

FORWARD STEPS TO RECOVERY

1. **TRIGGERS** — see next page
2. **IMAGINING/FANTASIZING** — see next page
3. **CONSTRUCTIVE (RELAPSE PREVENTIVE) THINKING**
 - a. **Thought Stopping:** *I'm not going to think about that; I've already made my decision.*
 - b. **Thought Substitution:** *I'm in danger — I'd better be alert; I think I'll call Bob; I think I'll plan my vacation.*
 - c. **Debating/Disputing/Challenging Your Addictive Voice:** *Where is the evidence? Is this thought or belief true or valid? How does this thought or belief serve my best interest?*
 - d. **Coping Statements:** *This feeling will eventually pass; It's hard, but not too hard; Condemn the behavior, not the person.*
 - e. **Positive Affirmation:** *I have said no to myself before — I can do so again; I'm going to treasure my sobriety; Even if I have lapsed, I can accept myself.*
 - f. **Review of Goals (Desirable Outcomes):** *I want to stop drinking — it's my goal; I have already decided that I want to keep my relationship with my wife; I want to go home sober.*
 - g. **Review of Negative Consequences (Undesirable Outcomes):** *Eventually, I will lose my job; I can't take two drinks without taking several more and getting drunk; My relationships will suffer.*
 - h. **Do Written Homework** (Problem Sheet, ABC Sheet, or Drinking Sheet).
 - i. **Reframing:** Look at the situation from another angle or another person's viewpoint. Look at the benefits of choosing not to engage in the addictive behavior.
 - j. **Rational-Emotive Imagery:** Imagine yourself behaving or feeling differently about the situation. Close your eyes and practice responding to someone in a different, more rational, more effective manner.
4. **CONSTRUCTIVE (RELAPSE PREVENTIVE) ACTIONS**
 - a. Get involved in a project or a recreational activity.
 - b. Walk the other way.
 - c. If there are any remaining liquor, drugs, sweets, or other addictive substances in the house, throw them out or flush them down the toilet.
 - d. Call a friend.
 - e. Fill in a worksheet.
 - f. Do something intentionally to lift your spirits other than drinking or drugging: *e.g., climb a mountain, go for a brisk walk.*
 - g. Have some seltzer or other non-alcoholic beverage.
 - h. Go to a SMART Recovery meeting.
 - i. Read a chapter from Ellis and Velten's *When AA Doesn't Work for You* or another REBT self-help book.
 - j. Divert/enjoy yourself: Exercise, go for a walk, watch TV, play a game, cook, take a hot bath, have a cup of coffee, read the newspaper, listen to music.
5. **DESIRABLE OUTCOMES OF MY NOT INDULGING** (list them)
