

Developing Control: Seemingly Irrelevant Decisions

Seemingly Irrelevant Decisions

When making any decision, whether large or small, do the following:

- Consider all the options you have.
- Think about all the consequences, both positive and negative, for each of the options.
- Select one of the options. Pick a safe decision that minimizes your risk of relapse.
- Watch for “red flag” thinking - thoughts like “I have to . . .”, or “I can handle . . .” or “It really doesn’t matter if . . .”

Practice monitoring decisions that you face in the course of a day, both large and small, and consider safe and risky alternatives for each.

Decision	Safe alternative	Risky alternative

Adapted from: Carroll, K. (1998). A Cognitive-Behavioral Approach: Treating Cocaine Addiction. NIDA. Pages 76. This form was originally adapted from Monti et al. 1989.