

# Abstaining from Alcohol CBT Worksheet

Date(s):

Name:

- **First Session:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
  - **Second Session:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
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## Objectives:

1. Understand the importance of total abstinence for recovery from drug dependence.
  2. Understand the effects of alcohol on the brain.
  3. Identify the situations in which you're most likely to drink.
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## 1) Alcohol and Drugs

- **Total Abstinence and Its Importance**
  - Research indicates people using stimulants are more likely to relapse if they use alcohol.
  - Alcohol-related environments can be triggers for substance use.
  - Using alcohol can hamper the recovery process.

**Question: What do you think about total abstinence? Is it necessary or unnecessary in your recovery? Why do you think so?**

- **Your Thoughts:**
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## 2) Effects of Alcohol on the Brain

- **Impaired Judgment and Reasoning**
  - Alcohol affects the rational, reasoning part of the brain, leading to poor judgments and impulsivity.

**Question: In what ways have you depended on alcohol? For sexual or social reasons?**

- **Your Response:**
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**Question: Based on what you have learned above, how will you approach alcohol use moving forward?**

- **Your Plan:** \_\_\_\_\_

### **3) External and Internal Triggers for Drinking**

- **External Triggers**

- Social functions, celebrations, advertisements, past places, and people you used to drink with.

- **Internal Triggers**

- Emotional states like depression, anxiety, and loneliness can serve as cues to drink.

**Question: What people, places, and situations make you want to drink alcohol?**

- **Your List:** \_\_\_\_\_

**Question: What moods and feelings make you want to have a drink?**

- **Your Feelings:**

\_\_\_\_\_

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### **Summary:**

- **Alcohol jeopardizes your recovery. Total abstinence is a necessary goal.**

**Final Thoughts:** \_\_\_\_\_

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Remember to share and discuss your answers with your healthcare provider to develop a more nuanced understanding of your situation and appropriate steps for your recovery journey.

*Source:* PATIENT'S WORKBOOK FOR COGNITIVE BEHAVIORAL THERAPY SESSIONS