

Alcohol Arguments CBT Worksheet

Name	Date
Instructions: <ul style="list-style-type: none">• Begin by identifying a specific situation or event related to alcohol that you'd like to examine.• Write down the thoughts or arguments you have regarding this situation.• For each thought or argument, go through the CBT steps to evaluate and challenge them.	
Situation/event	
Thoughts/arguments	
CBT Steps	
Write down the automatic thoughts that come to mind. These are the initial, unfiltered thoughts or beliefs related to the situation.	
For each automatic thought, ask yourself the following questions.	
Is this thought based on facts or assumptions?	
What evidence supports or contradicts this thought?	
Have I thought this way in similar situations before?	

What would someone else, like a friend or therapist, say about this thought?

Is this thought overly negative or unrealistic?

Try to come up with more balanced and realistic thoughts to replace the automatic ones. These thoughts should be based on evidence and reflect a healthier perspective on the situation.

For each alternative thought, consider how it changes your perspective and emotions about the situation.

Rate the believability and helpfulness of the alternative thought on a scale from 0 to 100%.

Select the alternative thought that seems most balanced and realistic to you. Write down this chosen thought.

Based on your chosen, balanced perspective, outline any actions or strategies you can take regarding the alcohol-related situation.

Additional notes