

# SUBSTANCE ABUSE RECOVERY

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

Mention the triggers of your urges and cravings. Write down the following thoughts and behavior. Next, challenge your thought by rationalizing it or replace it with a positive thought, to predict your new behavior.

## Trigger

- 1
- 2
- 3

## Thought

- 1
- 2
- 3

## Behavior

- 1
- 2
- 3

## Challenging the Thought

- 1
- 2
- 3

## New Behavior

- 1
- 2
- 3