

EXERCISE 11

IDENTIFYING POSITIVE THOUGHTS ABOUT DRINKING

Activating event	Feelings and sensations	Positive thoughts
<p>When did it happen?</p> <p>Where were you?</p> <p>What were you doing?</p> <p>What were you thinking about?</p>	<p>What feelings and body sensations did you notice?</p>	<p>How did you think drinking would help?</p> <p>What were you afraid might happen if you did not drink?</p>