The S.E.C.R.E.T. Recovery Framework
Stop • Explore • Challenge • Reconnect • Exchange • Take Action

THE RECOVERY SPACE
SUPPORT. COMPASSION. HOPE. TOGETHER.

S.E.C.R.E.T. Tool: Thinking Traps in Recovery Worksheet

A practical tool to help me notice unhelpful thinking patterns, understand how they affect me, and choose a more balanced recovery-focused response.

Name: _____ | **Date:** _____

1 What happened?

What situation, trigger, feeling, urge, or conflict brought this thought up?

2 What thought showed up?

What did my mind tell me in that moment?

3 What thinking trap could this be?

Tick any that may fit:

- ☐ **All-or-nothing thinking** — "I've messed up, so I may as well give up."
- ☐ **Catastrophising** — "This will never get better."
- ☐ **Mind reading** — "Everyone thinks I'm failing."
- ☐ **Fortune telling** — "I know I'll relapse anyway."
- ☐ **Emotional reasoning** — "I feel useless, so I must be useless."
- ☐ **Minimising progress** — "It's only one day, it doesn't count."
- ☐ **Labelling myself** — "I'm a failure."
- ☐ **Justifying or permission-giving** — "I deserve this after the week I've had."
- ☐ **Other:** _____

4 How did this thinking trap affect me?

Feeling:

Urge or behaviour it pushed me towards:

How strong did it feel? _____ / 10

5 What is a more balanced response?

What is a more honest, helpful, recovery-focused thought I can practise?

6 My next safe step is:

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
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