

# ***Substance Abuse Worksheet***

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

Date: \_\_\_\_\_

**Objectives:** To help an individual deal with his cravings to abuse a substance.

**Instructions:** Substance abusers crave to use the substance again and again. Challenging one's thoughts can help in dealing with these cravings and urges. In the table given below, mention the triggers of your urges and cravings. Write down the following thoughts and behaviors. Next, challenge your thought by rationalizing it or replace it with a positive thought , to predict your new behavior.

Trigger	Thought	Behavior	Challenging the Thought	New Behavior