

WORKSHEET 4B

IDENTIFYING AND CHALLENGING PERMISSIVE THOUGHTS ABOUT DRINKING

Trigger	Feelings and Sensations	Permissive Thoughts about Drinking	Evidence Not Supporting the Thought	Alternative Thought	Belief in Alternative Thought

<p>When did it happen? Where were you? What were you doing? What were you thinking about?</p>	<p>What feelings and body sensations did you notice?</p>	<p>What were you saying to yourself that made it easier to keep drinking? Highlight the key thought that makes you most likely to continue drinking.</p>	<p>Use the eight questions on page 44 to challenge your thought.</p>	<p>Note the alternative more helpful thought.</p>	<p>Rate how much you believe this thought to be true on a scale from 0 to 100.</p>
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