

EXERCISE 9

RECOGNISING PERMISSIVE THOUGHTS ABOUT DRINKING

Activating event	Feelings and sensations	Permissive 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>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>