

Addictions Thought Record

Trigger Situation	Cravings/Urges (0 - 10)	Automatic Thoughts/Images	Consumption Addictive Behavior	Outcome	Alternative/Healthier Response
<p><i>Describe what was going on, where were you, when did it happen, who you were with?</i></p>	<p><i>What was the intensity of your urge/craving?</i></p>	<p><i>What was going through your mind?</i></p>	<p><i>Did you abstain or use? What did you use? Quantity?</i></p>	<p><i>How did it affect me? How did it affect others? What are the short/long-term consequences?</i></p>	<p><i>What could I have done differently? What would have helped?</i></p>