



Addiction Workbook

Identifying Your Triggers

Exploring Your Values

Setting SMART Goals

Challenging Negative Thoughts

STOP Skill for Impulsivity

Plus 3 More Helpful Worksheets

Recovery from addiction is about more than just breaking free from substances or harmful behaviors—it's about rebuilding your life, reconnecting with your values, and creating healthier patterns that support your well-being. This workbook is designed to provide practical worksheets that address key aspects of addiction recovery, helping you build skills that support your well-being and long-term success.

Here is a brief introduction to each worksheet included in this workbook:

1. Identifying Triggers

Understanding what situations, emotions, or environments lead to cravings or addictive behaviors is the first step toward breaking the cycle. This worksheet helps you recognize your triggers and develop strategies to respond in healthier ways.

2. Exploring Your Values

Reflecting on what matters most to you provides motivation and direction in recovery. This worksheet helps you identify your core values and align your actions with them to create a meaningful life.

3. Setting SMART Goals

Clear, achievable goals keep you focused and motivated during recovery. This worksheet guides you in creating Specific, Measurable, Achievable, Relevant, and Time-bound goals to support your progress.

4. Cognitive Restructuring

Negative thought patterns can fuel addiction, but they can be challenged and changed. This worksheet helps you identify unhelpful thoughts and replace them with healthier, more constructive alternatives.

5. STOP Skill for Impulsivity

Impulsivity can lead to relapse, but learning to pause and respond mindfully is a powerful skill. This worksheet teaches the STOP (Stop, Take a breath, Observe, Proceed) technique to help you manage impulsive urges.

6. Exploring Your Emotions

Addiction often masks difficult emotions that need attention. This worksheet helps you uncover and process your feelings, building emotional resilience and understanding.

7. Overcoming Shame

Shame can keep you stuck in cycles of addiction, but confronting it with compassion is key to healing. This worksheet guides you in recognizing and addressing shame to build self-worth and move forward in recovery.



Identifying Your Triggers

Understanding your triggers is a crucial step in managing addiction and maintaining recovery. Triggers are people, places, emotions, or situations that can prompt cravings or lead to behaviors tied to addiction. While some triggers are obvious—like being around substances—others can be subtle, such as stress, loneliness, or even specific memories.

This worksheet is designed to help you identify your personal triggers and understand how they impact your thoughts, emotions, and actions. By recognizing these patterns, you can begin to take control and develop healthier responses to challenging situations.

PART 1: Mapping Your Triggers and Responses

Use this section to explore specific situations where you've encountered triggers, how you responded, and how it affected your thoughts, emotions, and physical state. The outcome of the situation could be positive or negative.

Situation & Response to Trigger

Attending a party where alcohol is being served, and several people are drinking. I felt the urge to join in but stepped outside. Instead, I texted a supportive friend and reminded myself of the reasons for staying sober.

Before

1 What were you feeling physically?

Heart racing, hands feel clammy, and experiencing dry mouth

2 What were you thinking about?

"I can't handle this. Everyone else is drinking, and I'm missing out. Just one drink won't hurt."

3 How did you feel emotionally?

Overwhelmed, anxious, and isolated.

After

1 What were you feeling physically?

My heart rate slowed, I stopped sweating, and my breathing returned to normal.

2 What thoughts did you have?

"I can leave if I need to. Staying sober is more important than fitting in at this party. I've gotten through moments like this before."

3 How did you feel emotionally?

Relieved and proud for sticking to my commitment to sobriety.



Identifying Your Triggers

Instructions: Fill in the following section to explore a specific situation where you've encountered a trigger and responded **NEGATIVELY**. Record how it affected your thoughts, emotions, and physical state.

Situation & Response to Trigger

Before

1 What were you feeling physically?

2 What were you thinking about?

3 How did you feel emotionally?

After

1 What were you feeling physically?

2 What thoughts did you have?

3 How did you feel emotionally?



Identifying Your Triggers

Instructions: Fill in the following section to explore a specific situation where you've encountered a trigger and responded **POSITIVELY**. Record how it affected your thoughts, emotions, and physical state.

Situation & Response to Trigger

Before

1 What were you feeling physically?

2 What were you thinking about?

3 How did you feel emotionally?

After

1 What were you feeling physically?

2 What thoughts did you have?

3 How did you feel emotionally?



Identifying Your Triggers

PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger you. Recognizing these patterns will help you anticipate when a trigger might arise and prepare yourself to manage it more effectively.

Are there common themes, people or situations that often trigger you?

Are there any early warning signs or cues that help you recognize when you're being triggered?

What does your inner dialogue sound like when you feel triggered?

How do your triggers affect your behavior or decision-making?



Identifying Your Triggers

What adjustments could you make in your daily routine to reduce common triggers?

How can you reframe or challenge negative thoughts associated with your triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage your triggers in challenging situations. To learn more about coping skills you can use, scan the QR code below.

- If possible, physically leave the situation or environment that is triggering you. Distance can help reduce the intensity of the craving and give you time to regroup.
- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Call or text a trusted friend, family member, sponsor, or therapist.

- Engage in something that occupies your mind and body, such as exercising, cleaning, listening to music, or a creative hobby.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Replace negative thoughts with affirming ones like, "This feeling will pass," or, "I've overcome this before, and I can do it again." Reminding yourself of your strength and goals can empower you.
- Think about why you're committed to recovery. Visualize the positive outcomes of staying sober, such as improved health, relationships, and personal growth.



Values Inventory

Fighting addiction is a journey that often requires looking inward and reconnecting with what truly matters to you. **Core values—those guiding principles that define who you are and what you stand for—can serve as a powerful foundation for recovery.** This worksheet is designed to help you identify and align with your core values.

To get started, set a timer for two minutes and review the list of values below. Put a checkmark next to the ones that resonate with you the most. The timer helps you trust your gut without overthinking.

Values List		
<input type="checkbox"/> Acceptance	<input type="checkbox"/> Collaboration	<input type="checkbox"/> Dependability
<input type="checkbox"/> Accountability	<input type="checkbox"/> Commitment	<input type="checkbox"/> Determination
<input type="checkbox"/> Accuracy	<input type="checkbox"/> Compassion	<input type="checkbox"/> Dignity
<input type="checkbox"/> Adaptability	<input type="checkbox"/> Competence	<input type="checkbox"/> Discipline
<input type="checkbox"/> Ambition	<input type="checkbox"/> Confidence	<input type="checkbox"/> Diversity
<input type="checkbox"/> Appreciation	<input type="checkbox"/> Connection	<input type="checkbox"/> Empathy
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Consistency	<input type="checkbox"/> Encouragement
<input type="checkbox"/> Balance	<input type="checkbox"/> Contribution	<input type="checkbox"/> Equality
<input type="checkbox"/> Bravery	<input type="checkbox"/> Cooperation	<input type="checkbox"/> Excellence
<input type="checkbox"/> Calmness	<input type="checkbox"/> Courage	<input type="checkbox"/> Fairness
<input type="checkbox"/> Care	<input type="checkbox"/> Creativity	<input type="checkbox"/> Faith
<input type="checkbox"/> Charity	<input type="checkbox"/> Curiosity	<input type="checkbox"/> Family
<input type="checkbox"/> Clarity	<input type="checkbox"/> Dedication	<input type="checkbox"/> Flexibility



Values Inventory

- | | | |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Resilience |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Leadership | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Learning | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Generosity | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Security |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Moderation | <input type="checkbox"/> Self-awareness |
| <input type="checkbox"/> Growth | <input type="checkbox"/> Motivation | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Harmony | <input type="checkbox"/> Nurturing | <input type="checkbox"/> Service |
| <input type="checkbox"/> Health | <input type="checkbox"/> Objectivity | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Openness | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Hope | <input type="checkbox"/> Optimism | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Humility | <input type="checkbox"/> Originality | <input type="checkbox"/> Support |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Patience | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Inclusivity | <input type="checkbox"/> Peace | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Positivity | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Joy | <input type="checkbox"/> Practicality | <input type="checkbox"/> Transparency |
| <input type="checkbox"/> Justice | <input type="checkbox"/> Purpose | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Reliability | <input type="checkbox"/> Wisdom |



Values Inventory

Next, rank your values in order of importance from most to least:

My Core Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____



Values Inventory

Core values are the ones that guide most of your decisions and actions. Choose the three values that feel the most important to you right now. Write them below and answer the questions for each.

Value #1:

Why is this value important to you?

How has addiction gotten in the way of upholding this value?

How can this value motivate your recovery?



Values Inventory

Value #2:

Why is this value important to you?

How has addiction gotten in the way of upholding this value?

How can this value motivate your recovery?



Values Inventory

Value #3:

Why is this value important to you?

How has addiction gotten in the way of upholding this value?

How can this value motivate your recovery?

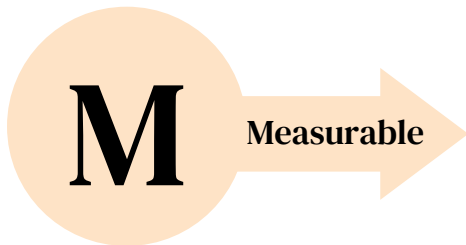


Overcoming addiction requires focus, determination, and a clear plan to create lasting change. Setting goals is a crucial part of recovery, but not just any goals—goals that are clear, achievable, and meaningful. Whether you're focusing on reducing cravings, rebuilding relationships, or improving your overall well-being, SMART goals can help you stay motivated and measure your progress.



What is your goal? Write down exactly what you want to achieve. Be clear and detailed about what you expect to accomplish.

Example: I want to attend Alcoholics Anonymous (AA) meetings to build a support network and stay accountable in my sobriety.



How will you measure your progress? Determine how you will track your progress and know when you have achieved your goal.

I will attend three AA meetings per week and log my attendance in a journal.



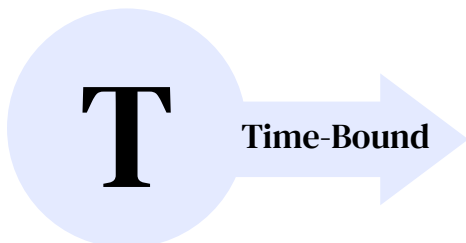
Is your goal achievable? Consider what might make this goal difficult and plan how you can overcome those challenges.

I will attend three meetings per week because they are offered multiple times daily, and I can schedule them around my work and personal commitments. Because I feel anxious about attending meetings alone I will ask my sponsor to accompany me for the first few sessions.



Why is this goal important to you? Does this goal align with your recovery needs and long-term values?

Attending AA meetings supports my recovery by giving me access to people who understand my struggles and providing tools to manage triggers.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal.

I will consistently attend three AA meetings per week for the next three months and reassess my progress at the end of that period.



S Specific

What exactly do you want to accomplish?

M Measurable

How will you measure your progress?

A Achievable

Is your goal achievable?

R Relevant

Why is this goal important to you?

T Time-Bound

What is your deadline for achieving this goal?



Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have I encountered, and how have I handled them?

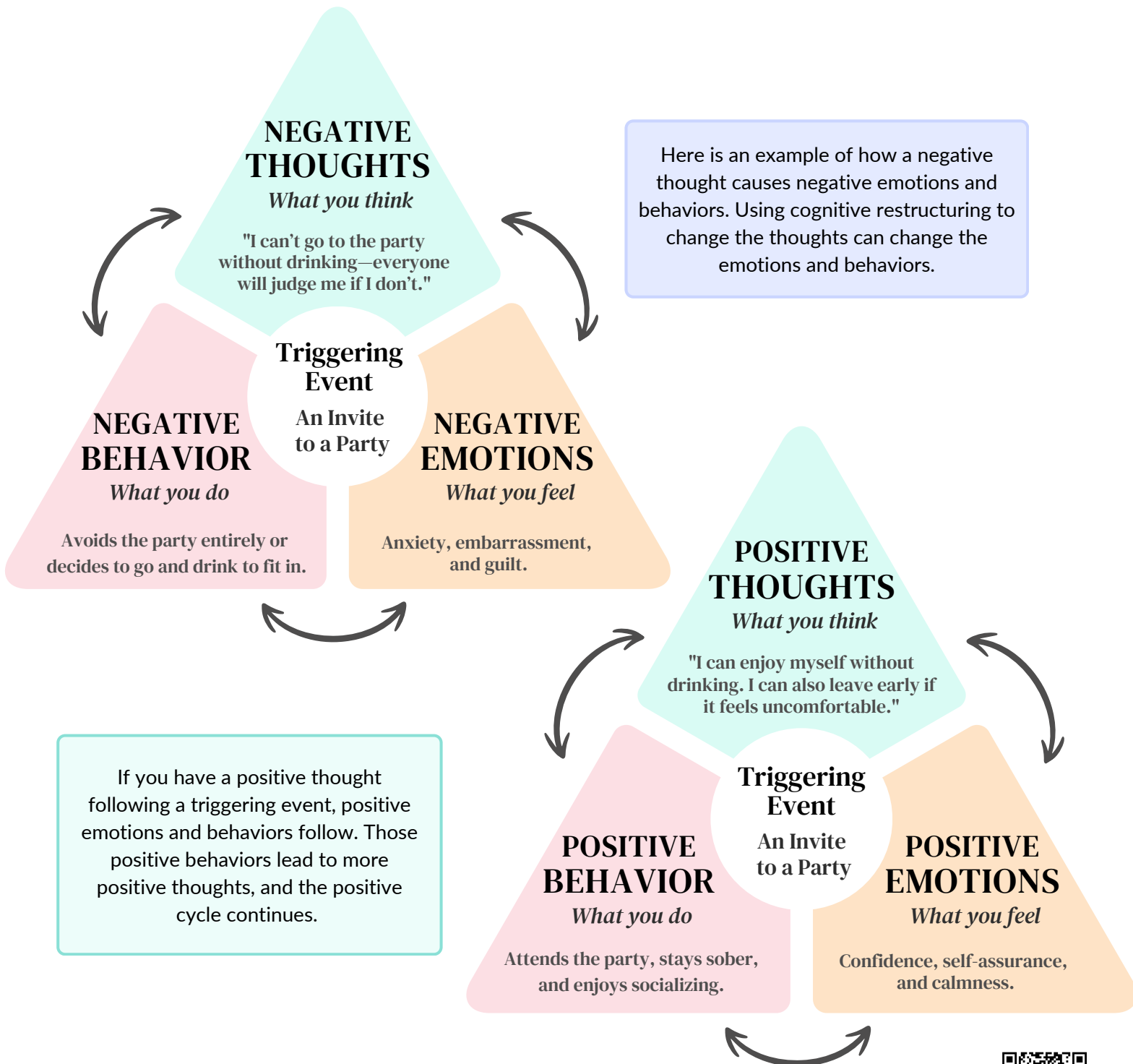
What progress have I made so far? What am I proud of?

What support or resources might help me continue making progress?



Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone recovering from addiction, cognitive restructuring can help change the negative thought patterns that contribute to feelings of guilt and hopelessness, which often fuel addictive behaviors.** By identifying these thoughts and replacing them with more constructive alternatives, individuals can strengthen their resilience and support their recovery journey.



Cognitive Restructuring

THOUGHT

What you think in a situation.
Ex: A drink is the only way I can calm down right now.

EMOTION

How you feel.
Ex: Helplessness and despair.

BEHAVIOR

How you act in the situation.
Ex: Drinks alcohol, leading to a potential relapse.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are contributing to your addiction by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to behaviors that conflict with your recovery goals.

Thought:

Is my thought factual?

What evidence do I have for and against my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

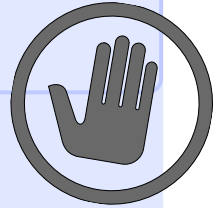


STOP Skill for Impulsivity

The STOP skill is a distress tolerance technique from Dialectical Behavior Therapy (DBT) that helps you manage impulsive behaviors and emotions, which are common challenges for individuals struggling with addiction. Use this worksheet to guide you through the STOP steps when you feel overwhelmed, distracted, or triggered.

S - Stop

When you notice that you are feeling overwhelmed or about to react impulsively, just STOP. Pause immediately.



- Questions to Ask:
- What situation triggered my intense emotions?
 - How do I feel right now?
 - What impulsive reaction am I trying to prevent?

T - Take a Step Back

Physically and mentally take a step back from the situation. This could mean leaving the room, taking a deep breath, or simply pausing your actions and thoughts.

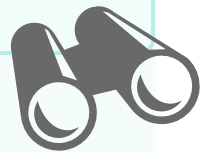


- Questions to Ask:
- How can I create a brief moment of distance from my current situation?
 - What helps me feel more grounded?

- Actions to Try:
- Take a few deep breaths.
 - Count to 10 slowly.
 - Excuse yourself from the situation momentarily.

O - Observe

Observe what is happening inside and around you without judgment. Pay attention to your thoughts, feelings, and physical sensations, as well as what others are doing and saying.



- Questions to Ask:
- What am I feeling emotionally?
 - What physical sensations am I noticing?
 - What thoughts are going through my mind?
 - What is happening around me?

- Things to Observe:
- Emotions you are experiencing.
 - What others are saying or doing.
 - Heart rate, breathing, muscle tension.
 - Thoughts running through your mind.

P - Proceed Mindfully

After you've taken a moment to stop, step back, and observe, proceed mindfully. Make a conscious choice about how to respond rather than reacting impulsively.



- Questions to Ask:
- What is the most effective way to handle this situation?
 - How can I respond in a way that aligns with my goals and values?
 - What can I do to take care of myself in this moment?

- Actions to Try:
- Think about your goals and values.
 - Choose a response that aligns with your long-term well-being.
 - Communicate calmly and assertively if necessary.



STOP Skill for Impulsivity

PART 1: Identify an Impulsive Situation & Apply the STOP Skill

Think of a recent situation where you acted impulsively. Let's use the STOP skill to handle a similar situation in the future.

What Happened? Describe the situation in detail:

Stop: What can you do to pause before reacting to your impulse?

Take a Step Back: What can you do to create distance from the impulse?

Observe: What are you feeling, thinking, or sensing in the moment?

Proceed Mindfully: How can you respond in a way that aligns with your values and goals?



STOP Skill for Impulsivity

PART 2: Reflect on Your Impulses

Use the following questions to reflect on your impulses and practice using the STOP skill:

What changes do you notice in your body, emotions, or thoughts when you feel especially impulsive?

What reminders can you set up to help you remember to use the STOP skill?

What challenges did you face in using the STOP skill, and how can you improve next time?

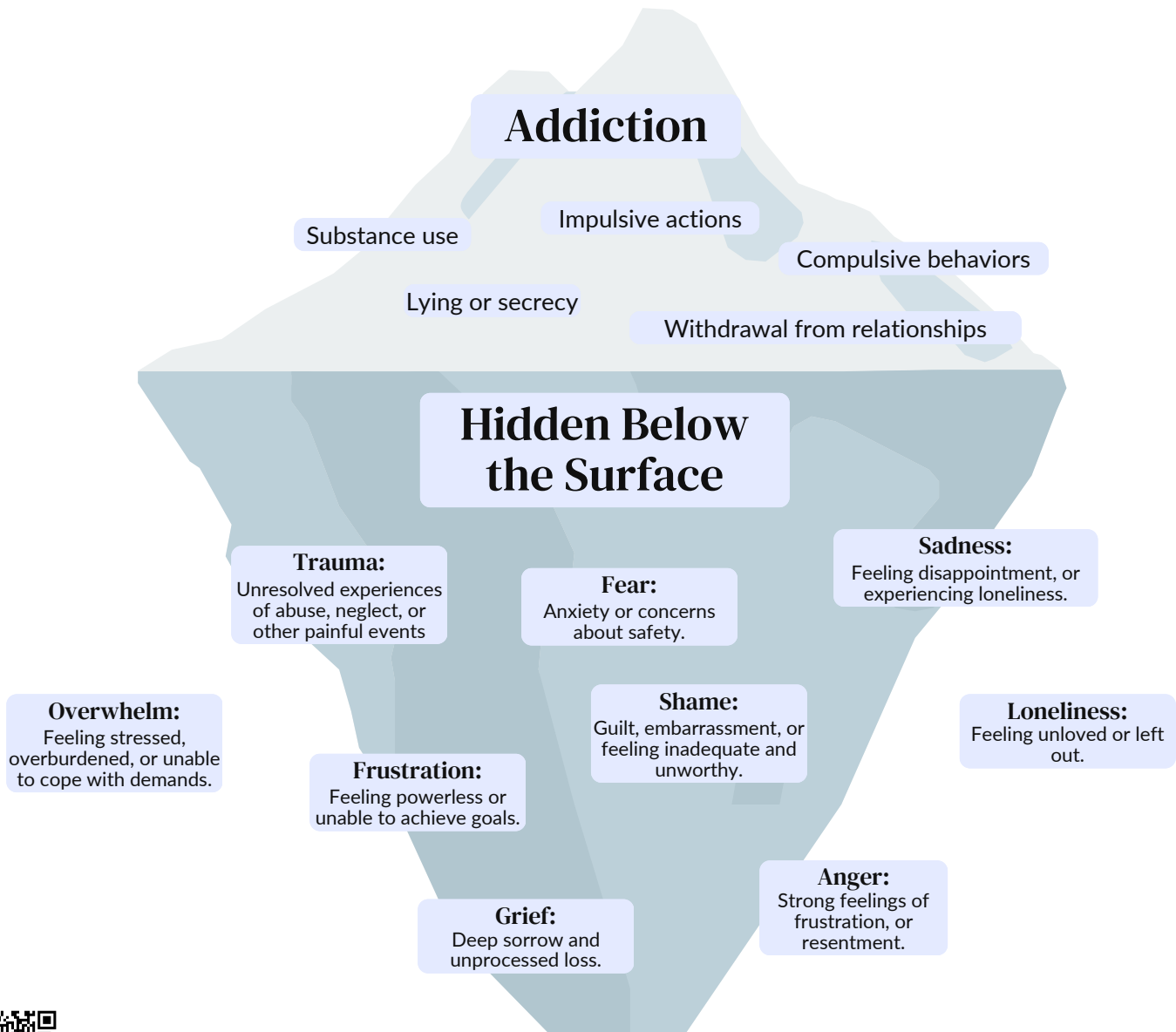


Exploring Your Emotions

Addiction is often a powerful way to numb the deep emotions and unresolved issues lying beneath the surface. While it may seem like a solution in the moment, addiction becomes a harmful coping mechanism –masking feelings like pain, fear, sadness, or shame without truly addressing them. This numbing effect keeps you stuck, avoiding the very emotions that need your attention for healing and growth.

Beneath the surface of addiction lies hidden emotions, unmet needs, and unresolved experiences that drive those behaviors. To overcome addiction, it's crucial to explore these deeper layers and allow yourself to feel and understand the emotions you've been avoiding. By addressing these hidden parts of yourself, you can break free from the cycle of addiction and build a stronger foundation for lasting change.

Addiction is just the tip of the iceberg.



Exploring Your Emotions

This worksheet is designed to help you uncover the emotions beneath your addiction and express them in healthier, more effective ways. By identifying and labeling these underlying feelings, you can gain deeper insight into your emotional state. Regularly using this worksheet will help you track patterns in your emotions and build healthier coping skills over time.

PART 1: Identify Your Emotions

Circle the emotions that you are experiencing right now or that you have experienced recently.

POSITIVE EMOTIONS		NEGATIVE EMOTIONS	
Happy	Joyful	Sad	Devastated
Excited	Warm	Vulnerable	Disgusted
Grateful	Peaceful	Anxious	Envious
Proud	Relieved	Confused	Exasperated
Content	Secure	Frustrated	Stressed
Confident	Tender	Lonely	Frustration
Amused	Thrilled	Scared	Helpless
Calm	Trusting	Guilty	Resentful
Cheerful	Optimistic	Embarrassed	Irritated
Eager	Loved	Ashamed	Anger
Encouraged	Playful	Overwhelmed	Miserable
Fulfilled	Satisfied	Jealous	Nostalgic
Hopeful	Empowered	Hurt	Regretful
Inspired	Sympathetic	Disappointed	Pessimistic



PART 2: Track Your Emotions

Use the table to track your emotions throughout the week. Write down all the emotions you experienced.

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			

WEEK	Morning	Afternoon	Evening
M			
T			
W			
T			
F			
S			
S			



PART 3: Explore What Is Beneath the Surface

Examine a recent situation where you turned to your addiction to cope, and explore what was occurring beneath the surface.

What was the situation that triggered you to turn to your addiction?

What emotions were you feeling just before you turned to your addiction?

What unmet needs might have been present in that moment?



Step 4: Develop Healthier Responses

Based on the deeper emotions, consider alternative ways to respond that address those feelings without resorting to anger. What could you do differently next time?

- If possible, physically leave the situation or environment that is triggering you. Distance can help reduce the intensity of the craving and give you time to regroup.
- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Call or text a trusted friend, family member, sponsor, or therapist.

- Engage in something that occupies your mind and body, such as exercising, cleaning, listening to music, or a creative hobby.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Replace negative thoughts with affirming ones like, "This feeling will pass," or, "I've overcome this before, and I can do it again." Reminding yourself of your strength and goals can empower you.
- Think about why you're committed to recovery. Visualize the positive outcomes of staying sober, such as improved health, relationships, and personal growth.

Emotion:

Coping Strategies:

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.....
.....

Emotion:

Coping Strategies:

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Exploring Your Emotions

Emotion:

Coping Strategies:

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.....
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Emotion:

Coping Strategies:

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Emotion:

Coping Strategies:

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Emotion:

Coping Strategies:

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Overcoming Shame

Shame is a deeply painful emotion that often fuels the cycle of addiction. It's the belief that you are fundamentally flawed, unworthy, or incapable of change. Shame creates a sense of isolation and self-loathing, driving you to seek relief or escape through substances or addictive behaviors. This creates a vicious cycle: addiction temporarily numbs the pain of shame, but the consequences of addictive behaviors—such as damaged relationships, missed opportunities, or physical harm—often intensify feelings of shame.

Overcoming shame is crucial to recovery because it allows you to reconnect with your humanity and see yourself as more than your struggles. Through creative exercises like drawing your "shame monster" and practicing self-compassion, this worksheet will guide you in exploring feelings of shame and recognizing that addiction doesn't define your worth.

PART 1: Identify Shame

Understanding what shame looks, sounds, and feels like for you is a first step toward healing.

What does shame look like for you?

Is there a particular facial expression or posture you associate with feeling ashamed?

What actions or behaviors do you engage in when you feel shame (e.g., withdrawing, avoiding eye contact)?



Overcoming Shame

What does shame feel like for you?

How does shame manifest in your body (e.g., tightness in the chest, heaviness, a pit in your stomach)?

Handwriting practice area with 8 horizontal dashed lines for notes.

How does it affect your energy levels (e.g., feeling drained, wanting to hide)?

Handwriting practice area with 8 horizontal dashed lines for notes.

What does shame sound like for you?

How would you describe the “voice” of shame in your mind?

Handwriting practice area with 8 horizontal dashed lines for notes.



PART 2: Draw Your Shame Monster

Drawing your shame monster can help you visualize this emotion and see it as something separate from yourself.

Grab some markers, pencils, stickers, or any other art supplies you have on hand. On the blank space provided, draw what your shame monster looks like. It doesn't need to be a perfect drawing; the goal is to capture how you perceive your shame. Think about what colors, shapes, and features represent your shame. Is it big or small? Does it have a voice? Is it looming or hidden?



PART 3: Journal Questions for Reflection

Journaling can be a powerful tool for processing emotions and shifting your perspective. If journaling feels overwhelming, try setting a timer for maybe 10 minutes, and come back to this part as needed. Use additional paper as needed.

How has shame shown up in your life related to your addiction?

What are some beliefs or messages you tell yourself when you feel shame?

How has shame impacted your recovery journey?

What would it look like to respond to yourself with compassion instead of shame?



PART 4: Practicing Self-Compassion

Shame often thrives when we are too hard on ourselves. Self-compassion is about treating ourselves with the same kindness and understanding that we would offer a friend.



Replace self-critical thoughts with compassionate ones.



Use gentle physical touch to comfort and soothe yourself.



Journal your thoughts and feelings with a focus on self-compassion.



Observe your thoughts and feelings without judgment.



Speak to yourself with the same kindness as you would a friend.



Practice gratitude, focusing on what you appreciate about yourself.



Pamper yourself with some over the top self-care



Surround yourself with people and animals who love you



Protect your well-being by setting boundaries - say no when you need to.



PART 5: Positive Affirmations & Mantras

Positive affirmations and mantras can be used to counteract shameful thoughts.
Circle one or two that resonate and repeat them daily.

1. I am so much more than my addiction.
.....
2. I did my best today, and that's enough.
.....
3. Mistakes are a natural part of growth.
.....
4. I am worthy of compassion and understanding.
.....
5.
.....
6.
.....
- 7.

PART 6: Action Plan

Write down four steps you can take when you notice shame arising. Make the action plan as specific as possible, keeping in mind where you are and what is available to you.

Situation Description #1:

.....

.....

.....

.....

.....

Self-Compassion Practices:

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.....

.....

.....

.....



Situation Description #2:

Handwriting practice area for Situation Description #2, consisting of a large rounded rectangle with a light blue border and seven horizontal dotted lines for writing.

Self-Compassion Practices:

Handwriting practice area for Self-Compassion Practices, consisting of a large rounded rectangle with a light blue border and seven horizontal dotted lines for writing.

Situation Description #3:

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Self-Compassion Practices:

Handwriting practice area for Self-Compassion Practices, consisting of a large rounded rectangle with a light blue border and seven horizontal dotted lines for writing.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

