



Honesty in Recovery Worksheets (PDF)

1. Write down what honesty means to you

2. Identify patterns where you have been dishonest

3. Think about situations where you have been dishonest, and how it has influenced your recovery

Situation	Dishonest	Influence on recovery

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**4. Think about the negative thoughts you have had in regards to honesty.
Write about situations that lead to these thoughts**

Negative thoughts	Dishonesty	Situations

5. Write how these negative thoughts have impacted your behavior

Negative thoughts	Behaviors

6. Write down your values and whether they align with your current behavior

Values	Behaviours

7. Think about the advantages and disadvantages of honesty

Advantages	Disadvantages

8. Think about your thoughts and feelings regarding honesty without passing any judgment. Write down your findings below.

References

1. [Tell Me a Story: The Role of Honest Sharing in Recovery](#)
2. [Changing for Real, Not Just for Pretend: A Proposed Framework for Understanding and Therapeutically Promoting Self-Honesty](#)
3. [Comparison of Motivational Interviewing with Acceptance and Commitment Therapy:](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.