

# SUBSTANCE ABUSE THERAPY

Name: \_\_\_\_\_

— Self-critical thought \_\_\_\_\_

— What would you say to a loved one who had this thought? \_\_\_\_\_

— What would you say to a child or young person who had this thought? \_\_\_\_\_

— What do you say to yourself when you have this thought? \_\_\_\_\_

— What differences do you notice? \_\_\_\_\_