**Notice What You Say to Yourself!**

**Recovery thinking means talking to yourself with respect and support.**

**SUBSTANCE ABUSE THOUGHTS**

\* *Compare the thoughts associated with substance use (left column) to the thoughts associated with recover (right column).*

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| --- | --- | --- |
| ***SUBSTANCE ABUSE THOUGHTS*** | ***Verses*** | ***Recovery Thoughts*** |
| “I need it now”  (Wants instant satisfaction) | verses | “I can wait”  (Self-control) |
| “I don’t care about the future”  (Unable to plan) | verses | “How will I feel later?”  (Able to plan) |
| “Things should always go smoothly”  (Can’t tolerate frustration) | verses | “Sometimes things go wrong”  (Can tolerate frustration) |
| “I can do what I want”  (Focused only on self) | verses | “If I use, I’ll hurt my kids”  (Focused on self and others) |
| “I need drugs to numb the pain”  (Can’t tolerate bad moods) | verses | “I can tolerate feeling down”  (Can tolerate bad moods) |
| “Abstinence will be boring”  (Afraid of boredom) | verses | “I can try new things”  (Locates exciting activities) |
| “I’ll never get over this”  (Overreacts) | verses | “Take it a step at a time”  (Balanced) |
| “I might as well use-my life’s a mess”  (Doesn’t care) | verses | “I matter”  (Cares) |
| “I’ll only have one drink”  (Unrealistic) | verses | “I know I can’t use”  (Realistic) |
| “I have no self-discipline”  (Stuck) | verses | “I can learn self-discipline”)  (Seeks to grow) |

From *Seeking Safety* by Lisa M. Najavits(2002)