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

THE RECOVERY SPACE
SUPPORT. COMPASSION. HOPE. TOGETHER.

The S.E.C.R.E.T. Tool: Unhelpful Thought Challenge Worksheet

A practical tool to help me notice an unhelpful thought, question it, and create a more balanced recovery-focused response.

Name: _____ **Date:** _____

1 What happened?

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

2 What was the unhelpful thought?

What did my mind tell me? Examples: "I can't cope." "Just one won't hurt." "I've already failed." "Nobody understands." "I need this to feel better."

3 How did this thought affect me?

Feeling: _____

The urge or behaviour pushed me towards: _____

How strong did it feel? _____ / 10

4 Challenge the thought

- Is this thought completely true?
- Is this thought helpful for my recovery?
- What might happen if I act on this thought?
- What would I say to someone else who had this thought?

5 Create a more balanced thought

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

Examples: "This feeling is uncomfortable, but it will pass." "I do not have to act on this thought." "One difficult moment does not define me." "I can pause and choose my next safe step."

6 My Next Safe Step

One small recovery-focused action I can take now is:

This worksheet is for reflection and recovery support. It is not a replacement for professional, medical, mental health, or emergency support.
© 2026 The Recovery Space. S.E.C.R.E.T. Recovery Framework. All rights reserved.
Personal reflection use only. Please do not edit, rebrand, sell, or redistribute as your own.