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Building Recovery by Improving Goals, Habits, and Thoughts
An Integrated Group Cognitive Behavioral Therapy for Co-Occurring Depression and Alcohol and Drug Use Problems

Kimberly A. Hepner • Ricardo F. Muñoz • Stephanie Woo • Karen Chan Osilla
Shelley H. Wiseman • Katherine E. Watkins

Sponsored by the National Institute on Drug Abuse
The research described in this report was sponsored by the National Institute on Drug Abuse and was conducted in RAND Health, a division of the RAND Corporation.

The authors adapted this publication (with contributions from Dina Daleo and John Sheehe) from the May 2000 revision of the "Manual for Group Cognitive Behavioral Therapy for Major Depression: A Reality Management Approach" by Ricardo F. Muñoz, Chandra Ghosh Ippen, Stephen Rao, Huynh-Nhu Le, and Eleanor Valdes Dwyer with their permission.

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GROUP MEMBER’S WORKBOOK

Building Recovery by Improving Goals, Habits, and Thoughts

An Integrated Group Cognitive Behavioral Therapy for Co-Occurring Depression and Alcohol and Drug Use Problems

Thoughts, Alcohol/Drug Use, and Your Mood
The research described in this report was sponsored by the National Institute on Drug Abuse and was conducted in RAND Health, a division of the RAND Corporation.

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This is your book to keep. Feel free to write in it.

This workbook belongs to:

_____________________________________________________________
(Name)

_____________________________________________________________
(Date)
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SESSION 1: THOUGHTS CAN BE HARMFUL OR HELPFUL

PURPOSE

- Learn about this group, depression, and alcohol/drug use problems.
- Learn that there are connections among thoughts, depression, and cravings. (A “craving” is the desire to drink or use.)
- Learn that thoughts can be harmful or helpful to you.

OUTLINE

Welcome
How Have You Been Feeling?
Group Rules
Announcements
Introductions
What Is Depression?
What Are Alcohol/Drug Use Problems?
What Is Cognitive Behavioral Therapy (CBT)?
Review
New Topic: Thoughts Can Be Harmful or Helpful
  - Thoughts Are Sentences We Tell Ourselves
  - Identify Your Harmful Thoughts
  - Examples of Harmful Thoughts
  - Examples of Helpful Thoughts
Key Messages
Practice
Feedback
Looking Ahead
**HOW HAVE YOU BEEN FEELING?**

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
GROUP RULES

1. *Come to every group meeting.* Important and useful new ideas will be discussed at each group session. The sessions will give you new tools that you can use to help your recovery from depression and alcohol/drug use. This is why it’s so important to come to each group meeting. If you can’t make it, call us at this number:

(___________)__________ - ________________ (Contact number)

2. *Come to group meetings on time.*

3. *Do not come to group under the influence of alcohol or drugs.*
   For the benefit of the group, you will be asked to leave the session if you are under the influence.
4. Maintain the confidentiality of the group.

Please do not share what you hear in the group with anybody else. Likewise, group leaders will not repeat what you say. There are three exceptions.

First, your group leaders share information with each other and with the licensed mental health professional that is supervising the group.

Second, if group leaders hear something that makes them think your health or safety is in danger they will talk with your doctor or others.

Finally, by law, a group leader must report:

- If a child or dependent adult is being abused or neglected.
- If an older adult is being abused or neglected.
- If someone is in danger of hurting himself or herself or someone else.

5. Be respectful and supportive of others in the group.

The group is based on respect for all people. If you have a problem with another group member and your feelings are getting in the way of your group therapy, discuss the problem with a group leader.

You may find that other group members have had experiences similar to yours, but feel differently about them. That’s OK—it is important to respect each person’s opinion.
6. Find a balance between talking and listening.

You and the other group members will get the most out of the group if everybody has a chance to talk about their thoughts, feelings, problems, and experiences.

Plus, in each session, the group leaders need time to introduce new ideas that will help everybody in the group. Unfortunately, the time allowed for each group session is limited. The group leaders will:

- Keep track of the time for each session.
- Gently remind you to give others a turn to talk.

7. Know that you don’t have to share everything.

8. Practice. Practicing on your own will help you learn how to use the skills you learn in group and make it more likely that you will get well.

9. Tell us if you are unhappy with the group or your treatment.
The group leader will make any announcements that might be necessary. For example, if the next session is scheduled on a day that is a holiday, the day of that session may be changed. During this time, you will have a chance to tell the group leader ahead of time if, for example, you need to be late for a session.

Is there anything you would like to let the leaders know about?
INTRODUCTIONS

Group Leaders

Your group leaders are:

________________________________(_______)______________
(Name)       (Contact number)

________________________________(_______)______________
(Name)       (Contact number)

In an emergency (for example, if you are having thoughts of hurting yourself), call 911.

Group Members

You will be coming to group CBT with the group of people you are meeting in this session. Talking with them will be an important part of CBT.

Now group members will introduce themselves. We will be talking about your experiences with depression and drinking/using later in the session. At this time, we want to know a bit about you as an individual. Begin by telling the group your name, and then choose one or two of the following subjects to talk about:

- Where you grew up
- Your family
- What kind of work you have done
- Your main interests or hobbies
- Something about yourself that you think is special
WHAT IS DEPRESSION?

**What is depression like for you?**

Feel free to write notes to yourself anywhere in your workbook. In some places, there is extra space for your notes.

**Depression Is:**

- More than a passing sadness or bad mood.
- A period of feeling very sad that lasts a long time and that makes it hard to do daily activities.
- Possible at any point in your life.
- A possible diagnosis if you have five or more of the following symptoms most of the day, almost every day, for two weeks or more:

**The Nine Symptoms of Depression**

1. Feeling depressed, down, or irritable nearly every day.
2. Loss of interest or pleasure in activities that you normally enjoy.
3. Significant increases or decreases in your weight or appetite.
4. Sleeping too much or too little.
5. Change in the way you move (moving restlessly or slowly).
6. Feeling tired or fatigued.
7. Feeling worthless or having terrible guilt.
8. Trouble concentrating or making decisions.
9. Repeated thoughts of death or suicide.
What was happening in your life when you most recently got depressed?

Possible Triggers for Depression

- Use of alcohol or drugs
- Being sick with medical problems or in pain
- Biological/chemical imbalance in your body
- Financial/money problems
- Losing someone you love
- Upsetting things happening, or ongoing problems
- Struggles with people you are close to
- Big life changes
- Stress that lasts a long time
- Living with people who are addicts

Did you know

Depression is Common

- 10–25% of women will have at least one serious episode of depression.
- 5–12% of men will have at least one serious episode of depression.
- Depression is the #1 cause of disability in the United States. (“Disability” is the inability to carry out daily living activities.)

Source: Controlling Your Drinking by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by the Guilford Press, 2005.
WHAT ARE ALCOHOL/DRUG USE PROBLEMS?

Common problems of alcohol/drug use:

- Conflicts with other people, including family members.
- Problems at work or school, or difficulty keeping a job.
- Financial problems.
- Physical symptoms or health problems, or existing health problems becoming worse.
- A tolerance for the alcohol or drugs so that you require more to get the same “high.”
- Not being able to stop on your own.
- Withdrawal symptoms (such as shakiness, feeling sick to your stomach, headaches, or fatigue) when you don’t use that are relieved when you use again.
- Memory problems.
- Legal problems (such as an arrest for driving under the influence—DUI; arrest for possession or use of illegal drugs; or not meeting your financial obligations).
What would your life look like if you stopped drinking/using and your mood improved? Write your ideas below.

_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________

Many Americans Don’t Drink

34% of men and 44% of women in the United States do not drink alcohol.

Source: Controlling Your Drinking by William R. Miller, Ph.D. and Ricardo F. Munoz, Ph.D. Published by The Guilford Press, 2005.
WHAT IS COGNITIVE BEHAVIORAL THERAPY?

This treatment provides a specific kind of help—cognitive behavioral therapy, or CBT for short—to people who are depressed and who have problems with alcohol/drug use. Depression and alcohol/drug use problems often go together, so it makes sense to treat them together.

CBT teaches skills to help you change your thoughts and behaviors to improve the way you feel and support your recovery. This approach does not mean that your thoughts and behaviors caused your depression and alcohol/substance use in the first place.

**CBT can help you “manage” your depression and your recovery. “Managing” means to:**

- Make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
- Learn ways to prevent getting depressed again and to stay free of alcohol/drugs, despite real life problems.
- Learn what thoughts, feelings, activities, and people interactions make it more likely you will get depressed or use. They are your “triggers.”

**What does the name “Cognitive Behavioral Therapy” mean?**

*Cognitive* refers to your thoughts.

*Behavioral* refers to how you act or what you do. In CBT, when we talk about behavior, we mean what activities you do and how you interact with other people.

One way to think of CBT is that it teaches healthy ways to manage your depression and your recovery. Managing your depression and your recovery means to make feelings of depression and cravings for alcohol/drugs less intense, less frequent, and shorter.
CBT helps you break the destructive cycle of depression and can help you manage your cravings by teaching you that for each of these factors—thoughts, activities, and people interactions—there is a part that you can manage and change. Also, because they are connected, changes in one area can affect the other areas.

This CBT treatment program is organized into 18 sessions.

- **Thoughts** module = 6 sessions
- **Activities** module = 6 sessions
- **People** module = 6 sessions

Total CBT = 18 sessions
The Serenity Prayer

“God, grant me the serenity to accept the things I cannot change, Courage to change the things I can, And the wisdom to know the difference.”

CBT has something in common with the Serenity Prayer. It teaches that, even though you cannot change everything in your life, you can choose how you think about events and how you react. “Changing the things I can” involves thinking and doing:

- Changing how you think about things, and
- Changing what you do to respond.

In this module, we will talk about the power of your thoughts and their important connection with depression and alcohol/drug use. You can learn how to manage your thoughts to feel better and support your recovery.

The goal of CBT is to help you get closer to what you imagine your life would be like without depression and without drinking/using. The group will focus on practical strategies to improve things right now, and will teach you skills that you can continue to use even after the group ends.
REVIEW

Last Module

- What do you remember most from the last module?
- What did you learn that was most helpful, in terms of improving your mood and supporting your recovery?
- What was less helpful?

The key take-home messages from the last module were:

1. You can **catch**, or notice, your people interactions.

2. You can **check**, or examine, your people interactions to see if they help you or harm you. A helpful people interaction is healthy for you—it makes you feel good and supports your recovery.

3. You can change the harmful people interactions that get in the way of your good mood and recovery, and choose helpful people interactions instead.
Practice

If you were part of the CBT group for the last module (“People, Alcohol/Drug Use, and Your Mood”), you have been practicing CBT skills. How is your practice going? At the end of the last module, we asked you to:

1. *Keep using Catch It, Check It, Change It.*

2. *Find a place to keep your coping card.*

3. *Track your mood and coping using the Daily Check In.*
NEW TOPIC: THOUGHTS CAN BE HARMFUL OR HELPFUL

Thoughts Are Sentences We Tell Ourselves

- I did a good job at work today.
- I will never amount to anything.

I will wear my blue shirt tonight. My throat is a little sore. This job is taking too long. Today is Thursday. I can’t wait until lunch. That movie was really funny. I can’t handle this without drugs.

Thoughts can also be images or pictures in your mind.

Feelings are emotions or moods. They can usually be described with one word.

- Happiness
- Sadness
- Anger
- Shame
- Guilt
In this workbook we talk about “harmful” and “helpful” thoughts. These terms are just shortcuts—a thought is not good or bad, harmful or helpful, all by itself. The power of thoughts is in how they make you feel and act.

A thought that brings your mood down or makes you want to drink or use is **harmful to you**.

A thought that lifts your mood or supports your recovery is **helpful to you**.
Identify Your Harmful Thoughts

Try to remember a time in the last week when you felt really low. You may have felt unsure of yourself, sad, or angry. Close your eyes and picture yourself in the situation you were in then. What thoughts were going through your mind at the time you felt low?

Write your thoughts.

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Try to remember a time in the last week when you felt like drinking or using. Close your eyes and try to picture yourself in the situation you were in then. What thoughts were going through your mind at the time you felt like drinking or using?

Write your thoughts.

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

As you practice noticing your thoughts, you may find it interesting that not all of the thoughts you have are completely true or helpful. That’s ok for now. Later on, we will work on questioning thoughts and changing some thoughts to improve your mood. Like learning any new skill, recognizing and changing harmful thoughts will take some practice.
Examples of Harmful Thoughts

1. I have wrecked my body.
2. My children’s problems are my fault.
3. I have worked hard, so I deserve a drink.
4. I have wasted my life.
5. I am weak.
6. Nobody loves me.
7. I’ll end up living all alone.
8. I have secrets I can never tell.
9. I had one drink so I might as well keep going.
10. It’s no use to try.
11. I am stupid.
12. I am a burden to others.
13. Anybody who thinks I’m nice doesn’t know the real me.
15. I am ugly.
16. I can’t express my feelings.
17. I’ll never find what I really want.
18. I can’t cope with my problems without using.
19. I am worthless.
20. I can’t handle this unless I have a drink (or fix or joint).
21. Everything bad always happens to me.
22. My kids hate me.
23. I don’t have what it takes.
24. Nobody knows what I have been through.
25. I’ll never get over this depression.
26. Things are so messed up that doing anything is pointless.
27. I don’t have enough willpower.
28. I’ve messed up my kids.
29. I wish I were dead.
30. There is no point in getting out of bed.
31. Things are just going to get worse.
32. One drink or hit won’t hurt.
33. No matter how hard I try, it is never good enough.
34. Life is unfair.
35. My kids will never forgive me.
36. If I don’t see my friends who use, I won’t have any friends.
37. I can’t provide for my family.
38. I can’t control my bad temper.
39. I have wasted my life because I have used drugs or alcohol.
40. I will never have fun again.
41. If I have a relapse, all my hard work for recovery will be wasted.
42. I will always be alone.
43. I don’t want to know how bad my health is.
44. I’m ashamed of myself.
45. I don’t feel like going to group.

What are your harmful thoughts?

46. _____________________________
47. _____________________________
48. _____________________________

Thoughts, Alcohol/Drug Use, and Your Mood, Session 1
Examples of Helpful Thoughts

1. It will be fun going to a movie today.
2. It is OK to be good at a few things and not everything.
3. The weather is great today.
4. I did better than I thought.
5. Things are bad right now, but I can do things to make them better.
6. Today is a new day.
7. That was probably a reasonable solution to a tough problem.
8. I am taking a positive step in life by taking care of myself.
9. I am going to give myself credit for trying hard.
10. That was a nice thing for me to do.
11. Today I was there for my kids.
12. I feel healthier now that I haven’t been using for a while.
13. It is nice not having to fake being sober—I really am.
14. I can do just about anything if I set my mind to do it.
15. I have great hopes for the future.
16. I have good self-control.
17. Staying sober is a learning process and I am up for the challenge.
18. I handled that situation really well.
19. People are OK once you get to know them.
20. I like to read.
21. I’m easy to get along with.
22. If I can just hold on until [a certain date] I’ll be OK.
23. A relaxing evening without using can be enjoyable.
24. I have worked long enough—now it’s time to have fun.
25. I’m considerate of others.
26. I have time to accomplish most things I want to do.
27. Someday I’ll look back on today and smile.
28. I’m working hard to get my kids back.
29. I can find the strength to handle whatever comes up.
30. I’m a good parent/friend/spouse.
31. I’m a sensitive person.
32. I’m honest.
33. I could probably handle a crisis as well as anyone else.
34. Just because I had one slip does not mean that I can’t stay sober.
35. I can be responsible.
36. My experiences have prepared me well for the future.
37. I can begin to change my life today.
38. I’m pretty smart.
39. I can choose to change the future.
40. I am looking forward to that event.
41. I am doing the best I can.
42. I was able to turn down drugs when that person offered them to me.
43. I didn’t have even one drink last week.
44. There are things I am grateful for today.
45. If I practice new skills, I can learn to say no to alcohol/drugs.

What are your helpful thoughts?

46. _____________________________
47. _____________________________
48. _____________________________
Examples of Feelings and Ways of Being

Do the pictures help you remember how you feel sometimes?
**Key Messages**

**Key messages from this session include:**

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.

- Thoughts are helpful or harmful to you depending on how they make you feel.

- You can learn to notice or “catch” your harmful thoughts.

What do you want to remember about this session? **Write your own key messages here.**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
This treatment will be successful for you if you learn skills for managing your mood and other coping skills you could use during challenges to your recovery. You will need to practice, just as you would if you were learning to play the piano or a new sport. If you don’t practice the skills, you won’t learn them. But the more you practice them, the more naturally you will use them, so that eventually you will do it even without making an effort.

Each session’s practice will consist of one or more short activities that everybody in the group will try. This session’s practice is:

1. **Write down your thoughts each day.**
   - Use one separate card for each day (using either the separate index cards or the “cards” printed in your workbook).
   - Write the day of the week on the cards. For example, if you start tracking your thoughts for the week on a Wednesday, write “Wednesday” (or “W”) on the first card.
   - Mark one side of the first day’s card with a minus sign (−) and write 4–5 negative (harmful) thoughts that you have that day. Mark the other side of the card with a plus sign (+) and on that side write 4–5 positive (helpful) thoughts that you have on the same day. You can look back at the lists of harmful and helpful thoughts for examples.
   - Bring your cards with you to the next session.

2. **Track your mood and coping using the Daily Check In.** The Daily Check In and instructions for how to use it are on the next page. The scale provides a “quick” way for you to keep track of your moods and how well you coped with challenges to your recovery. Try to complete the Daily Check In at the same time each day—for example, before you go to sleep each night. As the treatment progresses and as you practice the skills you learn in each session, you will probably find that your mood improves and that you can cope well with challenges to your recovery.
Example

Thoughts, Day 1  ─  Wednesday
(Write in the day of the week.)
Trying to stay sober is impossible.

Flip the card over

Thoughts, Day 1  +  Wednesday
(Write in the day of the week.)
Getting sober can be tough. But I will take things one day at a time and try my best.
**Daily Check In**

Instructions

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? Circle “Yes” or “No” at the bottom.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. Write in the day of the week.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Noticeably better mood</td>
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<tr>
<td>Best mood ever</td>
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<tr>
<td>Noticeably worse mood</td>
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<tr>
<td>Noticeably better mood</td>
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<tr>
<td>Best mood ever</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

2. Write in the day of the week.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping with challenges to my recovery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coped OK</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Write in the day of the week.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Were you able to notice your harmful thoughts each day?</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Thoughts, Alcohol/Drug Use, and Your Mood, Session 1
## Daily Check In

### Instructions

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to answer questions based on how you felt each day.
- Did you notice your thoughts? Circle the number that best represents your experience.
- If you want to track your mood and how you coped, time longer than a week, write down your ratings on a calendar.

### Write in the day of the week.

<table>
<thead>
<tr>
<th>Mood</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best mood ever</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

### Coped the worst ever

<table>
<thead>
<tr>
<th>Coped the worst ever</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the worst ever</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

### Write in the day of the week.

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coped the best ever</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped OK</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

### Write in the day of the week.

<table>
<thead>
<tr>
<th>Were you able to notice your harmful thoughts each day?</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Thoughts, Alcohol/Drug Use, and Your Mood, Session 1 27
Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 2  

(Write in the day of the week.)
Thoughts, Day 2  
(Write in the day of the week.)

Thoughts, Day 3  
(Write in the day of the week.)

Thoughts, Day 3  
(Write in the day of the week.)
Thoughts, Day 4

(Write in the day of the week.)

Thoughts, Day 4

(Write in the day of the week.)

Thoughts, Day 5

(Write in the day of the week.)
Thoughts, Day 7  

(Write in the day of the week.)

Thoughts, Day 7  

(Write in the day of the week.)
**FEEDBACK**

- What was helpful about today’s session?
- What was less helpful?
- What was difficult about today’s session?
- What suggestions do you have to improve your treatment?
- If you are continuing CBT from a previous module, how have you made changes since beginning the group?

**LOOKING AHEAD**

In Session 2, we will talk more about how your thoughts, mood, and alcohol/drug use are connected.
SESSION 2: YOUR THOUGHTS, MOOD, AND ALCOHOL/DRUG USE ARE CONNECTED

PURPOSE

- Understand that your thoughts can affect your feelings and your feelings can affect your thoughts.
- Understand that catching and managing your thoughts can help you manage your mood and your cravings to feel better.
- Begin to notice, or “catch” your thoughts.

OUTLINE

Announcements
Review
New Topic: Your Thoughts, Mood, and Alcohol/Drug Use Are Connected
  What You Think Affects How You Feel
  How Does Your Mood Affect Drinking/Using?
  How Does Drinking/Using Affect Your Mood?
  The “Oh, Whatever” Effect
  You Can Learn to Notice Your Thoughts
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

REVIEW

Last Session

*Key messages from last session are:*

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.
- Thoughts are helpful or harmful to you depending on how they make you feel.
- You can learn to notice or “catch” your harmful thoughts.
Today we will talk more about the links among your thoughts, mood, and cravings.

Practice

Last session, we asked you to complete these practice activities. How did your practice go?

1. Write down your thoughts each day.

2. Track your mood and coping using the Daily Check In.
NEW TOPIC: YOUR THOUGHTS, MOOD, AND ALCOHOL/DRUG USE ARE CONNECTED

What You Think Affects How You Feel

Look at the cartoons below. What do you think the person is thinking in each cartoon? (There are no right or wrong answers.)

1.

2.

- The person was faced with the same reality in both cartoons: it is raining.
- The person’s mood was different in the two cartoons.
- Why did the person have different moods?

Your mood can be improved and your cravings decreased by how you think and how you react to what happens in your life.
How Does Your Mood Affect Drinking/Using?

Let’s find out how your mood affects your use of alcohol/drugs. Can you remember a time when you…

- Felt down or depressed?
  
  **and then**

- Used alcohol or drugs, even though you were trying not to?

1. What **feelings** were you having **before** you used alcohol/drugs? (For example, were you feeling sad, anxious, fearful, guilty, ashamed, angry?)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
2. What **thoughts** were you having **before** you used alcohol/drugs? (For example, “What’s the point of trying anymore?”)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

**What do you notice about the connections between your thoughts and feelings, and your decision to drink or use?**
How Does Drinking/Using Affect Your Mood?

Just as your mood can affect your use of alcohol or drugs, using alcohol or drugs can affect your mood. Are you more likely to feel down after using alcohol or drugs?

Recall a time when you used alcohol or drugs. Now think about how you felt after you used alcohol/drugs (when the high wore off).

1. What feelings did you have? For example, did you feel sad, ashamed, guilty, hopeless, irritable, or down on yourself?

____________________________________________________________
____________________________________________________________
____________________________________________________________
2. What thoughts did you have? Can you remember a specific thought? For example, “I will always be a drunk” or “I keep messing up” or “I’ll never be clean, I might as well keep using,” or “I deserve to suffer the rest of my life because of all the bad things I have done.”

____________________________________________________________

___________________________________________________

___________________________________________________

3. Did you notice changes in:

☐ How your body felt?   ☐ Appetite?   ☐ Sleep?
☐ Energy level?   ☐ Your ability to think and make decisions?

What do you notice about the connections between your decision to use alcohol or drugs and your thoughts and feelings?
The “Oh, Whatever” Effect

Has this ever happened to you?

Pat is trying to quit drinking or using. Pat has been in recovery for awhile. But one day Pat thinks, “Just one drink or hit won’t hurt, I deserve it” and Pat has a drink or uses. Pat then feels bad, ashamed, and guilty. Instead of stopping after one mistake, Pat says, “Oh, whatever, I already blew it” and continues to drink or use. Pat enters the destructive cycle of harmful thoughts, feelings, and behavior.

We call this the “Oh, Whatever” effect.
What could you do next time instead of saying “Oh, whatever”?

You can use the cycle of helpful thoughts and behavior to help you resist your cravings.

The CBT Circle

UPSETTING EVENT
You drink or use one time.

MOOD AND CRAVINGS
You take a walk to clear your head.

THOUGHTS
“i can stop now before it gets worse.

BEHAVIOR
Activities you do alone

DEPRESSION AND ALCOHOL/DRUG USE
You feel good and strong—you had a slip but you didn’t relapse, and you are sober again.

Interactions with other people

You call your counselor or a sober friend.
You Can Learn to Notice Your Thoughts

CBT teaches you how to manage your thoughts to improve your mood and support your recovery. But many people find that it is difficult to know what their thoughts are in the first place!

You have been practicing how to notice, or “catch,” a thought. The next steps will be to “check” the thought out and then “change” the thought if it is harmful to you. We call this approach Catch It, Check It, Change It. A summary of what it means to “catch,” “check,” and “change” a thought is presented on the next page. “Catch It, Check It, Change It” will be explained in further detail and practiced later in this module.
1. Catch It

The first step is to notice—or “catch”—your thoughts.

If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on what you are thinking. For example, when you notice that your mood changes or that you feel sad or angry, stop. Ask yourself some questions.

- What thought was I having when I noticed a change in my mood?
- What was happening at the time?

2. Check It

CBT will teach you to examine your thought more closely. What evidence do you have against your thought being true? How could your thought be more accurate (i.e., true), complete (i.e., includes all the facts?), and balanced (i.e., fair and accurate)?

3. Change It

How could you change your harmful thought? What helpful thought could replace your harmful thought?

If you find it hard to believe your helpful thought to be true, this is normal and will get easier with time.
Key messages from this session include:

- You can use your helpful thoughts to improve your mood and decrease your cravings.
- Your mood can affect your drinking/using.
- Drinking/using can affect your mood.
What do you want to remember about this session?
Write your own key messages here.
1. Write down your thoughts each day.

2. Track your mood and coping using the Daily Check In.

Notice at the bottom of the Daily Check In a place where you answer “Yes” or “No” to whether you were able to notice your harmful thoughts each day. Of course you won’t notice every thought that you have in the course of a day—but try to become more aware of what your thoughts are when you are more depressed. Eventually, you may notice that on the days when you have fewer negative thoughts, your mood will be better.
DAILY CHECK IN

Instructions    Today’s Date: ___________________

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? Circle “Yes” or “No” at the bottom.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

<table>
<thead>
<tr>
<th>Write in the day of the week.</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
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<td>6</td>
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<tr>
<td>Lowest mood ever</td>
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<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
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<tr>
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<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Coped OK</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

2. Write in the day of the week.

| Write in the day of the week. |   |   |   |   |   |   |   |
| Coping with challenges to my recovery |   |   |   |   |   |   |
| Coped the best ever            | 9 | 9 | 9 | 9 | 9 | 9 | 9 |
| Coped noticeably better than usual | 8 | 8 | 8 | 8 | 8 | 8 | 8 |
| Coped OK                       | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| Coped noticeably worse than usual | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| Coped the worst ever           | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Coped noticeably better than usual | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Coped OK                       | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Coped noticeably worse than usual | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Coped the worst ever           | 1 | 1 | 1 | 1 | 1 | 1 | 1 |

3. Write in the day of the week.

<table>
<thead>
<tr>
<th>Were you able to notice your harmful thoughts each day?</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
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<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>
Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 2  

(Write in the day of the week.)
Thoughts, Day 2  

(Write in the day of the week.)

Thoughts, Day 3  

(Write in the day of the week.)

Thoughts, Day 3  

(Write in the day of the week.)
Thoughts, Day 4  

(Write in the day of the week.)

Thoughts, Day 4  

(Write in the day of the week.)

Thoughts, Day 5  

(Write in the day of the week.)
<table>
<thead>
<tr>
<th>Thoughts, Day 5</th>
<th>+</th>
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</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
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</table>

<table>
<thead>
<tr>
<th>Thoughts, Day 6</th>
<th>−</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thoughts, Day 6</th>
<th>+</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Write in the day of the week.)</td>
<td></td>
</tr>
</tbody>
</table>
Thoughts, Day 7  

(Write in the day of the week.)

Thoughts, Day 7

(Write in the day of the week.)
FEEDBACK

- What was helpful about today’s session?
- What was less helpful?
- What suggestions do you have to improve your treatment?

LOOKING AHEAD

We have talked about how to catch your thoughts. In Session 3 we will begin to talk about how to “check” your thoughts to evaluate whether they are completely true.
SESSION 3: HOW TO IDENTIFY HARMFUL THOUGHTS

PURPOSE

- Identify some common habits of harmful thinking.
- Notice your own habits of harmful thinking.
- Learn to manage your thoughts using “Catch It, Check It, Change It.”

OUTLINE

Announcements
How Have You Been Feeling?
Review
New Topic: How to Identify Harmful Thoughts
  - Common Habits of Harmful Thinking
  - Harmful Thoughts Are Not Accurate, Complete, and Balanced
  - Catch It, Check It, Change It
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

HOW HAVE YOU BEEN FEELING?

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
REVIEW

Last Session

Key messages from last session were:

- You can use your helpful thoughts to improve your mood and decrease your cravings.

- Your mood can affect your drinking/using.

- Drinking/using can affect your mood.
Practice

At the end of the last session, we asked you to do the following practice activities.

1. **Write down your thoughts each day.**

2. **Keep track of your moods and coping on the Daily Check In.**
**NEW TOPIC: HOW TO IDENTIFY HARMFUL THOUGHTS**

**Common Habits of Harmful Thinking**

Many people think in the harmful ways described below. Which categories describe your habits of harmful thinking?

<table>
<thead>
<tr>
<th>Symbol</th>
<th>“Catch” the thought—does it fit the common habits of harmful thinking?</th>
<th>”Check” the thought—examine it to see if it is harmful or helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="Image" alt="All-or-Nothing Thinking" /></td>
<td><strong>All-or-Nothing Thinking</strong>&lt;br&gt;Can only be at one end of the scale, top or bottom. Black or white. All good or all bad. Best or worst. Perfect or a failure.&lt;br&gt;Examples:&lt;br&gt;• I am not capable of loving.&lt;br&gt;• I can’t express my feelings.</td>
<td>Are there shades of gray? Maybe a more accurate thought is somewhere in the middle. Try to think in a more balanced way.</td>
</tr>
<tr>
<td><img src="Image" alt="Pessimism" /></td>
<td><strong>Pessimism</strong>&lt;br&gt;Believing negative things are more likely to happen and positive things are never or hardly ever going to happen&lt;br&gt;Example:&lt;br&gt;• Why bother talking to the doctor; he/she probably can’t help me.&lt;br&gt;• Why try to stop using? I’ll never stop.</td>
<td>Why choose to believe that negative things are more likely to happen? Are you really giving positive and negative things an equal chance?</td>
</tr>
<tr>
<td><img src="Image" alt="Negative Filter (Ignoring the Positive)" /></td>
<td><strong>Negative Filter (Ignoring the Positive)</strong>&lt;br&gt;Only remember negative events. Filtering out positive events.&lt;br&gt;Examples:&lt;br&gt;• I can’t work, so I am useless.&lt;br&gt;• If we lose, it will be all my fault.&lt;br&gt;• Nothing good happened to me this week.&lt;br&gt;• My life is worthless if I can’t see.</td>
<td>Is it true that there is nothing positive about your situation?</td>
</tr>
</tbody>
</table>
## Common Habits of Harmful Thinking

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Category</th>
<th>Examination</th>
</tr>
</thead>
</table>
| ![Symbol](symbol1.png) | **Exaggerating** | Exaggerating problems and the possible harm they could cause, and underestimating your ability to deal with them. Making a “mountain out of a mole hill.”
Examples:
• I can’t stand it.
• I will never be able to complete this task.  
How big is the problem really? Where is it likely to lead? How might you deal with the problem? |
| ![Symbol](symbol2.png) | **Labeling (either yourself or others)** | Attaching a negative label, instead of seeing an error or problem. Labels can become self-fulfilling prophecies. “Stupid” vs. not good at math. “Clumsy” vs. drop things occasionally.
Examples:
• I can’t believe I don’t know the answer. I must be stupid.
• I am ugly (or unattractive).
• I’m an addict and I am worthless.  
What is it specifically that you can’t do or that you are upset about? Think about what you did rather than who you are. Have there been times when people seemed to enjoy doing something in your company? |
| ![Symbol](symbol3.png) | **Not Giving Oneself Credit** | Thinking positive things that happen are either just luck or somebody else’s doing and never the results of one’s effort.
Example:
• Yes, I came to group today, but it’s no big deal.  
Are you overlooking your strengths and accomplishments? Pat yourself on the back for something good that you made happen. Did you contribute in some way? |
## Common Habits of Harmful Thinking

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Category</th>
<th>Examination</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="symbol.png" alt="Blaming Oneself" /></td>
<td><strong>Blaming Oneself</strong>&lt;br&gt;Thinking negative things happen, and they are always entirely your fault.&lt;br&gt;Examples:&lt;br&gt;• Things would have gone well if I hadn’t been there.&lt;br&gt;• My partner seems very upset today, I must have done something wrong.&lt;br&gt;• If we lose it will be all my fault.</td>
<td>Are you to blame for everything, always? Do bad things happen only to you? Are there good things that you have made happen? Are there things that went well because you were there?</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Overgeneralization" /></td>
<td><strong>Overgeneralization</strong>&lt;br&gt;Taking one negative characteristic or event and seeing it as a never-ending pattern. He/she doesn’t like me = no one likes me = no one will ever like me. I couldn’t do this one thing = I can’t do anything.&lt;br&gt;Examples:&lt;br&gt;• If I can’t get this job, then everything’s lost. I might as well give up.&lt;br&gt;• I can’t believe my friend did what she did.&lt;br&gt;• I don’t think I can trust anyone ever again.</td>
<td>Are you assuming that every situation and every person are the same? This is just one situation and one person. Can you remember other situations and people that are different? Even the same person may act differently next time—do you always act the same?</td>
</tr>
<tr>
<td><img src="symbol.png" alt="Shoulding on yourself" /></td>
<td><strong>“Should”ing on yourself</strong>&lt;br&gt;Telling yourself you should and must do something. Makes you feel forced to do things, controlled, and resentful. Weighing yourself down with “shoulds.”&lt;br&gt;Example:&lt;br&gt;• I should be the best.&lt;br&gt;• This shouldn’t have happened to me.</td>
<td>Do you really have to do anything? Do things have to turn out a certain way? Is it necessary for things to turn out the way you want in order for you to be happy?</td>
</tr>
</tbody>
</table>
## Common Habits of Harmful Thinking

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Category</th>
<th>Examination</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Mind Reading Symbol" /></td>
<td><strong>Mind Reading</strong>&lt;br&gt;Thinking that you know what others are thinking, and they are thinking negatively about you. &lt;br&gt;Examples:&lt;br&gt;• My partner seems very upset today; I must have done something wrong.&lt;br&gt;• I can’t tell others how I feel because they will think I am crazy.&lt;br&gt;• Other people think I am boring (or depressing).&lt;br&gt;• My counselor thinks I’m hopeless.</td>
<td>Can you really know what others are thinking? Most people are focused on their own problems. Maybe they are acting in a certain way for reasons that don’t have anything to do with you. What are some possible reasons?</td>
</tr>
<tr>
<td><img src="image" alt="Negative Fortune Telling Symbol" /></td>
<td><strong>Negative Fortune Telling</strong>&lt;br&gt;Thinking that you can see how things will be in the future and it is bad. &lt;br&gt;Examples:&lt;br&gt;• I will never be able to maintain my recovery.&lt;br&gt;• The party is going to be really boring so why bother going.&lt;br&gt;• I’ll never be happy again.&lt;br&gt;• I am not capable of loving.&lt;br&gt;• I will never have a romantic relationship again.</td>
<td>Can you predict the future? What would it be like to help shape the future rather than just imagining that it will be bad? Things may change from how they used to be.</td>
</tr>
</tbody>
</table>
## Harmful Thoughts Are Not Accurate, Complete, and Balanced

<table>
<thead>
<tr>
<th>Harmful</th>
<th>Helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inaccurate (not true)</td>
<td>Accurate (true)</td>
</tr>
<tr>
<td>I never do anything right.</td>
<td>vs. I have made mistakes, but I do many things right.</td>
</tr>
<tr>
<td>I will never be able to trust people.</td>
<td>vs. My trust has been broken in the past, but I am working to build relationships with trustworthy people.</td>
</tr>
<tr>
<td>Incomplete (leaves out some facts)</td>
<td>Complete (includes all the facts)</td>
</tr>
<tr>
<td>My marriage was a failure.</td>
<td>vs. During my previous marriage, I learned to identify what I want from a relationship.</td>
</tr>
<tr>
<td>I can’t work, so I am useless.</td>
<td>vs. I can’t work now, but I am providing emotional support to my family. Or: I used to both not work and use. Now I am not working, but I am not using. Next, I will be working and not using. One step at a time.</td>
</tr>
<tr>
<td>Unbalanced (too extreme)</td>
<td>Balanced (fair and reasonable)</td>
</tr>
<tr>
<td>I don’t know anything.</td>
<td>vs. I know a lot of things and I don’t have to know everything.</td>
</tr>
<tr>
<td>I am a failure.</td>
<td>vs. I’ve made mistakes, but I’m trying hard to do the right thing now.</td>
</tr>
</tbody>
</table>
Catch It, Check It, Change It

In the last session, we talked briefly about a tool to improve your mood and support your recovery. Today we will practice “Catch It, Check It, Change It.”

1. Catch It

The first step is to notice—or “catch”—your thought. If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on your thoughts. For example, when you notice that your mood changes or that you feel sad or angry or have cravings, stop. Ask yourself some questions.

- What thought was I having when I noticed a change in my mood?
- What was happening at the time?

2. Check It

Examine your thought more closely. Is it harmful or helpful for you? What evidence do you have against your thought being true? How could your thought be more accurate, complete, and balanced? Does the thought fall into any of the categories of harmful thinking?

3. Change It

How could you change your harmful thought? What helpful thought could replace your harmful thought?

If you find it hard to believe your helpful thought to be true, this is normal and will get easier with time.
**Catch It, Check It, Change It**

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)

<table>
<thead>
<tr>
<th>What happened?</th>
<th>What were your feelings?</th>
<th>What was your thought?</th>
<th>Examine your thought. What evidence do you have against your thought?</th>
<th>Replace the harmful thought with a helpful thought.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I had a fight with my partner.</td>
<td>Sad, angry.</td>
<td>My partner always gets his/her way.</td>
<td>My partner and I sometimes agree to do things my way.</td>
<td>We won’t always agree. My partner gets his/her way sometimes, but I often get what I want too.</td>
</tr>
<tr>
<td>I had a dream that I used.</td>
<td>Scared, confused</td>
<td>I’ll never get sober.</td>
<td>I’ve been clean for a week and am clean today.</td>
<td>I had a dream about using, but I’m clean now and am working towards being clean long-term.</td>
</tr>
</tbody>
</table>
**KEY MESSAGES**

*Key messages from this session include:*

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.
- You can use “Check It” to examine your thoughts and see if other alternatives are possible.
- You can use “Change It” to change your harmful thoughts to helpful ones.

What do you want to remember about this session? *Write your own key messages here.*

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
1. **Use the Catch It, Check It, Change It steps** in the next week to notice your thoughts and feelings, examine them, and change your harmful thoughts to helpful thoughts. **Fill in the Catch It, Check It, Change It chart.** This process takes practice, so give it your best try and we will review these ideas during our next session.

2. **Try to notice** which categories of harmful thoughts your thoughts fall into. You can make a note of the category in the “Examine your thought. What evidence do you have against your thought?” column in the Catch It, Check it, Change It chart.

3. **Track your mood and coping using the Daily Check In.**

Notice at the bottom of the Daily Check In a place where you write in the number of harmful and helpful thoughts you have each day. Of course you won’t notice every thought that you have in the course of a day—but try to become more aware of the thoughts you have when you are depressed or have cravings to drink/use. Eventually, you may notice that on the days when you have fewer harmful thoughts, your mood and coping will be better.
**DAILY CHECK IN**

Instructions

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.

- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.

- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.

- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. 

<table>
<thead>
<tr>
<th>Lowest mood ever</th>
<th>Noticeably worse mood</th>
<th>Ok/average mood</th>
<th>Noticeably better mood</th>
<th>Best mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
<td>5</td>
<td>7</td>
<td>9</td>
</tr>
</tbody>
</table>

**Write in the day of the week.**

<table>
<thead>
<tr>
<th>Mood</th>
<th>__________</th>
<th>__________</th>
<th>__________</th>
<th>__________</th>
<th>__________</th>
<th>__________</th>
<th>__________</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

2. 

<table>
<thead>
<tr>
<th>Coped the worst ever</th>
<th>Coped noticeably worse than usual</th>
<th>Coped OK</th>
<th>Coped noticeably better than usual</th>
<th>Coped the best ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>__________</td>
<td>__________</td>
<td>__________</td>
<td>__________</td>
<td>__________</td>
</tr>
<tr>
<td>Coping with challenges to my recovery</td>
<td>__________</td>
<td>__________</td>
<td>__________</td>
<td>__________</td>
</tr>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

3. **Write in the day of the week.**

| Number of harmful thoughts | __________ | __________ | __________ | __________ | __________ | __________ | __________ |

| Number of helpful thoughts | __________ | __________ | __________ | __________ | __________ | __________ | __________ |

Thoughts, Alcohol/Drug Use, and Your Mood, Session 3
**Catch It, Check It, Change It**

Think about a time in the last week when you noticed a change in your mood or cravings. Then try to answer the questions in the table below. (Examples are provided, but think about your own situation.)

<table>
<thead>
<tr>
<th>What happened?</th>
<th>What were your feelings?</th>
<th>What was your thought?</th>
<th>Examine your thought. What evidence do you have against your thought?</th>
<th>Replace the harmful thought with a helpful thought.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I had a fight with my partner.</td>
<td>Sad, angry.</td>
<td>My partner always gets his/her way.</td>
<td>My partner and I sometimes agree to do things my way.</td>
<td>We won’t always agree. My partner gets his/her way sometimes, but I often get what I want too.</td>
</tr>
<tr>
<td>I had a dream that I used.</td>
<td>Scared, confused</td>
<td>I’ll never get sober.</td>
<td>I’ve been clean for a week and am clean today.</td>
<td>I had a dream about using, but I’m clean now and am working towards being clean long-term.</td>
</tr>
</tbody>
</table>
**FEEDBACK**

- What was helpful about today’s session?
- What was less helpful?
- What was difficult about this session?
- What suggestions do you have to improve your therapy?

**LOOKING AHEAD**

In Session 4, you will have a chance to consider what thoughts and feelings are most likely to cause you to feel depressed or to use.
SESSION 4: HOW TO “CATCH” AND “CHECK” YOUR HARMFUL THOUGHTS

PURPOSE

- Understand that one harmful thought may lead to another harmful thought, and that one helpful thought may lead to another helpful thought.
- Understand that some harmful thoughts have extra power to set off your depression or alcohol/drug use.
- Identify your high-risk thoughts and begin changing them.

OUTLINE

Announcements
Review
New Topic: How to “Catch” and “Check” Your Harmful Thoughts
  One Thought Can Lead to Another: A Chaining Activity
  What Harmful Thoughts Are High-Risk for You?
  Coping with Cravings
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.
Is there anything you need to let the leaders know about?

REVIEW

Last Session

What do you remember about *common habits of harmful thinking*?
What do you remember about Catch It, Check It, Change It?

**Catch** the thought,

**check** the thought,

and **change** the thought.

---

**Key messages from last session are:**

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.

- You can use “Check It” to examine your thoughts and see if other alternatives are possible.

- You can use “Change It” to change your harmful thoughts to helpful ones.
Practice

1. Use the Catch It, Check It, Change It steps to notice your thoughts and feelings, examine them, and change your harmful thoughts to helpful thoughts.

2. Try to notice which categories of harmful thoughts your thoughts fall into.

3. Track your mood and coping using the Daily Check In.
NEW TOPIC: HOW TO “CATCH” AND “CHECK” YOUR HARMFUL THOUGHTS

One Thought Can Lead to Another: A Chaining Activity

The destructive cycle of depression and drinking/using can begin with a fact or event, such as:

- You lose a job.
- A relative or friend dies.
- You get sick.
- You have been diagnosed with diabetes.
- You have no energy.
- You have recently stopped drinking or using.

The chaining activity illustrates how your mood can get better or worse depending on how you respond to the fact or event.

As your mood changes, how do you think this affects your cravings (desire to use)?

*Best mood*

Are you more likely to crave (want to use) when your mood is good or bad?

*Worst mood*
Instructions

1. In the table on page 80 write a statement of fact or an event on the line next to #5.

2. What thought might cause your mood to go down just a little? Write that thought next to #4.

3. Think of a chain of thoughts that make you feel worse until your mood is at its lowest. Write that chain of thoughts on lines #3, #2, and #1.

4. Complete the rest of the chaining activity going up. What is a thought that would make your mood improve just a little? Write that thought next to #6.

5. Fill in lines #7 and #8.

6. What thought might make you feel really happy? Write that thought next to #9.

7. Do you see the links among thoughts, mood, and drinking/using?
   - Your thoughts affect how you feel and act. For example, when you have harmful thoughts you may be more likely to feel down, and more likely to drink or use.
   - You can make choices about the way you think.
<table>
<thead>
<tr>
<th>Best mood</th>
<th>9.</th>
<th>I will keep trying until I find a job that is right for me.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8.</td>
<td>I have skills that employers will want.</td>
</tr>
<tr>
<td></td>
<td>7.</td>
<td>I learned a lot at my last job.</td>
</tr>
<tr>
<td></td>
<td>6.</td>
<td>I will work hard to find another job.</td>
</tr>
<tr>
<td>Okay/average mood</td>
<td>5.</td>
<td>I have just lost my job.</td>
</tr>
<tr>
<td></td>
<td>4.</td>
<td>I’m not sure if I can find another job.</td>
</tr>
<tr>
<td></td>
<td>3.</td>
<td>I don’t think I did my job well.</td>
</tr>
<tr>
<td></td>
<td>2.</td>
<td>I will never be a good worker.</td>
</tr>
<tr>
<td>Worst mood</td>
<td>1.</td>
<td>I am no good.</td>
</tr>
</tbody>
</table>

Sample
The chaining activity illustrates that:

- Thoughts, mood, and cravings are connected. When you have harmful thoughts, you are more likely to feel down or to use. When you have helpful thoughts, your mood is likely to improve and your cravings decrease.

- A harmful thought can lead to another harmful thought, bringing your mood down and increasing your cravings.

- A helpful thought can lead to another helpful thought, bringing your mood up and decreasing your cravings.

Most of the time, your mood won’t be either the worst mood possible (a “1”) or the best mood possible (a “9”) but somewhere in between.
What Harmful Thoughts Are High-Risk for You?

Some harmful thoughts seem to have extra power to bring your mood down or cause cravings. These are your high-risk thoughts.

Thoughts such as “I will never be any good” or feelings such as hopelessness, anxiety, sadness, or anger could be triggers for depression, drinking, and using. The thoughts and feelings that might be very powerful for you might not be so bad for somebody else.

Some activities or interactions with people can also be extra harmful—we will talk more about those in the other CBT modules.

When you know what your triggers are, you can learn ways to cope with your cravings.
**Write down some of your risky thoughts and feelings.**

<table>
<thead>
<tr>
<th>Thoughts (for example)</th>
<th>Feelings (for example)</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I can’t do this.”</td>
<td>Hopelessness</td>
</tr>
<tr>
<td>“One drink won’t hurt.”</td>
<td>Anger</td>
</tr>
<tr>
<td>“There’s nothing to do here.”</td>
<td>Fear</td>
</tr>
<tr>
<td>“This calls for a celebration.”</td>
<td>Boredom</td>
</tr>
<tr>
<td>“I deserve this.”</td>
<td>Excitement</td>
</tr>
<tr>
<td>“All my hard work paid off.”</td>
<td>Joy</td>
</tr>
<tr>
<td></td>
<td>Pride</td>
</tr>
</tbody>
</table>

These risky thoughts and feelings can make you having cravings for alcohol and drugs. Next, we are going to talk about how to cope with those cravings.
Coping With Cravings

When you have cravings for alcohol/drugs, you can imagine that you are on a ship in the middle of a storm. Your cravings are like waves that become bigger and bigger. You might feel afraid, but you can expect that your cravings will go down eventually.

You are the captain in charge of the ship.

You are the one who decides what will happen. Positive thoughts can help you steer your ship through the waves of cravings and find a peaceful place where the cravings have decreased.

How does this example fit in with your experiences with cravings?
Here are some examples of helpful thoughts that might help you cope with cravings:

- I have resisted my cravings before, and I can do it now.
- My other cravings have passed, and these will too.
- It is normal for my body to crave the alcohol/drugs I used to use, but I can choose to resist the cravings.
- Sometimes I tell myself “I can’t stand it if I don’t use!” But, if I don't give in to the craving, nothing bad will happen. If I do give in, I will have to deal with the bad things that happen.
- I have used alcohol and drugs to calm down. Now I can learn other ways to calm down.
- I will think about steering past the big waves and reaching a peaceful sea.
- Having a craving does not mean that I have to drink or use.
- I am feeling sad now, but drinking or using would make me feel better for only a short time and then I would feel worse.
- I have the strength to get through this.
- I will take a few slow, deep breaths and try to relax.
- My family/counselor/friends believe that I can stay clean, and I can believe in myself too.
- I won’t let drugs or alcohol keep me from getting where I want to be in life.

What are your helpful coping thoughts? Write them here.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Key messages from this session are:

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.

What do you want to remember about this session? Write your own key messages here.
1. Write down your thoughts each day.

2. Try to catch a risky thought and use a coping thought to keep your mood up and manage your cravings.

3. Track your mood and coping using the Daily Check In.
**DAILY CHECK IN**

Instructions

- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

---

**1.**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best mood ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Noticeably better mood</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Ok/average mood</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Noticeably worse mood</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Lowest mood ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

**2.**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping with challenges to my recovery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coped the best ever</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Coped noticeably better than usual</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Coped OK</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Coped noticeably worse than usual</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Coped the worst ever</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

---

**3.**

- **Number of harmful thoughts**
- **Number of helpful thoughts**
Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 1  

(Write in the day of the week.)

Thoughts, Day 2  

(Write in the day of the week.)
Thoughts, Day 2  

(Write in the day of the week.)

Thoughts, Day 3  

(Write in the day of the week.)

Thoughts, Day 3  

(Write in the day of the week.)
Thoughts, Day 4 —

(Write in the day of the week.)

Thoughts, Day 4 +

(Write in the day of the week.)

Thoughts, Day 5 —

(Write in the day of the week.)
Thoughts, Day 5

(Write in the day of the week.)

Thoughts, Day 6

(Write in the day of the week.)

Thoughts, Day 6

(Write in the day of the week.)
Thoughts, Day 7  

(Write in the day of the week.)

Thoughts, Day 7  

(Write in the day of the week.)
**FEEDBACK**

- What was helpful about today’s session?
- What was less helpful?

**LOOKING AHEAD**

In Session 5, you will learn how to examine your thoughts and change them to improve your mood and support your recovery.
SESSION 5: HOW TO “CHECK” AND “CHANGE” YOUR HARMFUL THOUGHTS

PURPOSE

- Learn to examine your harmful thoughts and see if there are other possible alternatives.
- Learn strategies for changing your thoughts—“talking back” to harmful thoughts and replacing them with helpful thoughts.

OUTLINE

Announcements
How Have You Been Feeling?
Review
New Topic: How to “Check” and “Change” Your Harmful Thoughts
  Examine the Evidence
  Balance Your Thoughts with “Yes, But” Statements
  Find a Replacement Thought for Your Harmful Thought
Key Messages
Practice
Feedback
Looking Ahead
ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.

Is there anything you need to let the leaders know about?

HOW HAVE YOU BEEN FEELING?

You filled out a questionnaire at the beginning of the session, the “Patient Health Questionnaire”—PHQ-9 for short.

You will fill out the questionnaire before the group begins at Sessions 1, 3, and 5 of each CBT module. The questionnaire allows you and your group leaders to keep track of how you are feeling while you are attending the group.
REVIEW

Last Session

What do you remember most from the last session?

**Key messages from last session are:**

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.

**Practice**

1. **Write down your thoughts each day.**

2. **Try to catch a risky thought and use a coping thought** to keep your mood up and manage your cravings.

3. **Track your mood and coping** using the Daily Check In.
NEW TOPIC: HOW TO “CHECK” AND “CHANGE” YOUR HARMFUL THOUGHTS

The way you think is probably familiar, comfortable, and automatic. Changing your thinking habits may be difficult at first. Just like learning a new sport, it takes practice. But it is possible!

You can use several strategies to “talk back” to your harmful thoughts to improve your mood and decrease cravings. Three strategies are described in this session.

- Be a detective—gather evidence to find out more about your thoughts and decide whether they are harmful or helpful. Are there alternative ways to look at the same things?
- Use “Yes, But” statements to turn your harmful thoughts into helpful thoughts.
- Replace a harmful thought with a helpful thought.
Examine the Evidence

The next time you have a thought that brings your mood down or causes a strong bad feeling or cravings, take a closer look. Check it out—examine it to find out more about it. Follow these steps.

1. **First, write down a thought that recently brought your mood down or increased your cravings.**

2. **Ask yourself:** Is the thought mostly true, mostly false, or neither? You can think about these questions to help figure this out.

   - What is the evidence [i.e., relevant FACTS] that your thought is totally true? For example, what in your past experience suggests that this thought is true?

   - What is the evidence (i.e., relevant FACTS) that your thought is totally false? For example, what in your past experience suggests that this thought is false?

   - How much of your thought do you think is true vs. false (e.g., 25% true vs. 75% false or 50/50, etc.)?

3. **Share your thought with the person sitting next to you.** Saying your thought out loud can help you see the thought more clearly. Ask the person what he or she thinks about your thought.
On the other hand, the opinion of someone else is only one piece of evidence. You, as the detective, should consider all the evidence and come to your own conclusions.

4. **Gather more evidence by experimenting.** If you’re still not sure whether your thought is accurate, complete, and balanced, you might need to gather more evidence. For example:

   **Thought:** “If I go to the party, I will not have a good time.”
   (This thought is an example of negative fortune telling.)

   **Experiment to gather more evidence:** Go to the party with an open mind and see how you really feel about it.

To test the accuracy of your thought and gather more evidence, what experiment could you try?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

5. **Now that you have examined the evidence, do you think that your thought could be more helpful?** Write a more helpful thought here.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Balance Your Thoughts with “Yes, But” Statements

What if you examine the evidence and find that your thought is true? For example, it may be true that when you were depressed and using alcohol or drugs, you were not able to do your best work and you lost a job.

Can you accept what has happened in the past and let go? Remind yourself that your future is not yet determined and you can make changes now to avoid repeating past mistakes.

Accept the Truth and Move On—Add “Yes, But” to Your Thinking

You might find it difficult to think helpful thoughts about yourself or your situation. One way to fight back against a harmful thought is to add a “yes, but” to it. You don’t have to ignore or deny your problems, but you can add balance to your thinking.

<table>
<thead>
<tr>
<th>Example of a harmful thought</th>
<th>Add a “Yes, but” statement</th>
</tr>
</thead>
<tbody>
<tr>
<td>I was fired because I performed poorly at my job. Nobody will want to hire such a terrible worker.</td>
<td><strong>Yes</strong>, I was fired because I didn’t do my best work, <strong>but</strong> now I am putting a lot of effort into improving my depression and maintaining my recovery. I will find another job and do great work.</td>
</tr>
<tr>
<td>I am always depressed.</td>
<td><strong>Yes</strong>, I may be depressed right now, <strong>but</strong> I am going to group therapy to help me change my mood.</td>
</tr>
<tr>
<td>I will never stop drinking.</td>
<td><strong>Yes</strong>, I have relapsed in the past, <strong>but</strong> I am working hard at a realistic plan for staying sober.</td>
</tr>
<tr>
<td>My examples of harmful thoughts</td>
<td>Add “yes, but” statements</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td></td>
<td>Yes,</td>
</tr>
<tr>
<td></td>
<td>but</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes,</td>
</tr>
<tr>
<td></td>
<td>but</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yes,</td>
</tr>
<tr>
<td></td>
<td>but</td>
</tr>
</tbody>
</table>
Find a Replacement Thought for Your Harmful Thought

1. The next time you have a moment during the day when you notice a change in your mood, stop and take a deep breath. Look into your mind. What are your thoughts at that moment? Do you notice your thoughts as harmful or helpful?

2. Try to replace a harmful thought with a helpful one. Think about these questions:

   • If you apply a replacement thought, how does your thinking change?

   • When your thinking changes, how does your mood change?

The tables on the next few pages give examples of some helpful thoughts to replace harmful thoughts. Notice that the helpful thoughts are **accurate, complete, and balanced**.

<table>
<thead>
<tr>
<th>Harmful Thoughts</th>
<th>Helpful Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not totally true</td>
<td>Accurate, true</td>
</tr>
<tr>
<td>Only part of the whole story</td>
<td>Complete, whole</td>
</tr>
<tr>
<td>Too extreme one way or another</td>
<td>Balanced, reasonable</td>
</tr>
</tbody>
</table>
## Examples of Replacement Thoughts

<table>
<thead>
<tr>
<th>Harmful Thought</th>
<th>Replacement (alternative) thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All-or-nothing thinking</strong></td>
<td><strong>Helpful Thought</strong></td>
</tr>
<tr>
<td>I was a terrible parent.</td>
<td>Yes, I made mistakes as a parent, but I tried my best.</td>
</tr>
<tr>
<td>I had one drink. Now I will never be sober.</td>
<td>Yes, I had one drink, but I will learn from this experience and use my new skills to support my recovery.</td>
</tr>
<tr>
<td>My mistake ruined everything.</td>
<td>Yes, my mistake cost me some time, but I can learn from it.</td>
</tr>
<tr>
<td>I am a complete mess.</td>
<td>I do some things well and I need to improve on others.</td>
</tr>
<tr>
<td>I have wasted my entire life because of using alcohol/drugs.</td>
<td>Even though some time has been lost, I am now sober/drug-free, and I can still do things that are important to me in order to shape the rest of my life.</td>
</tr>
<tr>
<td><strong>Pessimism</strong></td>
<td></td>
</tr>
<tr>
<td>Why even try?</td>
<td>I know if I try hard I will succeed at some things, but not everything.</td>
</tr>
<tr>
<td>Once a drug user, always a drug user.</td>
<td>Just because I used drugs in the past doesn’t mean I can’t get clean now. Many other people have.</td>
</tr>
<tr>
<td>Once a drinker, always a drinker.</td>
<td>Many people who drink too much try several times before they quit drinking. I am working hard to stop drinking, and I can be successful if I keep trying.</td>
</tr>
<tr>
<td><strong>Negative filter</strong></td>
<td></td>
</tr>
<tr>
<td>Everything in the news is terrible.</td>
<td>Some things in the news are upsetting (dramatic news sells newspapers), but good things happen every day.</td>
</tr>
<tr>
<td>Today was awful.</td>
<td>Yes, some really bad things happened today, but some good things probably did, too. And I can try to make tomorrow better.</td>
</tr>
<tr>
<td>All you do is criticize me.</td>
<td>I feel bad when you criticize me, but I appreciate it when you bring me coffee in the morning.</td>
</tr>
<tr>
<td>Helpful Thought</td>
<td>Harmful Thought</td>
</tr>
<tr>
<td>----------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Exaggerating</td>
<td></td>
</tr>
<tr>
<td>If he leaves me, I’ll die.</td>
<td>I would like to keep my marriage, but many people go on to live happily after a divorce if they have to, and I could too.</td>
</tr>
<tr>
<td>My kid is a terrible mess.</td>
<td>Yes, my kid is having some problems right now, but I know he will learn from his mistakes.</td>
</tr>
<tr>
<td>Life is too hard.</td>
<td>Sometimes it feels hard to have the energy to keep trying, but I know that I can take one step at a time. And sometimes things don’t seem as hard.</td>
</tr>
<tr>
<td>Trying to maintain my recovery is impossible.</td>
<td>Yes, staying sober can be tough, but I will take things one day at a time and try my hardest.</td>
</tr>
</tbody>
</table>

**Labeling**

<table>
<thead>
<tr>
<th>Helpful Thought</th>
<th>Harmful Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a total mess.</td>
<td>I have trouble with some things, but I am good at others; for example, I am good at being a friend.</td>
</tr>
<tr>
<td>My daughter is terrible.</td>
<td>I don’t like my daughter’s behavior right now, but I am proud that she is so bright.</td>
</tr>
<tr>
<td>My life is a disaster.</td>
<td>I have had many difficult losses, but many things in my life are good, including my friends and my health.</td>
</tr>
<tr>
<td>I’m nothing but a drunk.</td>
<td>I have had trouble drinking too much alcohol, but I am working hard on my recovery. And there are good parts of me that have nothing to do with drinking.</td>
</tr>
</tbody>
</table>

**Not giving oneself credit**

<table>
<thead>
<tr>
<th>Helpful Thought</th>
<th>Harmful Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m lucky I lived.</td>
<td>I lived because I worked hard with my doctors and did everything they said before the surgery.</td>
</tr>
<tr>
<td>I don’t deserve my job.</td>
<td>Yes, I have made mistakes in my job, but I have also made valuable contributions.</td>
</tr>
<tr>
<td>My husband makes our household work.</td>
<td>I contribute to our family in different ways from my husband.</td>
</tr>
<tr>
<td>It’s just luck that I got clean.</td>
<td>I worked really hard to get off drugs.</td>
</tr>
</tbody>
</table>

**Blaming oneself**

<table>
<thead>
<tr>
<th>Helpful Thought</th>
<th>Harmful Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>I should support my family better.</td>
<td>I supported my family for years and there are still many things I can do for them.</td>
</tr>
<tr>
<td>My divorce is my fault.</td>
<td>I made some mistakes in my marriage, but not all of the problems were my fault.</td>
</tr>
<tr>
<td>I failed at my job.</td>
<td>I was fired from this job, but I did the best I could at the time.</td>
</tr>
<tr>
<td><strong>Overgeneralization</strong></td>
<td><strong>Helpful Thought</strong></td>
</tr>
<tr>
<td>------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>When I had that drink, I ruined my recovery.</td>
<td>Yes, I had a lapse, but that doesn’t mean that I’ll have a full-blown relapse. I can still be proud of the time I was sober and of my efforts to continue my recovery now.</td>
</tr>
<tr>
<td>You can’t trust anyone.</td>
<td>There are some people you can trust and others you cannot.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>“Should’ing”</strong></th>
<th><strong>Helpful Thought</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I should have known better than to trust him.</td>
<td>I am learning that I need to move slowly when learning to trust others and wait to make sure they are trustworthy.</td>
</tr>
<tr>
<td>He should be nicer to me.</td>
<td>Yes, I would like it if he wasn’t so rude, but I only have control over how I respond.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mind reading</strong></th>
<th><strong>Helpful Thought</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I know John is mad at me; he didn’t even speak.</td>
<td>John is acting really grouchy; he may be having his own problems.</td>
</tr>
<tr>
<td>My boss frowned at me; I’m going to get fired.</td>
<td>I don’t really know why my boss frowned at me. Maybe he is having a bad day.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Negative fortune telling</strong></th>
<th><strong>Helpful Thought</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>I just know something terrible is about to happen.</td>
<td>Yes, I’m worried right now, but that doesn’t mean something bad is bound to happen.</td>
</tr>
<tr>
<td>This will never work.</td>
<td>This may work or not, but it is worth trying.</td>
</tr>
<tr>
<td>Everything will turn out bad.</td>
<td>Some things won’t turn out the way I want, but others will.</td>
</tr>
</tbody>
</table>
KEY MESSAGES

Key messages from this session are:

- You can examine your thoughts to learn more about them and decide whether they are harmful or helpful.

- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.

- You can learn to “Change It”— replace a harmful thought with a helpful thought in order to feel better and remain sober.

What do you want to remember about this session? Write your own key messages here.

_____________________________________________________

_____________________________________________________

_____________________________________________________
1. **Try using one or more of the tools that we discussed. Think about which method worked best for you.**

   - **Examine the evidence**
   - **Yes, but**
   - **Replacement thoughts**

2. **Review the helpful thoughts you wrote down on index cards.** In the next session, you will have a chance to think about which ones would be most helpful to you in the future to keep your mood up and support your recovery.

3. **Track your mood and coping using the Daily Check In.**
DAILY CHECK IN

Instructions
- Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.
- Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.
- Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.
- If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

1. Mood

<table>
<thead>
<tr>
<th>Low mood ever</th>
<th>Noticeably worse mood</th>
<th>Ok/average mood</th>
<th>Noticeably better mood</th>
<th>Best mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
<td>5</td>
<td>7</td>
<td>9</td>
</tr>
</tbody>
</table>

2. Coping with challenges to my recovery

<table>
<thead>
<tr>
<th>Coped the best ever</th>
<th>Coped noticeably better than usual</th>
<th>Coped OK</th>
<th>Coped noticeably worse than usual</th>
<th>Coped the worst ever</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3</td>
<td>5</td>
<td>7</td>
<td>9</td>
</tr>
</tbody>
</table>

3. Number of harmful thoughts

| 1                   | 3                                 | 5       | 7                                | 9                   |

<table>
<thead>
<tr>
<th>Number of helpful thoughts</th>
</tr>
</thead>
</table>

Write in the day of the week.

<table>
<thead>
<tr>
<th>Number of harmful thoughts</th>
<th>1</th>
<th>3</th>
<th>5</th>
<th>7</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of helpful thoughts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FEEDBACK

- What was helpful about today’s session?
- What was less helpful?

LOOKING AHEAD

The focus in Session 6 is on the future. You can use the CBT messages to help you manage your mood and cravings, and help to make your life what you want it to be.
## SESSION 6: YOU CAN SHAPE YOUR FUTURE WITH HELPFUL THOUGHTS

### PURPOSE

- Practice Catch It, Check It, Change It.
- Summarize coping strategies you have learned for managing mood and cravings, and think about using them in the future.
- Say goodbye to graduating group members.

### OUTLINE

- Announcements
- Review
- New Topic: You Can Shape Your Future with Helpful Thoughts
  - Catch It, Check It, Change It
  - Coping Cards Can Help You Use Helpful Thoughts and Live the Life You Want
- Key Messages
- Practice
- Review of Module
- Goodbye to Graduating Group Members
- Feedback
- Looking Ahead to the Next Module
ANNOUNCEMENTS

The group leaders will make any announcements that might be necessary.
Is there anything you need to let the leaders know about?

REVIEW

Last Session
Last session we talked about some ways to manage a harmful thought.

- Examine the evidence
- Add “Yes, but”
- Replace a harmful thought with a helpful thought.
What do you remember most from the last session?

**Key messages from last session are:**

- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.

- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.

- You can learn to “Change It”— replace a harmful thought with a helpful thought in order to feel better and remain sober.

**Practice**

At the end of last session, we asked you to:

1. *Try using one or more of the tools that we discussed. Think about which method worked best for you.*
   - Examine the evidence
   - Yes, but
   - Replacement thoughts

2. *Review the helpful thoughts you wrote down in the past few weeks.*

3. *Track your mood and coping using the Daily Check In.*
NEW TOPIC: YOU CAN SHAPE YOUR FUTURE WITH HELPFUL THOUGHTS

Catch It, Check It, Change It

In Session 3, you learned about “Catch It, Check It, Change It”—a tool to improve your mood and support your recovery. Now let’s practice using it.

First, a quick reminder of the three steps:

1. **Catch It**

   The first step is to notice—or “catch”—your harmful thought.

   If you find that your feelings are easier to catch than your thoughts, you can use your feelings as a signal to stop and focus on what you are thinking.

2. **Check It**

   Examine your thought more closely. What evidence do you have against your thought? How could your thought be more accurate, complete, and balanced?

3. **Change It**

   How could you change a harmful thought? What helpful thought could replace your harmful thought?
**Catch It, Check It, Change It**

Think about a time in the last week when you noticed a change in your mood or increase in cravings. Then try to answer the questions in the table below.

<table>
<thead>
<tr>
<th>Catch It</th>
<th>Check It</th>
<th>Change It</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What happened?</strong></td>
<td><strong>What were your feelings?</strong></td>
<td><strong>What was your thought?</strong></td>
</tr>
<tr>
<td>I had a fight with my partner.</td>
<td>Sad, angry.</td>
<td>My partner always gets his/her way.</td>
</tr>
<tr>
<td>I had a dream that I was drinking.</td>
<td>Scared, upset</td>
<td>I’m never going to be sober.</td>
</tr>
<tr>
<td><strong>Examine your thought. What evidence do you have against your thought?</strong></td>
<td><strong>Replace the harmful thought with a helpful thought.</strong></td>
<td></td>
</tr>
<tr>
<td>My partner and I sometimes agree to do things my way.</td>
<td>We won’t always agree. My partner gets his/her way sometimes, but I often get what I want too.</td>
<td></td>
</tr>
<tr>
<td>I’ve been clean for the past month and am sober now.</td>
<td>I am sober today and am learning ways to stay sober in the future. The dream reminds me how much it means to me to remain sober.</td>
<td></td>
</tr>
</tbody>
</table>
Coping Cards Can Help You Use Helpful Thoughts and Live the Life You Want

Make a “coping card” to help you remember and use helpful thoughts.

- Use one 3” x 5” index card.
- On one side of the card, write “Coping Thoughts” at the top. Write as many helpful thoughts as you can think of.

For example:
- People know they can trust me.
- I really like the fact that I care about other people.
- I have the strength to get through this.
- These cravings will pass.

- On the other side of the card, write “Relapse Prevention Plan.” Make some notes for yourself regarding how to prevent a return to alcohol and/or drug use and to prevent a relapse to depression.

Relapse prevention examples:
- Could you catch a harmful thought, check it, and change it?
- Could you call a friend or sponsor?
- What else could you do?
When you are feeling down or feel like drinking or using drugs, pull out your coping card and read it. It can help you get past the moment of stress.

Keep your coping card some place handy so you can pull it out and look at it whenever you feel down or have cravings. Where will it help you the most? If you have risky thoughts and cravings during the day, carry your coping card in your purse or wallet.

If you are likely to feel down or have strong cravings at night, keep your card at home.

You could tape it to the wall beside your bed,

...or put in on the refrigerator.
**Key messages from this session are:**

- Your thoughts can help you feel more in control over your life.
- Having more helpful thoughts can improve your mood, support your recovery, and help you live the life you want.
- A coping card can help you remember to use helpful thoughts in your daily life.

What do you want to remember about this module? **Write your own key messages here.**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
1. **Keep using Catch It, Check It, Change It** to notice, examine, and change your harmful thoughts.

2. **Use your coping card.** Where will you keep it? How will you remember to use it when you are feeling down or having cravings?

3. **Track your mood and coping using the Daily Check In.** Try to count how many harmful and helpful thoughts you have each day and write in the numbers at the bottom of the scale.
DAILY CHECK IN

Instructions

1. Keep the scale beside your bed. Before you go to bed, think about your mood and how you coped with challenges to your recovery throughout the day.

2. Circle a number on both scales. Try to use all the numbers, not just 1, 3, 5, 7, or 9. There are no wrong answers. Only you know how you have felt each day.

3. Did you notice your thoughts? At the bottom, write in the number of harmful and helpful thoughts you had each day.

4. If you want to track your mood and how you coped with challenges over a period of time longer than a week, write down your ratings on a calendar.

Today's Date: ___________________

1. Write in the day of the week.

<table>
<thead>
<tr>
<th>Mood</th>
<th>Best mood ever</th>
<th>Noticeably better mood</th>
<th>Ok/average mood</th>
<th>Noticeably worse mood</th>
<th>Lowest mood ever</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

2. Write in the day of the week.

<table>
<thead>
<tr>
<th>Coping with challenges to my recovery</th>
<th>Coped the best ever</th>
<th>Coped noticeably better than usual</th>
<th>Coped OK</th>
<th>Coped noticeably worse than usual</th>
<th>Coped the worst ever</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9</td>
<td>7</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
</tbody>
</table>

3. Write in the day of the week.

<table>
<thead>
<tr>
<th>Number of harmful thoughts</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of helpful thoughts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
REVIEW OF MODULE: THOUGHTS, ALCOHOL/DRUG USE, AND YOUR MOOD

Over the past six sessions, we have been focusing on thoughts. You have learned that your thoughts affect how you feel and that your feelings affect your drinking and using.

You have also learned that the way you think can help you feel more in control over your life, so you feel you can shape your life into the kind of life you want to live.

*How have you made changes in the way you think?*

1. You can **catch**, or notice, your thoughts.

2. You can **check**, or examine, your thoughts to see if they help you or harm you. A helpful thought is healthy for you—it makes you feel good and helps you maintain your recovery.

3. You can **change** the harmful thoughts that get in the way of your good mood and recovery, and choose helpful thoughts instead.
What idea will help you the most? What will you remember from the Thoughts module? Write your ideas below.

*The most important thing I learned from the Thoughts module is:*

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Key messages from “Thoughts, Alcohol/Drug Use, and Your Mood” are:

**Session 1: CBT Can Help With Mood and Alcohol/Drug Use Problems**

- A thought is a sentence you say to yourself or a picture in your mind. A feeling is an emotion or mood.
- Thoughts are helpful or harmful to you depending on how they make you feel.
- You can learn to notice or “catch” your harmful thoughts.

**Session 2: Your Thoughts, Mood, and Alcohol/Drug Use Are Connected**

- You can use your helpful thoughts to improve your mood and decrease your cravings.
- Your mood can affect your drinking/using.
- Drinking/using can affect your mood.

**Session 3: How to Identify Harmful Thoughts**

- You can learn to notice or “catch” your harmful thoughts by being aware of common habits of harmful thinking.
- You can use “Check It” to examine your thoughts and see if other alternatives are possible.
- You can use “Change It” to change your harmful thoughts to helpful ones.
Session 4: Catching and Checking Your High-Risk Harmful Thoughts

- A harmful thought can lead to another harmful thought, bringing your mood down.
- A helpful thought can lead to another helpful thought, bringing your mood up.
- Helpful thoughts can help you cope with cravings.

Session 5: Talking Back to Your Harmful Thoughts

- You can examine your thoughts to learn more about them and decide if they are harmful or helpful.
- You can accept that some negative things about you or your life are true, and still move forward in life with a “Yes, But” exercise.
- You can learn to “Change It”—replace a harmful thought with a helpful thought in order to feel better and remain sober.

Session 6: Using Your Thoughts to Shape Your Future

- Your thoughts can help you feel more in control over your life.
- Having more helpful thoughts can improve your mood, support your recovery, and help you live the life you want.
- A coping card can help you remember to use helpful thoughts in your daily life.
GOODBYE TO GRADUATING GROUP MEMBERS

If you have completed all three modules in CBT, you are now a CBT graduate.

CONGRATULATIONS!

Since you are leaving the group, you might want to talk about the following.

1. What have you learned that you think will help you feel better and manage your cravings?

2. What have you learned that will help you reach some of your goals?

3. How will you get support in your everyday life when you are no longer coming to group meetings?

4. What will you do the next time you feel depressed?

5. What will you do the next time you feel like drinking or using?

6. How can your thoughts help you get a sense of greater control over your life?

If you still feel depressed or if you are having strong cravings that you feel you cannot resist tell your group leader, and he or she will help you get further treatment.
FEEDBACK

- What was helpful in today’s session and in the Thoughts module?
- What was less helpful?

LOOKING AHEAD TO THE NEXT MODULE

The next module is called “Activities, Alcohol/Drug Use, and Your Mood.” Because of your depression and drug/alcohol use, you may not feel like doing things that you used to enjoy or that are not related to getting and using drugs or alcohol. In the Activities module, we will discuss the importance of doing activities even when you don’t feel like it. Activities will help you feel better and help decrease your cravings.
RESOURCES FOR GROUP MEMBERS

ORGANIZATIONS THAT PROVIDE HELP FOR DEPRESSION AND DRINKING OR USING

Alcoholics Anonymous (AA)
1-800-923-9722

Depression and Bipolar Support Alliance (DBSA)
1-800-826-3632
www.dbsalliance.org

Narcotics Anonymous (NA)
www.na.org

National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org

Project Return (wellness and support for people with mental illness)

Recovery Inc. (self-help program for mental health)
1-312-337-5661
www.recovery-inc.org
BOOKS AND VIDEOTAPES ABOUT DEPRESSION AND ALCOHOL/DRUG USE

*Control Your Depression*
Authors: Peter M. Lewinsohn, Ricardo F. Muñoz, Mary A. Youngren, and Antonette M. Zeiss.

*Coping with Depression* (videotape)
Author: Mary Ellen Copeland

*Feeling Good: The New Mood Therapy*
Author: David D. Burns
Published by William Morrow, New York, New York, 1980.

*The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections*
Author: Mary Ellen Copeland.

*Mind Over Mood: Change How You Feel by Changing the Way You Think*
Authors: Dennis Greenberger and Christine A. Padesky.
“When I feel like a situation is going to anger me, using tools that I’ve learned (such as “Catch It, Check It, Change It”) throughout the different modules, enabled me to handle the situation at hand in a more responsible and caring type of way.”

“I’ve learned how to open up. I learn that there is more than one way to look at things.”

“There is no such thing as a stupid question.”

“CBT has given me the tools I can use to change my life and be happy and healthy. I can become a responsible person who has freedom from fear. Before, I did not realize I had an option.”

“I have realized life isn’t what I perceived it to be as black and white; it can be truly beautiful and colorful...if you allow yourself to open up to a new way of life.”

“My thought process has changed by allowing me to decide what kind of mood or day I will be having.”

“The fear of change was removed through CBT, because I was provided with insight and tools that enabled me to change myself and how I interacted with others. It gave me the power of self-awareness.”

“I have learned through these classes the tools for a happier and productive life.”