

# Developing Control: Coping with Thoughts about Using

## Coping With Thoughts About Using

There are several ways of coping with thoughts about using alcohol and other drugs:

- Thinking through and remembering the end of the last time you used
- Challenging your thoughts
- Recalling the negative consequences of using
- Distracting yourself
- Talking through the thought

Before the next session, keep track of your automatic thoughts about using when they occur, and then record a positive thought and coping skills.

Thought about using substances	The positive thought or the coping skills used

Adapted from: Carroll, K. (1998). A Cognitive-Behavioral Approach: Treating Cocaine Addiction. NIDA. Page 64. This form was originally adapted from Monti et al. 1989.