



Rehubs

28-Day Online Addiction Programme

RISE MODEL WORKSHEETS

Instructions for Clients

This document contains all the worksheets you will use throughout the 28-day programme. Your therapist will guide you on which worksheet to use each day. Please bring this document to your sessions.

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Day 1: Two Lists Activity

Purpose

This exercise helps you gently face the reality of how addiction has affected your sense of control. By comparing your attempts to manage or stop with what really happened, you'll begin recognising patterns of powerlessness — an important first step toward healing and self-acceptance.

How to Use

Complete both lists honestly and without judgment. Take time to reflect on what the patterns show you about control versus surrender. Discuss your insights in group or with your therapist to deepen your understanding of this foundation for recovery.

Client Worksheet: Two Lists Activity

Name:

Date:

Instructions: Complete both lists honestly. This exercise helps recognize the reality of powerlessness in addiction.

Times I Tried to Control My Addiction	What Really Happened
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Reflection Questions:

1. What patterns do you notice between your attempts at control and the actual outcomes?

2. How does seeing this written down affect your understanding of powerlessness?

3. What emotions come up when you see this comparison?

Daily Reflection

What am I willing to admit about my powerlessness today?

Breaking the Mask

Purpose

Denial can protect us from pain but also keeps us stuck in addictive cycles. This worksheet helps you explore the ways you may minimise, rationalise, or deflect the truth, so you can begin replacing avoidance with honesty and self-compassion.

How to Use

Complete both lists honestly and without judgment. Take time to reflect on what the patterns show you about control versus surrender. Discuss your insights in group or with your therapist to deepen your understanding of this foundation for recovery.

Client Worksheet: Breaking the Mask

Name: _____

Date: _____

Instructions: Identify your personal denial patterns. Be honest about how each type shows up in your life.

1. Minimization Examples:

- Phrases I use: _____
- Situations where I minimize: _____

2. Rationalization Examples:

- My common justifications: _____
- When I use these most: _____

3. Projection Examples:

- Who/what I blame: _____
- How this protects me from truth: _____

4. Other Denial Patterns:

- Additional ways I avoid reality: _____

Truth I'm Ready to Face:

Daily Reflection

What truth am I ready to face?

Day 3: Trigger Chains Analysis

Purpose

This activity builds awareness of how thoughts, feelings, and behaviours connect during triggering moments. By mapping your “trigger chain,” you can begin interrupting automatic reactions and create space for new, healthier choices.

How to Use

Choose a recent situation that led to an urge or addictive behaviour. Fill in each part of the chain honestly, then plan an alternative response. This exercise strengthens emotional awareness and builds confidence in managing triggers.

Client Worksheet: Trigger Chains Analysis

Name:

Date:

Instructions: Identify a recent trigger situation and map the thought-feeling-behavior chain.

Trigger Situation:

Component	Description	Impact Level (1-10)
Initial Thought		
Feeling Generated		
Physical Sensation		
Behavior/Action		
Consequence		

Alternative Response Planning:

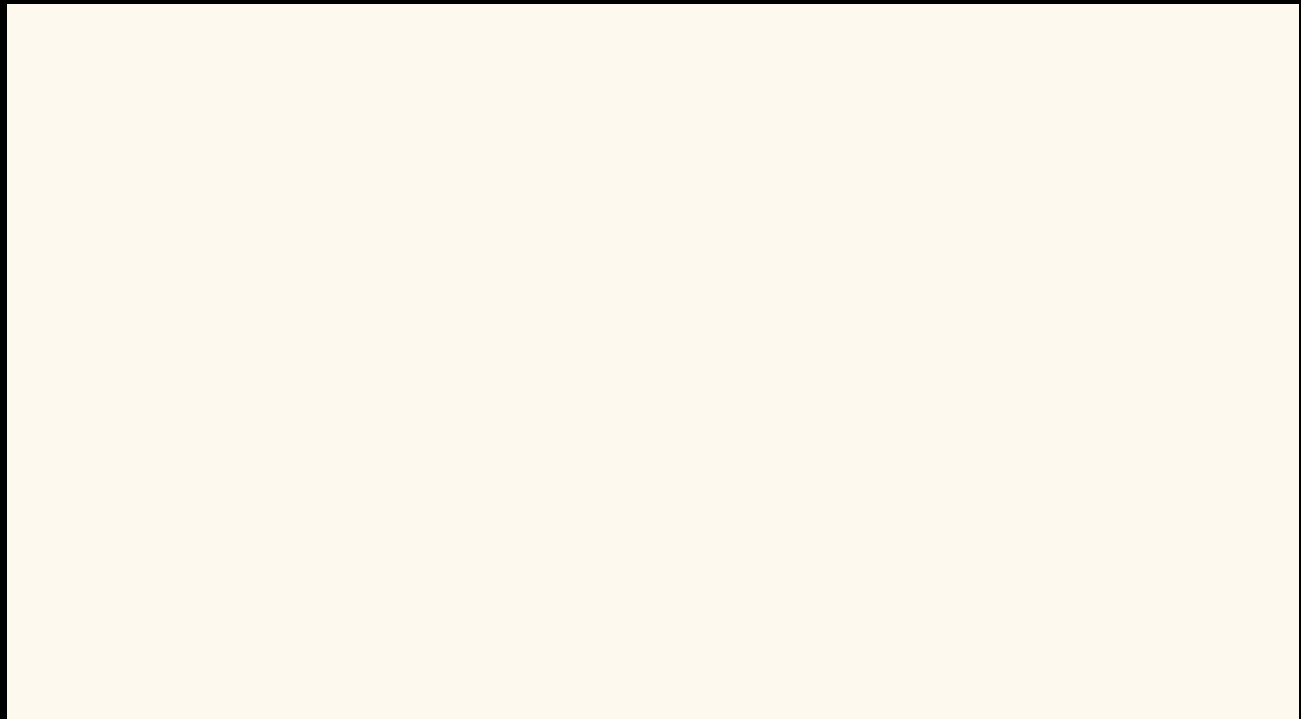
New Thought: _____

Expected Feeling: _____

Planned Behavior: _____

Daily Reflection

How can I use CBT to change my addictive patterns?



Day 4: PUD Analysis

Purpose

Acknowledging powerlessness, unmanageability, and damage helps you see the true cost of addiction — not to create shame, but to inspire change. Facing these truths opens the door to accountability, healing, and renewed motivation.

How to Use

Complete each section carefully, identifying examples and rating the impact. Reflect on one area of damage you're ready to stop causing. Use your insights to guide goal-setting for recovery and self-repair.

Client Worksheet: PUD Analysis

Name:

Date:

Instructions: Honestly assess the damage addiction has caused in your life.

POWERLESSNESS Examples:

1. _____
2. _____
3. _____
4. _____
5. _____

UNMANAGEABILITY Examples:

1. _____
2. _____
3. _____
4. _____
5. _____

DAMAGE Areas:

Life Area	Specific Damage	Impact Level (1-10)
Relationships		
Work/Career		
Health		
Finances		
Legal		
Spiritual		
Self-Respect		

One damage I want to stop causing is:

Daily Reflection

Complete the statement above.

Day 5: Metacognitive Practice

Purpose

Metacognitive awareness helps you notice your thoughts rather than getting caught in them. This exercise teaches mindfulness-based observation, supporting emotional regulation and reducing rumination that fuels addictive behaviour.

How to Use

Use the "Leaves on a Stream" exercise to practise noticing thoughts as passing events. Log your experiences and reflect on how observing, rather than reacting, changes your emotional state. Over time, this builds mental distance and calm.

Client Worksheet: Metacognitive Practice

Name:

Date:

Instructions: Identify a recent trigger situation and map the thought-feeling-behavior chain.

Common Rumination Patterns:

Trigger	Typical Thought Pattern	How Long I Usually Ruminate

Leaves on a Stream Practice Log:

Date/Time: _____

Thought observed: _____

How did it feel to just notice it? _____

Did the thought lose power? _____

Daily Reflection

What thought can I notice without reacting to it?

Day 6: Cycle of Change Assessment

Purpose

Recovery is a process, not a single decision. This worksheet helps you identify where you are in the stages of change — from precontemplation to maintenance — so you can meet yourself with compassion and clarity about next steps.

How to Use

Check the statements that best describe you today and note your current stage. Reflect on what evidence supports this and what you need to move forward. Be honest — understanding your stage empowers realistic, sustainable progress.

Client Worksheet: Cycle of Change Assessment

Name:

Date:

Stage Assessment - Check your current stage:

Precontemplation:

I don't think I have a serious problem
Others are more concerned than I am
I'm here because someone else wants me to be

Contemplation:

I'm thinking about changing
I see both pros and cons of my addiction
I'm ambivalent about recovery

Preparation:

I'm planning to take action soon
I've taken some small steps
I'm gathering resources for change

Action:

I'm actively working on recovery
I've made significant changes recently
I'm implementing new behaviors

Maintenance:

I've been in recovery for several months
I'm working to prevent relapse
I'm focusing on maintaining changes

My Current Stage:

Evidence for this stage:

1.
2.
3.

What I need to move forward:

Daily Reflection

What stage of change am I in today?

Day 7: Transactional Analysis Self- Assessment

Purpose

We all operate from different “ego states” — Parent, Adult, and Child — that influence how we think, feel, and act. This worksheet helps you recognise which state you’re in during different situations, building emotional maturity and balance.

How to Use

Reflect on how each ego state shows up in your recovery. Write examples and identify which part of you feels most present. Awareness of these states helps you respond consciously, not reactively, in daily life and relationships.

Client Worksheet: Transactional Analysis Self-Assessment

Name:

Date:

Trigger Situation:

Ego State	When I'm in this state	How it helps/hurts recovery
Parent (Critical)		
Parent (Nurturing)		
Adult		
Child (Free)		
Child (Adapted)		

REFLECT Week Integration:

Three key insights from this week:

1. _____
2. _____
3. _____

How my awareness has changed: _____

What I'm ready to move away from denial about: _____

Preparation for INSPIRE Week:

What do I want to feel motivated about in recovery?

Daily Reflection

Which part of me (Parent, Adult, Child) is most in control today?

The Drama Triangle (Karpman, 1968)

The **Drama Triangle** is a social model of dysfunctional interaction developed by **Dr. Stephen Karpman**.

It describes three roles people can unconsciously adopt in conflict or emotionally charged dynamics: **Victim**, **Rescuer**, and **Persecutor**.

These roles are fluid — individuals may switch between them within a single interaction. The triangle helps therapists and clients identify unhealthy relational patterns and move toward healthier, more conscious communication.

The Three Roles				
Role	Core Belief	Typical Behaviour	Emotional Experience	Therapeutic Insights
Victim	"Poor me" / "I'm powerless"	Feels oppressed or helpless; seeks someone to 'save' them	Shame, hopelessness, dependency	Encourage responsibility and empowerment ("What can I do?")
Rescuer	"Let me help you"	Overextends help to avoid their own discomfort, fosters dependence	Guilt, anxiety, exhaustion	Support boundaries and reflective empathy instead of fixing
Persecutor	"It's your fault"	Controls, criticises, or blames others; enforces rigid rules	Anger, frustration, superiority	Develop empathy & flexibility, move from power over → power with

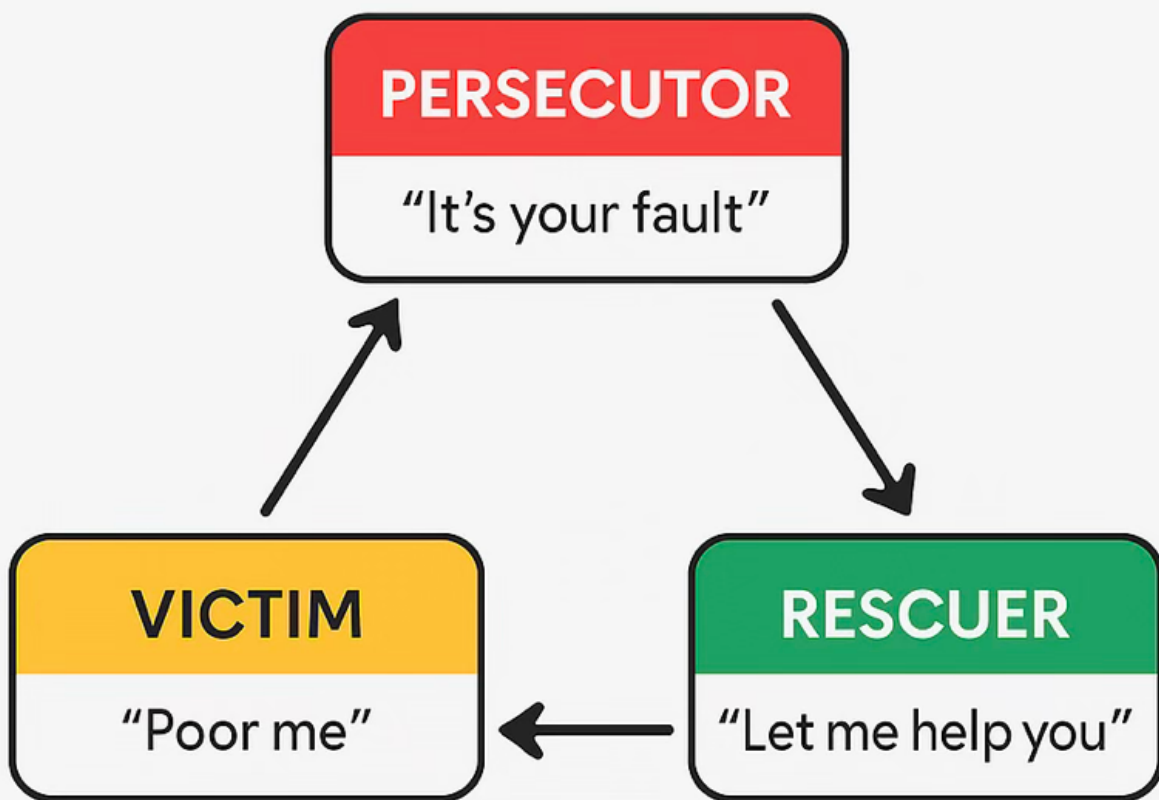
How the Triangle Works

- The **Victim** feels oppressed and seeks a **Rescuer**.
- The **Rescuer** intervenes, reinforcing the Victim's helplessness.
- The **Persecutor** criticises or blames, reinforcing conflict and shame.
- Over time, roles often **rotate** — for example, a Rescuer can become a Victim when their help is rejected.

Therapeutic Goal: The Empowerment Triangle

Drama Role	Empowered Alternative	New Stance
Victim → Creator	Takes responsibility and makes choices	
Rescuer → Coach	Offers support without rescuing; encourages problem-solving	
Persecutor → Challenger	Sets clear boundaries and invites growth	

THE DRAMA TRIANGLE



Day 8: Stages of Change Deep Dive

Purpose

This worksheet helps you explore ambivalence — the natural feeling of wanting change but fearing it too. Understanding the pros and cons of both staying the same and making changes helps you strengthen motivation from within.

How to Use

Complete each section honestly, without pressure to have the “right” answer. Reflect on what motivates you and what holds you back. This clarity will guide your next small, achievable steps toward sustained recovery.

Client Worksheet: Stages of Change Deep Dive

Name:

Date:

Current Stage Assessment:

Ambivalence Exploration: Pros of staying the same:

1. _____
2. _____
3. _____

Cons of staying the same:

1. _____
2. _____
3. _____

Pros of changing:

1. _____
2. _____
3. _____

Cons of changing:

1. _____
2. _____
3. _____

What will help me move to the next stage:

Specific action I will take this week:

Daily Reflection

What step can I take towards the next stage of change?

Day 9: Core Values Exploration

Purpose

Recovery is more powerful when guided by what truly matters to you. This exercise helps you identify your personal core values — the beliefs and qualities that make you feel grounded, authentic, and alive.

How to Use

Rate each value, reflect on how addiction conflicted with it, and select your top five. Think about how these values can now become anchors for decision-making and motivation in recovery. Be honest, and choose what feels deeply meaningful.

Client Worksheet: Core Values Exploration

Name:

Date:

Instructions: Rate each value's importance to you (1-5 scale, 5 being most important).

Core Values Identification:

Value	Importance (1-5)	How addiction conflicts with this value
Family		
Health		
Honesty		
Achievement		
Spirituality		
Friendship		
Security		
Freedom		
Creativity		
Service		

Top 5 Values:

1. _____
2. _____
3. _____
4. _____
5. _____

Vision Board Elements:

List images/words you want to include:

Daily Reflection

How do my core values shape my recovery?

Day 10: Values-Actions Alignment

Purpose

Living in alignment with your values brings peace, purpose, and stability. This worksheet helps you notice where your current actions match (or clash with) your true values so you can make conscious choices that strengthen recovery.

How to Use

For each top value, write examples of behaviours that support and conflict with it. Score the alignment honestly. Choose one area to improve this week and focus on small, consistent actions that reflect who you want to become.

Client Worksheet: Values-Actions Alignment

Name:

Date:

Instructions: For each of your top 5 values, assess how well your current actions align.

Value 1:

Current Actions Supporting This Value	Current Actions Conflicting With This Value

Alignment Score (1-10): _____

Value 2:

Current Actions Supporting This Value	Current Actions Conflicting With This Value

Alignment Score (1-10): _____

Value 3:

Current Actions Supporting This Value	Current Actions Conflicting With This Value

Alignment Score (1-10): _____

Biggest Discrepancy:

The area where my actions least match my values is:

One Change I Can Make This Week:

Daily Reflection

How can I align my actions with my values?

Day 11: Weekly PUD Check-in (Week 2)

Purpose

This reflection helps you track progress and deepening awareness of powerlessness, unmanageability, and damage since Week 1. It supports accountability and helps you celebrate growth while identifying areas still needing attention.

How to Use

Complete the check-in thoughtfully. Compare your insights with previous weeks and notice any shifts in motivation, awareness, or emotional balance. Discuss your reflections with your therapist or group to reinforce learning.

Client Worksheet: Weekly PUD Check-in (Week 2)

Name: _____

Date: _____

This week, I experienced powerlessness when: _____

How this connects to my values: _____

Progress I've made in managing my life: _____

Damage I've worked to repair this week: _____

Connection to Values Work: How my values are motivating recovery: _____

Areas where I'm still not living my values: _____

Comparison to Week 1: Changes in my awareness: _____

Increased motivation I'm feeling: _____

Daily Reflection

How is my awareness of powerlessness changing my motivation?

Day 12: Gratitude Practice

Purpose

Habits shape recovery. This worksheet helps you intentionally build a healthy, recovery-based habit — reinforcing consistency, structure, and self-trust over time. Committing for 21 days can set the foundation for long-term change.

How to Use

Choose one realistic habit that supports your recovery and plan how you'll practise it daily. Identify obstacles and solutions, then visualise the positive impact over 90 days. Track your progress with compassion, not perfectionism.

Client Worksheet: 21/90 Habit Commitment

Name: _____

Date: _____

Habit Selection: Recovery Habit I Want to Develop: _____

Why This Habit Matters to My Recovery: _____

How This Connects to My Values: _____

21-Day Implementation Plan:

Week	Daily Action	When/Where	Potential Obstacles	Solutions
Week 1				
Week 2				
Week 3				

90-Day Vision:

How will this habit change my life in 90 days? _____

Accountability Plan:

Who will support me: _____

How I'll track progress: _____

Reward for 21-day completion: _____

Reward for 90-day completion: _____

Daily Reflection

How will this habit support my long-term recovery?

Day 13: Motivational Thought Reframing

Purpose

Gratitude helps rewire the brain toward positivity and hope — both essential for long-term recovery. This exercise shifts focus from loss and fear to appreciation, strength, and connection.

How to Use

Write three things you're grateful for each day and reflect on why they matter. Use the weekly reflection to explore themes of growth and progress. Allow this practice to remind you of what's good and possible, even on hard days.

Client Worksheet: Gratitude Practice

Name:

Date:

Daily Gratitude List:

3 Things I'm Grateful for Today:

1. _____
2. _____
3. _____

Weekly Gratitude Reflection:

Category	What I'm Grateful For	Why This Matters
People		
Experiences		
Personal Growth		
Recovery Progress		
Simple Pleasures		

Hope-Building Exercise:

One Month from Now: I hope to: _____

Six Months from Now: I hope to: _____

One Year from Now: I hope to: _____

What gives me hope today:

Daily Reflection

What am I grateful for today in my recovery?

Day 14: Attachment Style Assessment

Purpose

Our attachment patterns influence how we connect, seek comfort, and cope with emotions. This worksheet helps you understand your relationship style and how it impacts recovery, emotional safety, and trust in others.

How to Use

Rate each statement honestly, identify your main attachment style, and reflect on how it affects your recovery journey. Awareness of these patterns allows healing, compassion, and the development of healthier emotional connections.

Client Worksheet: Attachment Style Assessment

Name: _____

Date: _____

Instructions: Rate how much each statement describes you (1-5 scale).

Attachment Style Self-Assessment:

Secure Attachment:

- I find it easy to get close to others _____
 - I'm comfortable depending on others _____
 - I don't worry about being abandoned _____
 - I communicate my needs effectively _____
-

Anxious Attachment:

- I worry about being abandoned _____
- I need lots of reassurance _____
- I get very upset when separated from loved ones _____
- I sometimes feel clingy in relationships _____

Avoidant Attachment:

- I prefer not to depend on others _____
- I'm uncomfortable with closeness _____
- I suppress my emotions _____
- I value independence above all _____

Disorganized Attachment:

- My relationships are chaotic _____
- I want closeness but fear it _____
- I have unpredictable emotional reactions _____
- I often feel confused about relationships _____

My Primary Attachment Style:

How This Affects My Recovery:

Challenges:

Strengths:

Recovery Adaptations Needed:

INSPIRE Week Integration:

How my motivation has grown this week: _____

Values I'm most committed to: _____

Connection between my values and attachment style: _____

Preparation for STRENGTHEN Week:

What skills do I most need to develop?

Daily Reflection

How can I develop healthier attachment styles to support my recovery?

Day 15: Anger- Addiction Analysis

Purpose

Anger is a powerful emotion that can often mask hurt, fear, or shame — and in addiction, it can easily trigger relapse or avoidance. This worksheet helps you explore your relationship with anger, so you can manage it constructively rather than reactively.

How to Use

Reflect on recent anger triggers and record your thoughts, sensations, and behaviours. Notice patterns between anger and addictive urges. Use the suggested strategies to develop healthier responses and emotional self-regulation.

Client Worksheet: Anger-Addiction Analysis

Name:

Date:

Anger Triggers Assessment:

Trigger Situation	Physical Sensations	Thoughts	Behaviors	Addiction Urges

Anger-Craving Connection:

How anger leads to cravings in my experience:

Early Warning Signs of Rising Anger:

1. _____
2. _____
3. _____

Healthy Anger Management Strategies:

Physical Strategies:

Deep breathing
Progressive muscle relaxation
Physical exercise
Cold water on face/hands
Other: _____

Cognitive Strategies:

Counting to 10
Reframing thoughts
Perspective-taking
Self-talk
Other: _____

Behavioral Strategies:

Time-out
Talking to support person
Journaling
Listening to music
Other: _____

Emergency Anger Plan:

When I feel anger rising, I will:

Daily Reflection

What are my anger triggers, and how can I manage them?

Day 16: HALT Self-Assessment

Purpose

HALT — Hungry, Angry, Lonely, Tired — represents four states that make us more vulnerable to relapse. This worksheet helps you notice these early warning signs, so you can meet your basic needs before they become triggers.

How to Use

Complete the daily HALT ratings honestly and reflect on which area affects you most. Use the prevention strategies to plan supportive actions when you feel off balance. Over time, this builds awareness and emotional stability.

Client Worksheet: Anger-Addiction Analysis

Name:

Date:

Instructions: Rate each area daily (1-5 scale, 5 being most problematic).

Anger Triggers Assessment:

Date	Hungry	Angry	Lonely	Tired	Notes

HALT Pattern Analysis:

Which HALT state affects me most? _____

Times when I'm most vulnerable:

- Time of day: _____
- Situations: _____
- Days of week: _____

Prevention Strategies:

For HUNGRY:

Regular meal times
Healthy snacks available
Blood sugar awareness
Other: _____

For ANGRY:

Identify early warning signs
Use anger management techniques
Remove from situation if possible
Other: _____

For LONELY:

Reach out to support network
Attend meetings/groups
Engage in social activities
Other: _____

For TIRED:

Regular sleep schedule

Limit caffeine

Rest when needed

Other: _____

Daily Reflection

Which HALT state affects me the most?

Day 17: King / Queen Baby Self-Assessment

Purpose

The “King / Queen Baby” concept highlights patterns of emotional immaturity that often develop from pain and unmet needs. This worksheet helps you recognise traits such as entitlement or avoidance and supports your growth toward emotional adulthood.

How to Use

Check the traits that apply to you and add examples from your life. Reflect without shame — these patterns once protected you. Use the “Adult Self” plan to practise responsibility, patience, and emotional regulation throughout the week.

Client Worksheet: King Baby Self-Assessment

Name:

Date:

Instructions: Check traits that apply to you and rate intensity (1-5).

King/Queen Baby Traits Assessment:

King Baby Trait	Applies to Me	Intensity (1-5)	Example from My Life
Grandiosity ("I'm special")			
Entitlement ("I deserve this")			
Impatience ("I want it now")			
Low frustration tolerance			
Blame others			
Avoids responsibility			
Expects to be taken care of			
Throws tantrums			

King Baby → Adult Self Development:

This week I will practice acting from my Adult Self by:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

**Adult Self Characteristics
I Want to Develop:**

Responsibility

Patience

Humility

Emotional regulation

Problem-solving

Other: _____

Daily Reflection

What step can I take this week to act from my adult self instead of my King Baby self?

Day 18: Weekly PUD Check-in (Week 3)

Purpose

This week's reflection helps you track your growth in managing powerlessness, maintaining stability, and reducing damage. It supports accountability and celebrates progress as your recovery skills strengthen.

How to Use

Review your week and identify which skills helped you most. Write down examples of situations where you stayed grounded or prevented harm. This exercise reinforces self-awareness and builds motivation for continued change..

Client Worksheet: PUD Check-in (Week 3)

Name:

Date:

Skills used to manage powerlessness:

1. _____
2. _____

Situations where I maintained manageability:

Damage prevented through skills:

Most helpful skill this week:

Daily Reflection

How are coping skills improving my PUD management?

Day 19: Cognitive Distortions & Thought Reframing

Purpose

Addiction often distorts thinking patterns, leading to self-defeating beliefs and reactions. This worksheet helps you identify and reframe unhelpful thoughts using CBT techniques, building a healthier mindset and emotional balance.

How to Use

Read through the list of common distortions and recognise which ones you use most often. Fill out the thought record to practise reframing automatic thoughts into balanced, realistic ones. Be patient — this takes practice and awareness.

Client Worksheet: King Baby Self-Assessment

Name:

Date:

Common Cognitive Distortions Assessment:

Distortion Type	Definition	My Example	Reframed Thought
All-or-Nothing	Black and white thinking		
Overgeneralization	One event = always true		
Mental Filter	Focus only on negatives		
Discounting Positives	Good things don't count		
Jumping to Conclusions	Assume you know outcome		
Magnification	Blow things out of proportion		
Emotional Reasoning	Feelings = facts		
Should Statements	Rigid expectations		
Labeling	Global negative labels		
Personalization	Everything is my fault		

My most common distortions (check all):

All-or-Nothing

Overgeneralization

Mental Filter

Discounting Positives

Jumping to Conclusions

Magnification

Emotional Reasoning

Should Statements

Thought Record:

Situation:

Automatic thought:

Distortion type:

Balanced thought:

Daily Reflection

What cognitive distortion do I use most, and how can I reframe it?

Day 20: Emotional Regulation – DBT/ Metacognitive Skills

Purpose

This worksheet teaches practical DBT and metacognitive tools for managing strong emotions without resorting to substances or avoidance. It helps you build resilience, calm, and confidence in facing life's challenges.

How to Use

Identify your current emotions and rate their intensity. Practise the TIPP and Opposite Action strategies when distressed. Reflect afterward on how these tools affect your emotions and urges. Use this daily to strengthen emotional regulation.

Client Worksheet: Emotional Regulation Skills Practice

Name: _____

Date: _____

Emotion Identification:

Current Emotion: _____

Intensity (1-10): _____

PLEASE Skills Assessment (1-5):

• Physical illness care: _____

• Leave substances alone: _____

• Eating regularly: _____

• Alter mood with activity: _____

• Sleep adequately: _____

• Exercise regularly: _____

Emotion Regulation Strategies:

TIPP (Crisis Survival):

- Temperature: Cold water, ice cubes
- Intense exercise: Run, jump, etc.
- Paced breathing: Slow exhale longer than inhale
- Paired muscle relaxation: Tense and release

Opposite Action:

When I feel: _____

My urge is to: _____

Opposite action would be: _____

Daily Reflection

How can I manage my emotions effectively without turning to substances?

Day 21: Distress Tolerance & Interpersonal Skills

Purpose

This activity helps you cope with emotional pain and stressful situations without turning to addictive behaviour. It also builds resilience in relationships by teaching acceptance, grounding, and skilful distraction techniques.

How to Use

Complete the DISTRACT and ACCEPTS sections using real-life examples. Identify a distressing situation and practise one or two skills today. Over time, these techniques help you handle emotions and conflicts with balance and confidence.

Client Worksheet: Distress Tolerance Skills

Name:

Date:

Distress Tolerance Assessment:

My typical response to distress:

How this response affects my recovery:

DISTRACT Skills:

Activities: List 5 activities that can distract from distress

1.
2.
3.
5.
6.

Contributing: Ways I can help others

7. _____

8. _____

Contributing: Ways I can help others

9. _____

10. _____

Comparisons: Times I've handled worse situations

11. _____

12. _____

Emotions: Activities that create different emotions

13. _____

14. _____

Push away: Mentally putting the situation aside How I can do this:

Thoughts: Other thoughts to focus on

15. _____

16. _____

Sensations: Intense physical sensations (ice, hot shower) What works for me:

ACCEPTS Practice: Current Distressing Situation:

Which ACCEPTS skill will I try:

Radical Acceptance Practice:

Situation I need to accept:

What I cannot change:

What I can control:

Daily Reflection

How can I tolerate distress without using substances?

Day 22: High-Risk Situation Analysis

Purpose

Understanding your personal high-risk situations helps you prevent relapse before it happens. This worksheet increases awareness of people, places, emotions, and events that may trigger old patterns, and helps you create a clear coping plan.

How to Use

List your high-risk situations and rate their intensity. Identify warning signs and develop concrete coping strategies for each. Keep this worksheet accessible — it's a living document to revisit and update as your recovery evolves.

Client Worksheet: High-Risk Situation Analysis

Name: _____

Date: _____

Personal High-Risk Situations:

Situation	Risk Level (1-10)	Warning Signs	Coping Strategy	Support Needed
People				
Places				
Emotions				
Times				
Events				

Detailed High-Risk Analysis:

Highest Risk Situation: _____

Why this is high-risk: _____

Early warning signs:

1. _____
2. _____
3. _____

Specific coping plan: Immediate actions (first 5 minutes):

1. _____
2. _____

Short-term actions (first hour):

1. _____
2. _____

Long-term follow-up (24-48 hours):

1. _____
2. _____

Emergency contacts:

- Primary support: _____
- Secondary support: _____
- Professional support: _____

Daily Reflection

What are my highest-risk situations, and how can I cope with them?

Day 23: Wellbeing Lifestyle Plan

Purpose

Sustainable recovery thrives on balance and self-care. This worksheet helps you assess and strengthen key life areas — physical, emotional, spiritual, and social — so that your wellbeing supports your continued growth.

How to Use

Reflect honestly on each life area, noting what's working and what needs attention. Choose daily, weekly, and monthly wellbeing practices to help you stay grounded. Small, consistent actions build long-term stability and joy.

Client Worksheet: Wellbeing Lifestyle Plan

Name:

Date:

Current Lifestyle Assessment:

Life Area	Current Status (1-10)	What's Working	What Needs Change
Physical Health			
Mental Health			
Spiritual Health			
Social Connections			
Work/Purpose			
Recreation/Fun			
Self-Care			

Wellbeing Action Plan:

Daily Self-Care Practices:

- Morning routine: _____
 - Evening routine: _____
 - Stress management: _____
-

Weekly Wellbeing Activities:

- Physical activity: _____
 - Social connection: _____
 - Spiritual practice: _____
 - Creative expression: _____
-

Monthly Wellbeing Goals:

- Health goal: _____
- Relationship goal: _____
- Personal growth goal: _____

Warning Signs of Declining Wellbeing:

1. _____
2. _____
3. _____

Recovery Support Activities:

Regular exercise

Adequate sleep (7-9 hours)

Nutritious meals

Mindfulness/meditation

Social connections

Meaningful activities

Professional support

Spiritual practices

Daily Reflection

What can I do to cultivate wellbeing in my daily life?

Day 24: Recovery Balance Plan

Purpose

Balance keeps recovery strong. This worksheet helps you review how you spend your time and energy, so you can maintain equilibrium between work, relationships, self-care, and recovery activities.

How to Use

Record your current time allocations and compare them with your ideal balance. Adjust where needed to prevent burnout or neglect of key areas. Use your plan as a guide to stay centred and consistent in your recovery routine.

Client Worksheet: Recovery Balance Plan

Name: _____

Date: _____

Life Balance Assessment:

Current Time Allocation (hours per week):

- Work: _____
- Recovery activities: _____
- Family/relationships: _____
- Self-care: _____
- Recreation: _____
- Rest/sleep: _____

Ideal Balance Goals:

- Work: _____
- Recovery activities: _____
- Family/relationships: _____
- Self-care: _____
- Recreation: _____
- Rest/sleep: _____

Recovery Plan Components:

Daily Recovery Activities:

Morning meditation/prayer

Gratitude practice

Recovery reading

Check-in with support person

Exercise

Healthy meals

Evening reflection

Other: _____

Weekly Recovery Activities:

Group therapy/meetings

Individual therapy

Recovery support groups

Sponsor meetings

Recovery social activities

Other: _____

Monthly Recovery Activities:

Recovery goal review

Treatment plan updates

Recovery milestone celebrations

Community service

Other: _____

Balance Strategies:

When work becomes overwhelming:

When relationships demand too much:

When I neglect self-care:

Daily Reflection

What areas of my life need more balance for sustained recovery?

Day 25: Weekly PUD Check-in (Week 4)

Purpose

This final PUD reflection helps you see how your relationship with powerlessness, unmanageability, and damage has evolved across the programme. It celebrates growth and reinforces your commitment to continued recovery.

How to Use

Compare your current insights to previous weeks and note the progress you've made. Write about how you now create manageability and prevent damage. Use this as your foundation for long-term self-awareness and maintenance.

Client Worksheet: PUD Final Assessment

Name: _____

Date: _____

My current relationship with powerlessness: _____

How I'm creating manageability: _____

Damage I'm committed to never repeating: _____

Four-Week PUD Journey:

- Week 1 insight: _____
- Week 2 connection to values: _____
- Week 3 skills application: _____
- Week 4 maintenance plan: _____

Long-term PUD plan:

- Check-in frequency: _____
- Accountability partner: _____

Daily Reflection

How has my PUD understanding evolved?

Day 26: Support System Mapping

Purpose

Recovery thrives in connection. This worksheet helps you map your network of emotional, practical, and professional supports so you can reach out when you need help instead of isolating.

How to Use

List people in your inner, middle, and outer circles. Identify who you can turn to for different types of support and plan how to keep those connections active. Regularly update your map as your relationships strengthen and grow.

Client Worksheet: Support System Mapping

Name: _____

Date: _____

Support System Network:

Inner Circle (Closest Support):

1. Name: _____ Relationship: _____
Contact: _____ Available: _____
How they help: _____

2. Name: _____ Relationship: _____
Contact: _____ Available: _____
How they help: _____

Middle Circle (Regular Support):

1. _____
2. _____
3. _____
4. _____

Outer Circle (Occasional Support):

1. _____
2. _____
3. _____

Professional Support Team:

- Primary therapist: _____
- Psychiatrist/Doctor: _____
- Sponsor/Mentor: _____
- Group facilitator: _____
- Other: _____

Support System Activation Plan:

When I feel triggered, I will contact:

- 1st choice: _____
- 2nd choice: _____
- 3rd choice: _____

Different types of support for different needs:

- Emotional support: _____
- Practical support: _____
- Accountability: _____
- Fun/recreation: _____
- Spiritual support: _____

Support System Strengthening: This week I will:

- Reach out to: _____
- Express gratitude to: _____
- Ask for help with: _____

Daily Reflection

Who can I turn to for support when faced with a trigger?

Day 27: Goodbye Letter Preparation

Purpose

Saying goodbye to addiction is both powerful and emotional. This worksheet helps you process closure — acknowledging what addiction once gave you, what it took away, and what you're ready to embrace in recovery.

How to Use

Follow the prompts to write openly and honestly. Allow emotions to surface; this is part of letting go. Bring your letter to the final session or ceremony to share or reflect privately as a symbolic step into your new life.

Client Worksheet: Goodbye Letter Preparation

Name: _____

Date: _____

Letter Framework:

Dear Addiction: "For [time] you have been..." _____

What I'm saying goodbye to:

- The substance/behavior: _____
- The lifestyle: _____
- The person I was: _____

What I'm saying hello to:

- The person I'm becoming: _____
- New relationships: _____
- Healthy coping: _____

My commitment to myself: _____

Daily Reflection

What do I want to say goodbye/hello to?

Day 28: Final Ceremony & Commitments.

Purpose

Saying goodbye to addiction is both powerful and emotional. This worksheet helps you process closure — acknowledging what addiction once gave you, what it took away, and what you're ready to embrace in recovery.

How to Use

Follow the prompts to write openly and honestly. Allow emotions to surface; this is part of letting go. Bring your letter to the final session or ceremony to share or reflect privately as a symbolic step into your new life.

Client Worksheet: Recovery Legacy & Future Self

Name: _____

Date: _____

For Graduating Clients: My Final Goodbye Letter:

Dear Addiction, _____

Dear Recovery, _____

My Commitment: _____

Signed: _____

Date: _____

For All Clients - Recovery Legacy:

Person I'm becoming: _____

My recovery legacy: _____

Future vision:

• 6 months: _____

• 1 year: _____

• 5 years: _____

Daily commitments:

1. _____
2. _____
3. _____

Recovery affirmations:

"I am worthy of recovery and a fulfilling life." "I choose growth over comfort, courage over fear."

- My personal affirmation: _____

Final programme reflection:

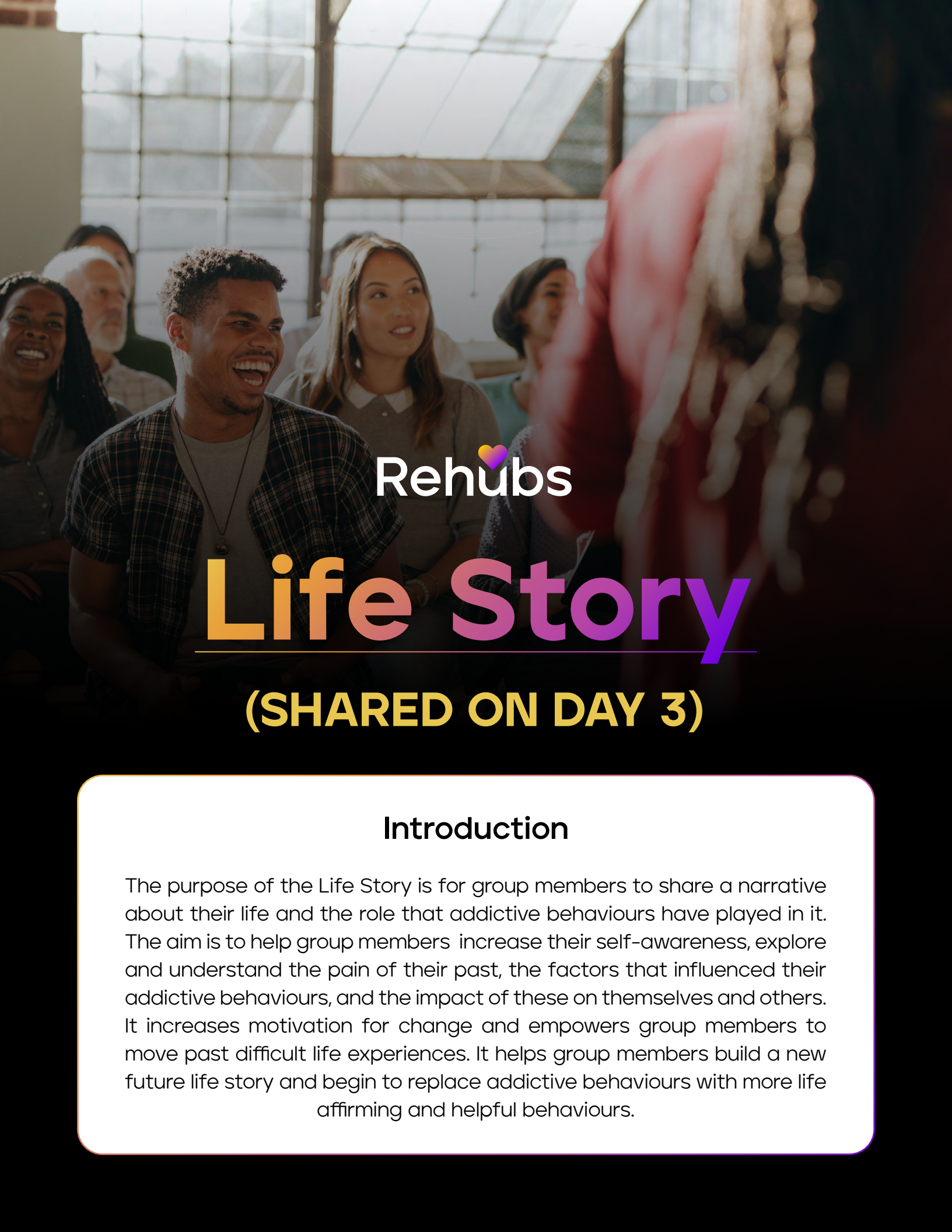
What this journey meant: _____

Most important learning: _____

How I've changed Day 1 to 28: _____

Daily Reflection

Who can I turn to for support when faced with a trigger?

A group of diverse people, including a man in the foreground with a wide smile, are gathered in a room with large, multi-paned windows. They appear to be listening to someone who is out of focus in the foreground, wearing a red shirt. The atmosphere is warm and positive.

Rehubs

Life Story

(SHARED ON DAY 3)

Introduction

The purpose of the Life Story is for group members to share a narrative about their life and the role that addictive behaviours have played in it. The aim is to help group members increase their self-awareness, explore and understand the pain of their past, the factors that influenced their addictive behaviours, and the impact of these on themselves and others. It increases motivation for change and empowers group members to move past difficult life experiences. It helps group members build a new future life story and begin to replace addictive behaviours with more life affirming and helpful behaviours.

Process

Prior to the Life story group, facilitators ask group members to prepare their Life Story in as much detail as they can and feel comfortable with, which describes their journey till the present day, the role of addictive behaviours.

Group members are encouraged to write down their narrative prior to the group in which they will be sharing their Life Story. This can be a painful process as they are being asked to do engage in a task that they tend to avoid due to difficult feelings such as shame or guilt. However, avoidance tends to maintain difficulties in the long-term as the feelings and thought processes underlying the addictive behaviours.

Group members will require support and encouragement to prepare for this activity and be provided a clear rationale. Any concerns and questions need to be answered in a supportive way and any concerns need to be validated.

For some group members, engaging in the preparation of their Life Story can trigger cravings for engagement and therefore they need to be made aware of this in advance and to brainstorm some solutions such as: writing 5-10 minutes at a time followed by a break in which they engage in something constructive (jumping up and down for a minute, walk outside for 5 minutes, telling self repeatedly "these feelings will pass and will help my recovery", cleaning the fridge, washing dishes, calling Rehubs) or writing it in one setting followed by self-soothing activities (warm bath, drinking chamomile tea, calling Rehubs).



Sharing of life stories in groups reduces the power of the painful narrative and allows peers to identify and support the story teller. This support in turn reduces shame and guilt whilst supporting the group member to take responsibility for their recovery.

Group members are encouraged to be honest and open whilst respecting their right to share what they feel comfortable in sharing e.g., in the case of trauma, members do not have to go into the details of the events and can label it as a 'past traumatic experience'. Members can then work on such difficulties during 1:1 sessions.

Group Structure

The therapeutic group environment embodies a supportive atmosphere that focuses on constructively identifying unhelpful behaviour and avoids moralising.

The group members are encouraged to share their Life Story (usually one per group) and peers only ask questions and offer supportive feedback after the story has been shared.

After peers have asked questions and offered supportive feedback the facilitator asks the group member that presented what they would like to be different in their life going forward.

After all group members have shared their Life Story, group members can be encouraged to envision and share their new Life Story, which is free from the grip of addictive behaviours.





Rehubs Clients

COMPLAINT GUIDE



Rehubs Healthcare Limited – Complaints Procedure

Our Commitment: Rehubs Healthcare Limited is committed to listening to concerns and complaints. We aim to resolve issues fairly, quickly, and confidentially, always learning and improving our services.

How to Make a Complaint: You can submit a complaint by contacting a Rehubs representative, emailing hello@rehubs.com.

Complaints Process:

Acknowledgement:

- We will acknowledge your complaint within **7 working days**.

Stage 0: Early Resolution:

- We try to resolve simple concerns immediately.
- If not resolved, the complaint moves to Stage 1.

Stage 1: Formal Investigation:

- Full investigation, including interviews where needed.
- A full response will be sent within **28 working days**.

Stage 2: Appeal:

- If you are unhappy with the outcome, you can appeal within **7 working days** of receiving our response.
- We will respond to your appeal within **14 working days**.

Stage 3: Independent Review:

- If you are still dissatisfied, you can escalate the complaint to an external body.

External Independent Review Contact: Consumer Complaints Commission / Ombudsman

- **Phone:** 01234 567890
- **Email:** enquiries@consumerombudsman.org
- **Website:** www.consumerombudsman.org

Complaints Form and Guidance

Complaint Guidance: Please use the complaints form below to submit your concern. Provide as much detail as possible to help us investigate thoroughly. We aim to handle your information with confidentiality and respect.

Complaints Form:

Name: _____

Address: _____

Phone Number: _____

Email Address: _____

Details of Complaint (please include dates, names, and description of what happened):

Desired Outcome (what would you like to happen?):

Please return this form to hello@rehubs.com or to your Rehubs representative.

Thank you for helping us improve our service!

Summary of Timescales

Step	Timescale
Acknowledge complaint	Within 7 working days
Investigate & respond	Within 28 working days
Appeal submitted	Within 7 working days of response
Appeal responded to	Within 14 working days
External Review	After completing Stages 1 and 2



Rehubs

www.rehubs.com