_\_\_

Rational Response: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) Automatic Thought: \_\_\_\_\_

Core Belief: \_\_\_\_\_

Rational Response: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4) Automatic Thought: \_\_\_\_\_

Core Belief: \_\_\_\_\_

Rational Response: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_