

CBT Skills for Substance Use - Progress Checklist

Use this checklist to track your progress. Check off each activity as you complete it.

30 activities across 8 steps

Step 1: Introduction

Days 1-3

- ☐ What Is Substance Use Disorder? (Video)
- ☐ Health Consequences (Reading)
- ☐ Why Change? (Reflection Journal)

Step 2: Understanding Triggers

Days 3-5

- ☐ Addiction Cycle: Part 1 (Video)
- ☐ Identifying Your Triggers (Reflection Journal)
- ☐ Addiction Cycle: Part 2 (Video)

Step 3: Managing Cravings

Days 5-8

- ☐ Understanding Cravings (Video)
- ☐ Managing Your Emotions (Video)
- ☐ Breathing Exercise (Breathing Exercise)
- ☐ Urge Surfing (Reflection Journal)

Step 4: High-Risk Situations

Days 8-12

- ☐ Rituals That Lead to Use (Reflection Journal)
- ☐ Handling High-Risk Situations (Video)
- ☐ Handling High-Risk Situations (Reading)
- ☐ Refusal Skills Practice (Reflection Journal)

Step 5: CBT Basics

Days 12-15

- ☐ Thoughts, Feelings, and Behavior (Video)
- ☐ ABC Worksheet (Practice Worksheet)
- ☐ Progress Check-In (Reflection Journal)

CBT Skills for Substance Use - Progress Checklist (continued)

Step 6: Cognitive Distortions

Days 15-20

- ☐ ABC Worksheet ([Practice Worksheet](#))
- ☐ What Are Cognitive Distortions? ([Video](#))
- ☐ Adding D and E to the ABC Model ([Video](#))
- ☐ Challenging Beliefs ([Practice Worksheet](#))

Step 7: Problem-Solving Skills

Days 20-23

- ☐ Problem-Solving for Recovery ([Video](#))
- ☐ Solving a Real Problem ([Reflection Journal](#))
- ☐ Managing Difficult Emotions ([Reflection Journal](#))

Step 8: Relapse Prevention

Days 23-26

- ☐ One Day at a Time ([Video](#))
- ☐ Lapse vs. Relapse ([Video](#))
- ☐ My Relapse Prevention Plan ([Reflection Journal](#))
- ☐ Treatment Options for SUD ([Video](#))
- ☐ Healthy Milestone Rewards ([Reflection Journal](#))
- ☐ Journey Recap ([Video](#))