

Name : _____ Date : _____

SUBSTANCE ABUSE GROUP THERAPY

1. Identifying Triggers

Pair up with another group member and take turns discussing situations, emotions, or thoughts that trigger your substance use. Write down five triggers that resonate with you.

2. Coping Strategies

In small groups, brainstorm and share healthy coping strategies for each trigger. Write down at least one that you feel would work best for you.

3. Thought Challenge Exercise

Partner with a group member and role-play a scenario where a negative thought leads to substance use. Then, discuss ways to reframe it into a more positive or realistic perspective. Write your example below.

4. Support System Reflection

As a group, create a list of community resources and supportive individuals who can help during difficult times. Then, personalize your list.

5. Personal Goals for Recovery

Write down three personal recovery goals. Then, discuss them in a small group and offer each other encouragement and advice.
