

**WORKSHEET 4A IDENTIFYING AND CHALLENGING
PERMISSIVE THOUGHTS ABOUT DRINKING – STEVE'S STORY**

Trigger	Feelings and Sensations	Positive Thoughts about Drinking	Evidence Not Supporting the Thought	Alternative Thought	Belief in Alternative Thought
<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>Bored, frustrated, and worried.</p>	<p>'I've only got £25. So I can't do too much damage.'</p>	<p>I have borrowed money from flatmates or friends before.</p>	<p>'I can borrow money; and even if I only spent £25, I'd be strengthening a tendency to drink when feeling bad or bored.'</p>	<p>95</p>
	<p>Slightly elated from the alcohol, guilty.</p>	<p>'I can start afresh tomorrow.'</p>	<p>I have had this thought many times, and yet I found it extremely difficult to stop</p>	<p>'Past experience tells me that I'm unlikely to be able to "start afresh tomorrow". It isn't that</p>	<p>95</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.

Bored, frustrated, and worried.

'I've got to drink more.'

drinking and stay stopped.

easy. First, the morning after, I'll feel terrible and want to blot that out. Second, I'll be reinforcing my tendency to drink.'

Past experience suggests that I can stop drinking after two pints. I'll feel less guilt if I stop drinking now than if I carry on and no doubt behave badly.'

Slightly elated from the alcohol, guilty.

'Another few drinks won't do any harm'

On many, many occasions, in the past, 'another few drinks' has led to me losing control of my drinking and then getting angry with people.