

THOUGHT PATTERNS

When a trigger is experienced thoughts tend to move toward the positive effects of the drug(s) of choice. This initial thought process is also the most effective place to effect relapse prevention. This is accomplished by **RECOGNIZING THAT THE THOUGHT PROCESS HAS MOVED TOWARD DRUG USE, THEN CONSCIOUSLY SHIFTING THE THOUGHT PATTERN FROM WHY I WANT TO USE (Positive effects) TO WHY I DON'T WANT TO USE (Costs and consequences).**

Some Typical Thought Patterns of Dependency:

- I need to use because_____.
- Just once won't hurt.
- I deserve a reward.
- I just want to feel better.
- I must have relief.
- What I am experiencing is painful and it must stop.
- I want it now, I want it fast.
- It's someone else's fault.
- I am not responsible.
- I'm always the most important.
- My needs/wants must come first.

Some Typical Thought Patterns of Relapse Prevention:

- I don't want to use because_____.
- It's OK to make mistakes.
- I am in charge of my behavior.
- I will not give anything or anyone power over myself.
- Sometimes life can be painful.
- Although I am anxious, I can get through this.
- The only personal growth is outside my comfort zone.
- Life is not always fair.
- Using drugs is a poor behavior, **NOT MY IDENTITY!!!**
- A person that wants me to use drugs is **NOT MY FRIEND!!!**
- I will not compromise my personal values!!!