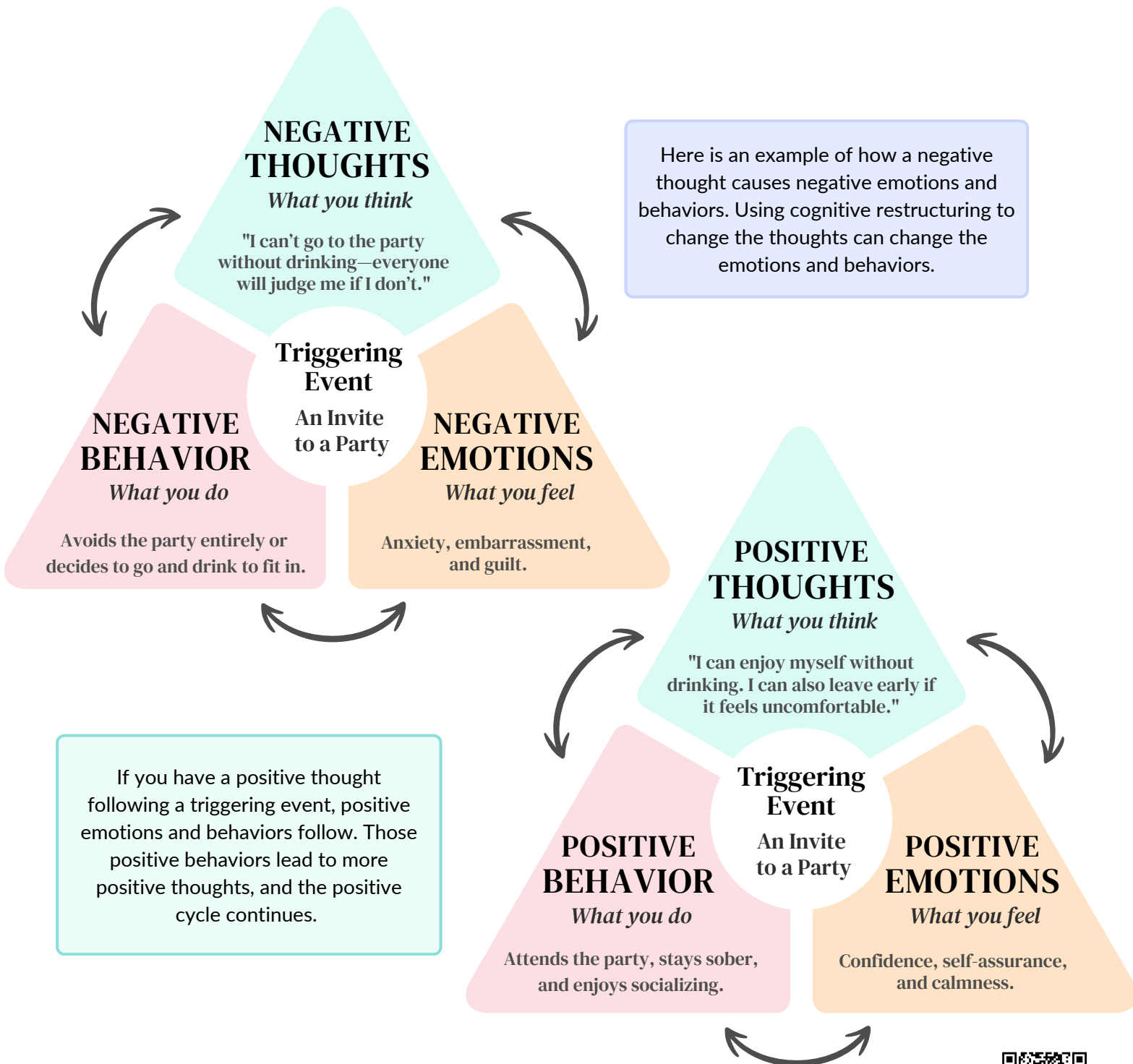


Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone recovering from addiction, cognitive restructuring can help change the negative thought patterns that contribute to feelings of guilt and hopelessness, which often fuel addictive behaviors.** By identifying these thoughts and replacing them with more constructive alternatives, individuals can strengthen their resilience and support their recovery journey.



Cognitive Restructuring

THOUGHT

What you think in a situation.
Ex: A drink is the only way I can calm down right now.

EMOTION

How you feel.
Ex: Helplessness and despair.

BEHAVIOR

How you act in the situation.
Ex: Drinks alcohol, leading to a potential relapse.

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are contributing to your addiction by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to behaviors that conflict with your recovery goals.

Thought:

Is my thought factual?

What evidence do I have for and against my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

