

EXERCISE 10

RECOGNISING AND CHALLENGING PERMISSIVE THOUGHTS ABOUT DRINKING

Activating event	Feelings and sensations	Permissive 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 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?</p> <p>Highlight the key thought that makes it most likely you will continue drinking.</p>	<p>Use the eight questions on page 91 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 0–100 per cent.</p>