

Self-Assessment for Thought-Stopping Techniques

Instructions: Please answer the following questions to evaluate your experience with thought-stopping techniques.

1. Have you experienced triggers or cravings related to substance abuse in the past week?

Yes

No

2. If yes, which thought-stopping technique(s) did you find most effective in managing these triggers or cravings?

Visualization

Snapping

Relaxation

Other (please specify): _____

3. How often did you practice thought-stopping techniques when encountering triggers or cravings?

Daily

Several times a week

Rarely

Not at all

4. Did you notice any improvement in your ability to control and reduce cravings by using these techniques?

Significant improvement

Some improvement

Minimal improvement

No improvement

5. What challenges did you face while using thought-stopping techniques, if any? (Please describe briefly)

Selecting Effective Distraction Activities

Choose the most suitable distraction activity to engage in for 15 minutes when you encounter a craving or trigger:

1. When you encounter a craving, which activity can help you distract yourself effectively?

- Calling someone
- Taking a shower
- Dancing with music
- Jogging
- Planning for a trip with family members

2. Which activity is most likely to help you clear your mind and redirect your thoughts away from substance use?

- Reading a book
- Watching TV
- Meditating
- Checking social media
- None of the above

Distraction Activity Log

Date	Distraction Activity	Duration (minutes)	Outcome/Results

This worksheet is inspired by the "Patient's Workbook for Cognitive Behavioral Therapy Sessions" developed by the Department of Health, Republic of the Philippines.