

EXERCISE 12

RECOGNISING AND CHALLENGING POSITIVE THOUGHTS ABOUT DRINKING

Activating event	Feelings and sensations	Positive thoughts	Evidence not supporting the thought	Alternative thought	Belief in alternative thought

<p>When did it happen?</p> <p>Where were you?</p> <p>What were you doing?</p> <p>What are 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?</p> <p>Highlight the key thought that makes it most likely to continue drinking.</p>	<p>Use the eight questions on page 101 above 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 of 1–100 per cent.</p>