
Managing Thoughts of Using Worksheet

Instructions: Review the list of common thoughts associated with relapse. Add some personal thoughts to the list. Then, list counterstatements and strategies you can use to change these thoughts in order to control them and prevent them from leading to substance use.

Thoughts	Counterstatements
1. <i>I'll never use again. I've got my problem under control.</i>	
2. <i>A few cigarettes (drinks, lines of cocaine, etc.) won't hurt.</i>	
3. <i>I can't have fun or excitement if I don't use.</i>	
4. <i>I need something to take the edge off and help me relax.</i>	
5. <i>Life is difficult. I need to escape for awhile.</i>	

Thoughts**Counterstatements**

6. *I can't fit in with others if they use and I don't.*

7. *What's the point in staying sober? It really doesn't matter.*

8. *I'm going to test myself to see if I can have just one.*

9. *How can I go out with John if I don't drink?*

10. *I'll never get out of debt, I might as well get drunk.*

11. *I could drink and no one would ever know.*