

## WORKSHEET 3A

### IDENTIFYING PERMISSIVE THOUGHTS ABOUT DRINKING – STEVE'S STORY

Trigger	Feelings and Sensations	Permissive Thoughts about Drinking
<p>On a Saturday, I was walking by myself along Regent's Canal. I'd passed several pubs and off-licences. I had a strong desire to drink, so stopped and had one.</p> <p>On one occasion recently, I went into a pub with the intention of drinking no more than two pints of beer. I drank four pints.</p>	<p>Bored, frustrated, and worried.</p> <p>Slightly elated from the alcohol, guilty.</p> <p>Bored, frustrated, and worried.</p> <p>Slightly elated from the alcohol, guilty.</p>	<p>'I've only got £25. So I can't do too much damage.'</p> <p>'I can start afresh tomorrow.'</p> <p>'I've got to drink more.'</p> <p>'Another few drinks won't do any harm.'</p>