

THOUGHTS OF ENJOYMENT:

1. When you feel excited about using, what thoughts come to you?

2. Do you know for a fact that the positive things you are thinking of will happen?

3. What will happen once the excitement and positive feelings wear off?

4. Does using conflict with your current goals and values? Is there a benefit to not using?

THOUGHTS OF RELIEF OR ESCAPE:

1. When things are hard, what thoughts of substance use often come up for you?

2. Do you know for a fact that the relief you are thinking of will happen?

3. What will happen once the feelings of relief have worn off?

4. What are some other ways you could cope with your difficult situation?

THOUGHTS OF PERMISSION:

1. What permission-giving thoughts come to you when you think about using?

2. What evidence do you have that using substances will be different this time?

3. Is your use of substances different from the people you are comparing yourself with?

4. Where did the rule that you deserve or have earned substance use come from? Is this a helpful rule?

5. If you are thinking that you do not care, will this change once the effect of the substance wears off?

THOUGHTS AFTER A LAPSE:

1. What thoughts come to you after having a lapse?

2. Does the thought help you understand the reason for the lapse?

3. How will continuing to use substances after a lapse make things worse?

4. Replay the events that led to the lapse out in your head:

What triggered the lapse? What need or desire were you ignoring? Were there clues that you were at risk of lapsing? What risky decisions did you make?

5. What will you do in the future to avoid a similar lapse?