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Fear in addiction recovery worksheets

If you're a counselor or therapist, you're probably familiar with Therapist Aid, one of the most well-known sites providing free therapy worksheets. But Therapist Aid isn't the only resource for free therapy tools! This is a list of additional sites with free therapy worksheets and handouts. Image by Free stock photos from www.rupixen.com from Pixabay

See below for links to over 100 websites with free therapy worksheets and handouts for both clinicians and consumers. (Click here for free worksheets, handouts, and guides posted on this site.) Sites with Free Therapy Worksheets & Handouts UPDATED MAY 22, 2021 Click to jump to a section: Mental Health & Addiction (Sites with Worksheets/Handouts on a Variety of Topics) 12-Step Worksheets | Source: 12step.org 91 Free Counseling Handouts | Handouts on self-esteem, emotions, recovery, stress, and more (Source: Kevin Everett FritzMaurice)A Good Way to Think: Resources | Worksheets and handouts on happiness, well-being, values, etc. (Source: A Good Way to Think by David)Articles by Dr. Paul David | Clinical handouts on depression, relationships, substance use disorders, family issues, etc. (Source: Dr. Paul David, PhD)ASI-MV Worksheets & Handouts | Addiction and recovery handouts (Source: IBH)Belmont Wellness: Psychoeducational Handouts, Quizzes, and Group Activities | Printable handouts on assertiveness, emotional wellness, stress management, and more (Source: Judith Belmont of Belmont Wellness)Black Dog Institute: Resources & Support | Downloadable fact sheets, handouts, mood trackers, and more on a variety of mental health topics (Source: Black Dog Institute Australia)Brené Brown Downloads and Guides | Resources for work, parenting, the classroom, and daily life (Source: Brené Brown, LLC)Bryan Konik: Free Therapy Worksheets | A collection of worksheets on stress management, anxiety, relationships, goal setting, and trauma (Source: Bryan Konik, Therapist & Social Worker)Cairn Center: Resources | A modest collection of printable assessments, handouts, and worksheets on DBT, anxiety, depression, etc. (Source: Cairn Center)Client Worksheets from Treatment for Stimulant Use Disorders (Treatment Improvement Protocols Services) | 44 client worksheets on addiction and recovery (Source: Treatment for Stimulant Use Disorders, SAMHSA/NIH)Coping.us | Printable tools for coping (Source: James J. Messina, PhD & Constance Messina, PhD)Cornell Health: Fact Sheet Library | A variety of handouts and tracking sheet on various health topics; only a few relate to mental health and addiction (Source: Cornell University)Counseling Library Handouts | A collection of handouts on depression, trauma, personality, and more (Source: Morning Light Counseling, Carrie M. Wrigley, LCSW)Counselors Associated: Free PDFs | A small collection of PDF downloads (Source: Counselors Associated, Inc.) Downloads | A small collection of worksheets/workbooks on boundaries, anger, anxiety/mindfulness, relationships, and more (Source: Christina Bell, Registered Psychologist)DOWNLOADS from Get Self Help | Free therapy worksheets and handouts on a variety of topics (Source: Getselfhelp.co.uk)Dr. D. Fox: Forms, Presentation Slides, & Worksheets | Topics include anger, emotions, borderline personality disorder, etc. (Source: Daniel J. 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Ferguson, Ph.D.: Addiction Recovery Worksheets | A modest collection of handouts/worksheets for addiction and recovery (Source: Peggy L. Ferguson, PhD)PsychPoint: Therapy Worksheets&Refuge Recovery | Download and print the truth inventory worksheets (Source: Refuge Recovery)Relapse Autopsy | 12-page PDF packet (Source: Wlow Tree Counseling)Self-Help Exercises | Source: Gambling TherapySelf-Help Library | Multiple handouts on topics including communication, relationships, anxiety, ADHD, anger, depression, and more (Source: Present Centered Therapy)Self-Help Reading Materials | Links to handouts on self-help topics (Source: Truman State University)Self-Help Toolkits | Articles and handouts on worry, depression, assertiveness, etc. (Source: Dr. Danny Gagnon, PhD, Montreal Psychologist)Sleep and Depression Laboratory: Resources | A small collection of worksheets related to sleep, worry, and depression (Source: Dr. Colleen E. Carney, PhD, CPsych)SMART Recovery Toolbox | Addition and recovery resources (Source: SMART Recovery)Sober Eastbourne | A UK-based resource site with links to organizations that post free tools for mental health and recoveryThe Stages of Change | 7-page PDF packet (Source: Virginia Tech Continuing and Professional Education)Substance Abuse | 12-page PDF packet (Source: Carleton University, Criminal Justice Decision Making Laboratory & Ontario Ministry of Community Safety and Correctional Services)Taking the Escalator: Therapy Tools | Handouts on addiction and recovery (Source: Taking the Escalator)Talk, Trust and Feel Therapeutics | Articles/handouts on anger, abandonment, narcissism, and relationships (Source: Lynne Namka, EDD)Therapist Aid | Free therapy worksheetsTherapy Worksheets | A therapy resource blog with links to free worksheets on various mental health topics (Source: Therapy Worksheets by Will Baum, LCSW)Tim's Resource Notebook | A small collection of handouts on various topics such as relationships, emotions, and values (Source: Tim's Resource Notebook)Tools for Coping Series | A large collection of handouts on coping skills (Source: Coping.us)Worksheets | A small collection of addiction and recovery worksheets (Source: A Recovery Story)ACT, CBT, & DBT Depression, Stress, & Anxiety Trauma & Related Disorders Center for Sexual Assault & Traumatic Stress: Therapist Resources | Client handouts, assessments, info sheets, toolkits, training resources, links, etc. (UW Medicine Harborview Medical Center)Child and Family Studies: Sex in the Family | 6-page packet on shame and guilt in relation to child sexual abuse (Source: Carol Morgaine, PhD)Counseling Library: Handouts on Abuse/Trauma | Source: Morning Light Counseling, Carrie M. Wrigley, LCSW)Coping Skills Worksheets and Game | 30-page packet for young children/students (Source: Truman State University)Grounding Techniques | 11-page PDF handout (Source: JMU Counseling Center)Healing Private Wounds Booklets | Religious handouts on healing from sexual abuse (Source: Healing Private Wounds)Prince Edward Island Rape and Sexual Assault Centre Resources | PDF handouts (Source: PEIRSA)Selected Handouts and Worksheets from Treatment of Posttraumatic Stress Disorder in Special Populations: A Cognitive Restructuring Program | 13-page PDF packet (Source: Mueser, K. T., Rosenberg, S. D., & Rosenberg, H. J., 2009)Trauma Research and Treatment: Trauma Toolkit | A small collection of trauma handouts (Source: Trauma Research and Treatment)Wisconsin Hawthorn Project: Handouts & Worksheets | Handouts in English and Spanish (Source: Wisconsin Hawthorn Project)Psychosis Grief & Loss Anger Self-Esteem Values & Goal-Setting 10 Free Printable Goal-Setting Worksheets | Source: ParadeCore Values and Essential Intentions Worksheet | 2-page PDF worksheet (Source: Life Balance Institute)Core Values Clarification Exercise | 4-page PDF worksheet (Source: University of Wisconsin-Madison Division of Extension)Core Values Worksheet | 4-page PDF (Source: Mike Desjardins)Life Values Inventory | 5-page PDF (Source: Brown, Duane & R. Kelly Crace, 1996, Life Values Resources, pinnowedna@charter.net)Personal Values Card Sort | 9-page PDF (Source: Miller, C de Baca, Matthews, Wilbourne, 2001, University of New Mexico)Values | 2-page PDF worksheet (Source: Miller, C de Baca, Matthews, 1994, Values Card Sort, University of New Mexico)Values and Goals Worksheet | 1-page PDF worksheet (Source: James Drew, LPC)Values Assessment Worksheet | 2-page PDF worksheet (Source: Carleton University)Values Exercise | 2-page PDF worksheet (Source: rapRoot)Values Identification Worksheet | 6-page PDF worksheet (Source: Synergy Institute Online)What Are My Values? | 4-page PDF worksheet (Source: stephaniefrank.com)Children's Understanding of Death | 11-page packet (Source: Pikes Peak Hospice)A Collection of Anger Management/Impulse Control Activities & Lesson Plans (PreK-3rd Grade) | 64-page PDF packet (Source: Childcare Consultation Staff)Activities for Grieving Children | 7-page PDF (Source: Youth Light)Cope-Cake: Coping Skills Worksheets and Game | 30-page packet for young children/students (Source: Closet Counselor)Crossroads Counseling Center: Resources | Handouts on depression, anxiety, ADHD, etc. in children (Source: Crossroads Counseling Center)Curriculum Materials from Pennsylvania Child Welfare Resource Center | Links to handouts (Source: University of Pittsburgh, School of Social Work)Emotional Intelligence Activities for Children Ages 5-7 | 34-page PDF packet (Source: Ohio National Guard Family Readiness and Warrior Support Program Youth Programs)Emotional Intelligence Activities for Children Ages 8-10 | 33-page PDF packet (Source: Ohio National Guard Family Readiness and Warrior Support Program Youth Programs)Mylemarks: Free Downloads | Worksheets for children (Source: Mylemarks)Oklahoma TF-CBT Therapy Resources | Printable trauma-focused handouts and assessments for therapists to use with children and adolescents (Source: Oklahoma TF-CBT Therapy Resources)Prevention Dimensions: Lesson Plans | Downloadable PDF handouts for children from kindergarten to sixth grade (Source: Utah Education Network)Printable Worksheets | Worksheets for children on physical activity, substance abuse, nutrition, and more (Source: BJC School Outreach and Youth Development)Social Emotional Activities Workbook | 74-page PDF packet (Source: Los Angeles Unified School District)Social Skills Worksheets | A packet of worksheets to use with children/youth (Source: Julie MacRae & Sara Noble, Minneapolis Public Schools)Stress Reduction Activities for Students | 20-page PDF packet (Source: Student, Family, and Community Support Department)Thriving at Home: Telehealth Play Therapy Activities for Licensed Therapists | 15-page PDF packet with activities for therapists to use with children and families (Source: MindPeace Cinksnat)Adolescents & Young Adults Change to Chill: Mindfulness & Stress Relief Resources | Worksheets and handouts for reducing stress in teens and young adults (Source: Change to Chill by Allira Health)Emotional Intelligence Activities for Pre-Teens Ages 11-12 | 33-page PDF packet (Source: Ohio National Guard Family Readiness and Warrior Support Program Youth Programs)Emotional Intelligence Activities for Teens Ages 13-18 | 34-page PDF packet (Source: Ohio National Guard Family Readiness and Warrior Support Program Youth Programs)Eppley-Wolff Counseling Center Handouts | Handouts for college students (Source: Union College)Just for Teens: A Personal Plan for Managing Stress | 7-page PDF handout (Source: American Academy of Pediatrics from Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support Healthy Adolescent Development)Oklahoma TF-CBT Therapy Resources | Printable trauma-focused handouts and assessments for therapists to use with children and adolescents (Source: Oklahoma TF-CBT Therapy Resources)Oregon State University: Learning Corner | Student worksheets on time management, wellness, organization skills, etc. (Source: Oregon State University Academic Success Center)The Relaxation Room | Self-care and stress management handouts for college students (Source: Andrews University)Resilience Toolkit | PDF handouts for college students on resiliency (Source: Winona State University)Self-Help Resources | Links to articles for college students on a variety of topics (not in PDF form) (Source: Metropolitan Community College Counseling Services)Step UP! Resource Library | Worksheets/handouts for students on prosocial behavior and bystander intervention (Source: Step UP!)Teens Finding Hope: Worksheets and Information to Download | Spanish and English PDFs available (Source: Teens Finding Hope)Tip Sheets | Student tip sheets on anger, body image, relationships, and other topics (Source: Meredith College Counseling Center)Tools & Checklists | Handouts and worksheets for students (Source: Campus Mind Works, University of Michigan)UC Berkeley University Health Services Resources | Links to handouts, articles, and self-help tools for students (UC Berkeley)UMatter | Tools for college students on wellness, communication, healthy relationships, and more (Source: Family Connections)Unhealthy Boundaries | 6-page PDF handout (Source: Healing Private Wounds)Thriving Couples Hindo Relationships | Source: Tim's Resource NotebookWorksheets for Couples | Faith-based worksheets/handouts (Source: Hope Couples)Additional Free Therapy Worksheets & 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(Source: Temple University)Counseling Library: Handouts on Emotional Wellness | Source: Morning Light CounselingCounseling Library: Handouts on Personality Differences | Source: Morning Light CounselingEDA Step Worksheets | 37-page packet (Source: Eating Disorders Anonymous)Experiential Group Exercises for Shame-Resilience | 4-page PDF packet with questions for discussion and group activities (Source: Haymarket Center)Free Mindfulness Worksheets | A large collection of mindfulness handouts (Source: Mindfulness Exercises)Free, Printable Coloring Pages for Adults | Source: The Spruce Crafts Free Printable Self-Improvement Worksheets | Source: Holistic Life by Kate Free Tools | Handouts, worksheets, and workbooks including mindful coloring sheets (Source: The Wellness Society)GoYourOwnWay Document Downloads | Downloads for veterans on various topics (Source: GoYourOwnWay)Guilt vs. Shame Infographic: National Institute for the Clinical Application of Behavioral Medicine | Printable infographic to illustrate the differences (Source: NICABM)Handouts and Worksheets | 21-page PDF packet with handouts and worksheets on self-care topics (Source: Psychological First Aid for Schools Field Operations Guide)Hoffman Institute Tools | Downloadable tools for change (Source: Hoffman Institute)Homework and Handouts for Clients| Handouts and worksheets related to self-compassion (Source: ACT With Compassion)Integrated Health and Mental Health Care Tools | Downloadable resources from UIC Center (Source: University of Illinois at Chicago)International OCD Foundation: Assessments & Worksheets | Handouts for use with individuals with OCD (Source: IOCDF)Learning to Forgive: The 5 Steps to Forgiveness | 6-page PDF handout (Source: Thriveworks)Managing Emotional Intelligence | 7-page PDF packet (Source: Moxie Consulting, Inc.)Managing Your OCD at Home | 7-page PDF packet (Source: Anxiety Canada)Motivation To Change | 16-page PDF packet on motivation to change criminal behavior (Source: Carleton University, Criminal Justice Decision Making Laboratory & Ontario Ministry of Community Safety and Correctional Services)Obsessive Compulsive Disorder: Identification and Self-Help Strategies | 10-page PDF packet (Source: University of Alberta)Peers & Relationships | 12-page PDF packet on how associates impact criminal behavior (Source: Carleton University, Criminal Justice Decision Making Laboratory & Ontario Ministry of Community Safety and Correctional Services)Personal Development | Handouts on resilience, communication, etc. (Source: Workplace Strategies for Mental Health)Prochaska and DiClemente's Stages of Change Model | 4-page PDF handout (Source: Step UP!)Quick Reference to Psychotropic Medication | Downloadable PDF chart (Source: John Preston, PsyD)Radical Forgiveness: Free Tools | A small collection of worksheets on forgiveness (Source: Radical Forgiveness)Reducing Self-Harm | 5-page PDF (Source: Students Against Depression)Self-Care and Wellness Resources | 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Cassie Jewell, M.Ed., LPC, LSATP A list of uncommon strategies for coping with stress, depression, and anxiety. Includes a free PDF version of the list to print and use as a handout. Image by Daniel Sampaio Donate if you want (Paypal) from Pixabay Effective coping skills make it possible to survive life's stressors, obstacles, and hardships. Without coping strategies, life would be unmanageable. Dr. Constance Scharrf described coping mechanisms as "skills we... have that allow us to make sense of our negative experiences and integrate them into a healthy, sustainable perspective of the world." Healthy coping strategies promote resilience when experiencing minor stressors, such as getting a poor performance review at work, or major ones, such as the loss of a loved one. Like any skill, coping is important to practice on a regular basis in order to be effective. Do this by maintaining daily self-care (at a minimum: adequate rest, healthy meals, exercise, staying hydrated, and avoiding drugs/alcohol.) As an expert on you (and how you adapt to stressful situations), you may already know what helps the most when life seems out-of-control. (I like reading paranormal romance/fantasy-type books!) Maybe you meditate or run or rap along to loud rap music or have snuggle time with the cats or binge watch your favorite show on Netflix. Having insight into/awareness of your coping strategies primes you for unforeseeable tragedies in life. "Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference."Virginia Satir, Therapist (June 26, 2019-September 10, 1988) Healthy coping varies greatly from person to person; what matters is that your personal strategies work for you. For example, one person may find prayer helpful, but for someone who isn't religious, prayer might be ineffective. Instead, they may swim laps at the gym when going through a difficult time. Another person may cope by crying and taking it out with a close friend. Image by Victor Vote from Pixabay Note: there are various mental health treatment approaches (i.e. DBT, trauma-focused CBT, etc.) that incorporate specialized, evidence-based coping techniques that are proven to work (by reducing symptoms and improving well-being) for certain disorders. The focus of this post is basic coping, not treatment interventions. On the topic of coping skills, the research literature is vast (and beyond the scope of this post). While many factors influence coping (i.e. personality/temperament, stressors experienced, mental and physical health, etc.), evidence backs the following methods: problem-solving techniques, mindfulness/meditation, exercise, relaxation techniques, reframing, acceptance, humor, seeking support, and religion/spirituality. (Note that venting is not on the list!) Emotional intelligence may also play a role in the efficiency of coping skills. Current Research In 2011, researchers found that positive reframes, acceptance, and humor were the most effective copings skills for students dealing with small setbacks. The effect of humor as a positive coping skill has been found in prior studies, several of which focused on coping skills in the workplace. A sport psychology study indicated that professional golfers who used positive self-talk, blocked negative thoughts, maintained focus, and remained in a relaxed state effectively coped with stress, keeping a positive mindset. Effective copers also sought advice as needed throughout the game. A 2015 study suggested that helping others, even strangers, helps mitigate the impact of stress. Examples of coping skills include prayer, meditation, deep breathing, exercise, talking to a trusted person, journaling, cleaning, and creating art. However, the purpose of this post is to provide coping alternatives. Maybe meditation isn't your thing or journaling leaves you feeling like crap. Coping is not one-size-fits-all. The best approach to coping is to find and try lots of different things! Image by Amanda Oliveira from Pixabay The inspiration for this post came from Facebook. (Facebook is awesome for networking! I'm a member of several professional groups.) Lauren Mills sought ideas for unconventional strategies via Facebook. . With permission, I'm sharing some of them here! Unconventional Coping Strategies Crack pistachio nutsFold warm towelsSmell your dog (Fun fact: dog paws smell like corn chips!) or watch them sleepPeel dried glue off your handsBreak glass at the recycling centerPop bubble wrapLie upside downWatch slime or pimple popping videos on YouTubeSort and build Lego'sWrite in cursiveObserve fish in an aquariumTwirl/spin aroundSolve math problems (by hand)Use a voice-changing app (Snapchat works too) to repeat back your worry/critical thoughts in the voice of a silly character OR sing your worries/thoughts aloud to the tune of "Happy Birthday"Listen to the radio in foreign languagesChop vegetables&Go for a joy ride (Windows down!)Watch YouTube videos of cute animals and/or giggling babiesBlow bubblesWalk barefoot outsideDraw/paint on your skinPlay with (dry) rice&O (secret) "random acts of kindness"Play with warm (not hot) candle waxWatch AMSR videos on YouTubeShuffle cardsRecite family recipesFind the nicest smelling flowers at a grocery storeCount thingsUse an app to try different hairstyles and/or makeupPeople-watch with a good friend and make up stories about everyone you see (Take it to the next level with voiceovers!)Wash your face mindfullyBuy a karaoke machine and sing your heart out when you're home aloneOn Instagram, watch videos of a hydraulic press smash things, cake decorating, pottery/ceramics throwing, hand lettering, and/or woodworkShine tarnished silverCreate a glitter jar and enjoyTend to plantsColor in a vulgar coloring book for adults Image by A Different Perspective from Pixabay Download a PDF version (free) of "Unconventional Coping Strategies" below. 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Retrieved January 12, 2020 from C. (2016). Understanding and choosing better coping skills: You can change your mood without drugs. Psychology today. Retrieved from of Alberta. (2005, June 18). A good game of golf: Mind over matter. ScienceDaily. Retrieved January 13, 2020 from of Kent. (2011, July 14). Positive reframing, acceptance and humor are the most effective coping strategies. ScienceDaily. Retrieved January 12, 2020 from . (2008, April 9). Humor plays an important role in healthcare even when patients are terminally ill. ScienceDaily. Retrieved January 13, 2020 from This is a list of free therapy handouts, forms, and worksheets for mental illness/substance use disorders. Please repost and share with anyone who might benefit! New resources are added on a regular basis. Click here for a list of sites with free therapy worksheets/handouts and here for a list of printable workbooks, manuals, and self-help guides. Find additional free therapy handouts at TherapistAid, GetSelfHelpUK, and Taking the Escalator. Forms Form - Case Presentation Template Form - Therapeutic Intervention Sheet 20 Check-In Ideas for Therapy Sessions Group Activities Group Activity - 5-Minute Autobiography Group Activity - Affirmations Group Activity - First Impressions Good for newly formed groups. Each group member writes down their "first impression" of other group members. The facilitator then reviews each "impression," and group members have the opportunity to share their answers. Group Activity - Icebreaker Cards Print/cut the cards, fold, and place in a container. Group members take turns drawing the cards and answering the questions. Group Activity - People Search Give group members 15-20 minutes to collect signatures. The first person to collect all signatures wins. Group Activity - Recovery Questions Print/cut the cards, fold, and place in a container to pass around. This activity works best with a working group. Group Ideas & Topics Group Check-In Ideas Group Ideas - 101 Group Topics Group Ideas - Discussion Questions for Multifamily Groups Group Ideas - Discussion Topics for Substance Abuse Groups Group Ideas - Questions to Explore Values, Ideas, & Beliefs Therapy Handouts Handout - 12-Step Recovery & Support Groups Handout - 25 Journal Prompts for Self-Discovery Handout - Journal Prompts (Based on The Sober Survival Guide) Handout - List of Hobbies Handout - Post-Traumatic Growth Handout - Unconventional Coping Strategies Therapy Worksheets Worksheet - Consequences of Addiction Worksheet - Daily Mood Tracker Worksheet - Leisure, Wellness, & Spirituality in Recovery Worksheet - Letter to Self Worksheet - Life Areas for Goal Development Worksheet - Managing Relapse Triggers Worksheet - My Addiction Worksheet - My Goals Worksheet - My Resentments Worksheet - Relapse Prevention Worksheet - Relapse Prevention Plan Worksheet - Self-Esteem Worksheet - Self-Discovery Assignment Worksheet - Shifting Motivations in Early Recovery Worksheet - Sobriety Bucket List Worksheet - Treatment Planning Worksheet - Wants Vs. 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