**Cognitive Restructuring**

“Getting out to stinking thinking”

Gorski’s work always begins with there is a problem-or nothing to treat!

**Facts if Addictive thinking:**

1. Addictive thinking causes unnecessary pain and problems.
2. Addictive thinking convinces us it’s” ok” to use alcohol or drugs to deal/manage pain or solve problems.

How did you think drugs/alcohol was going to help you deal/manage difficulties?

**Goals in learning to do restructuring:**

Learn your own thought patterns- you have to learn to recognize the thought/addictive voice.

You have to learn to challenge them (sober voice vs. addictive voice)

Work on mindfulness/awareness daily.

Learn consequential thinking.

**I know I’m using addictive thinking when I start to think? ………**

**The best chance of success is ……….**

**My confidence level is (1-10) ……….**