**COPING WITH NEGATIVE THINKING**

Nonnegative thinking begins with hones and rational statements of reality. For those in recovery, there is acknowledgement that they will at some point thing about using substances. Acknowledgement creates honest awareness that clarifies the need to appropriately counter these thoughts and have a recovery plan to deal with triggers. There are basic steps to changing your thinking. Changing thinking requires consistent awareness and new behaviors to match the changes in thinking. The steps to changing your thinking are as follows:

1. Awareness
2. Develop realistic statements for replacing or substituting the negative thinking.
3. Practice the change consistently

To effectively deal with thoughts of using substances requires the following.

1. Affirmation of commitment to recovery.
2. Consistent substitution of thoughts about using substances.
3. Abstinence.
4. Avoidance of using defense mechanisms as an excuse to use substances.
5. Maintenance of a high level of awareness, being on guard for the risks of relapse and preparedness to deal with it.
6. Use of resources and talking through thoughts as a means of problem solving and validation.
7. Write out a list of the expected positive consequences of substance use.
8. Use visualization to recreate images of the negative consequences associated with substance use.
9. Write out a list of the negative consequences of substance use.
10. Write out the issues or situation that make it difficult to maintain abstinence.
11. Write out a plan for dealing with these issues and situation to encourage and support abstinence.