

Name : _____ Date : _____

MINDFULNESS EXERCISES FOR SUBSTANCE ABUSE WORKSHEET

Breathing Awareness

Instructions: Sit comfortably. Focus only on your breathing for 2–3 minutes.

Reflection Questions:

1. What did you notice about your breathing?

2. Did your mind wander? What thoughts appeared?

3. How did your body feel during the exercise?

4. How do you feel now compared to before starting?

Urge Surfing Exercise

Instructions: When you feel the urge to use a substance, pause and observe the feeling like a wave that will rise and fall.

Reflection Questions:

1. What triggered the urge?

2. Where do you feel the urge in your body?

3. Rate the urge intensity (1–10)

4. What happened to the urge after a few minutes of observing it?
