

CWSH 11: Client work sheet Challenging thoughts

(Adapted from Beck, A., Wright, F., Newman, C. & Liese, B. (1993). *Cognitive Therapy of Substance Abuse*. New York: Guildford Press.)

A <i>Antecedent situation</i>	B <i>Beliefs</i>	C <i>Consequences</i>	D <i>Disputation of beliefs</i>	E <i>Alternative explanation</i>
The internal or external event(s) that ended with you feeling bad or wanting to use	Thoughts, including automatic thoughts, you have about the situation; rate belief in these thoughts 1–10	The result of your thinking (craving to use, using, feeling depressed, suicidal, anxious, agitated etc.) Rate feelings and cravings from 1 to 10	Evidence for and against your beliefs about the situation	What alternative explanations about the situation might be plausible? Re-rate beliefs in original thoughts, re-rate feelings and cravings