

WORKSHEET 2A

IDENTIFYING AND CHALLENGING POSITIVE THOUGHTS ABOUT DRINKING – ABBY'S STORY

Trigger	Feelings and Sensations	Positive Thoughts about Drinking	Evidence Not Supporting the Thought	Alternative Thought	Belief in Alternative Thought
Coming back from work, seeing the house empty and thinking of an argument I had at work.	Angry and low.	'I will feel better after a drink.'	The good feeling doesn't last that long.	'I will feel so bad after drinking that it is better to avoid it!'	95
		'Drinking will help me control my negative thoughts.'	They still come back and usually worse after I've been drinking.	'Drinking makes me think more negatively.'	95

At a party,
meeting new
people.

Anxious.

'Drinking
will make me
more sociable.'

I get aggres-
sive when I
drink, which
ends up
ruining my
evenings.

Drinking
might make
me relaxed,
but it won't
last for long
and usually
results in a
mess.'

85

On a Friday
afternoon, at
a conference,
I asked a poor
question.

Anxious and
angry.

'Drinking
will make me
fit in.'

The anxiety
or anger,
without
drinking,
will go. There
are positive
things I
can do to
speed this up
(e.g. talk to
someone).

The anxiety
and anger
will go and
I can help
this along.
Alcohol will
make me
feel worse
not better. I
need to break
the habit of
coping with
negative
emotions.'

95