

Treating Addictions: A Cognitive-Behavioral Approach



*Based on Rational Living Therapy a
Systematic Approach to Cognitive-Behavioral Therapy*

Dr. Aldo R. Pucci

President

National Association of Cognitive-Behavioral Therapists

www.nacbt.org

Treating Addictions: A Cognitive-Behavioral Approach

Developed and Presented by:

Dr. Aldo R. Pucci
P.O. Box 2195 Weirton, WV 26062
1-800-253-0167

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional service. If legal advice or other expert assistance is required, the services of a competent professional person should be sought.

*From a Declaration of Principles jointly adopted by a Committee of the
American Bar Association and a Committee of Publishers*

© Copyright, 2020, by Aldo R. Pucci. No part of this workbook may be reproduced in any manner without the expressed consent of Aldo R. Pucci .

Basic Considerations and Assumptions

Concern with the term “substance abuse”

Disease vs. Not Disease Debate

AA / 12-Step Requirement?

Rarely is someone’s actual problem drinking or drugging.

You Cannot Have a Problem without Having a Goal

False belief that a person MUST want to stop drinking / drugging to stop.

“Substance Abuse” Main Motivators

Method of Coping

Low Frustration Tolerance

“Need” for Companionship

“Need” for Excitement

Performance Enhancement

Inevitability of Use

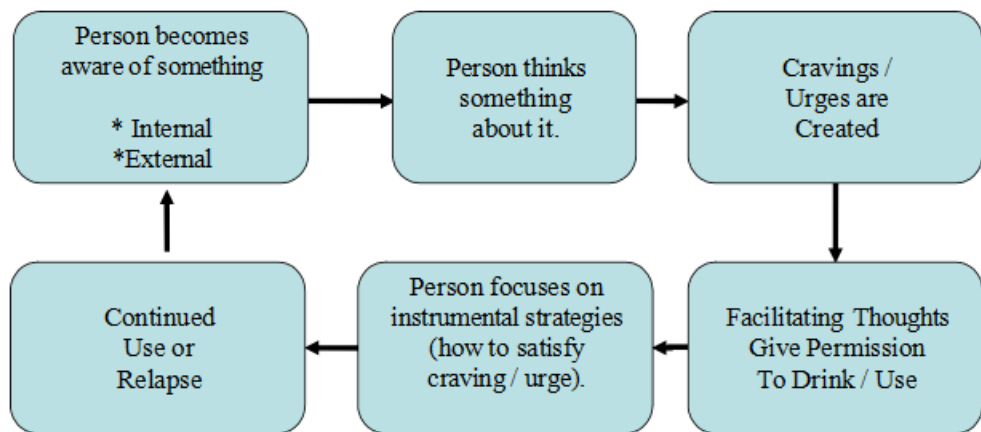
Four Cognitive Processes in Substance Misuse

1. “Self-Efficacy”

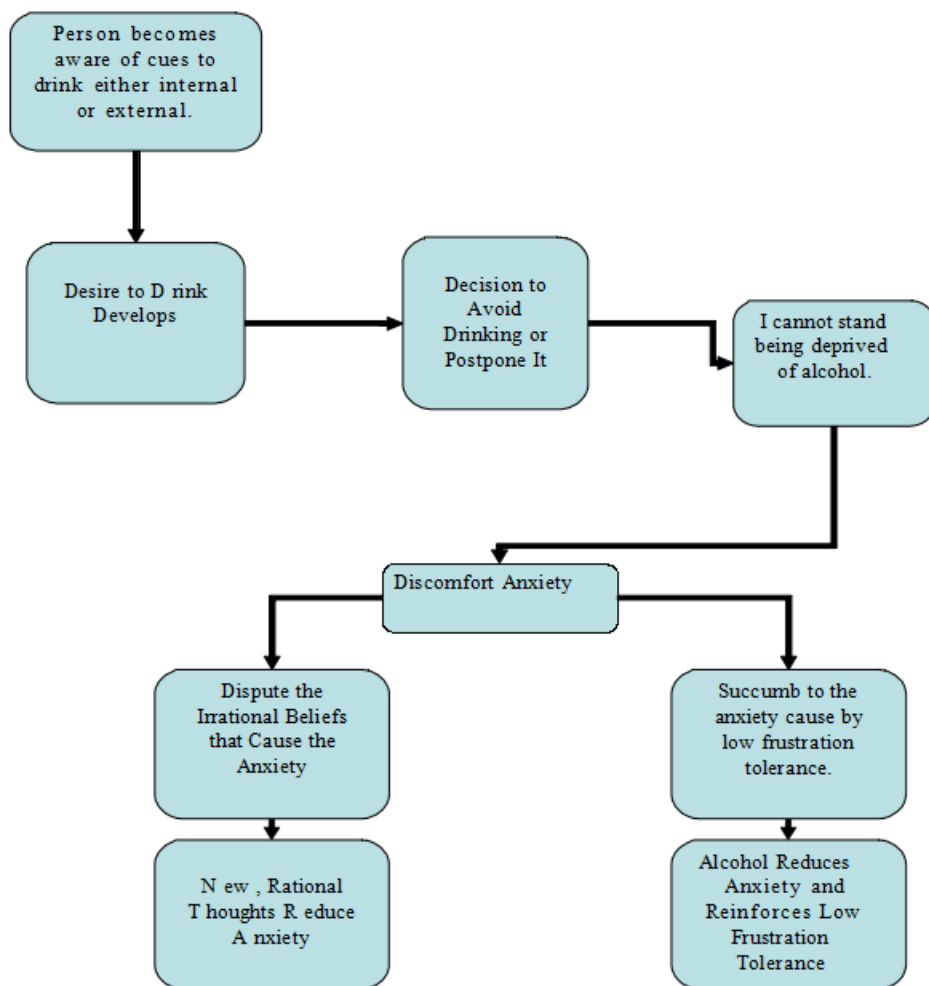
2. Outcome Expectancies

3. Attributions of Causality

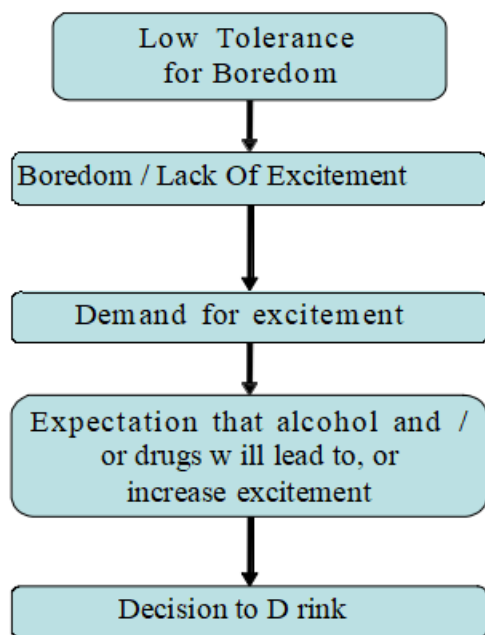
4. Decision-making Process



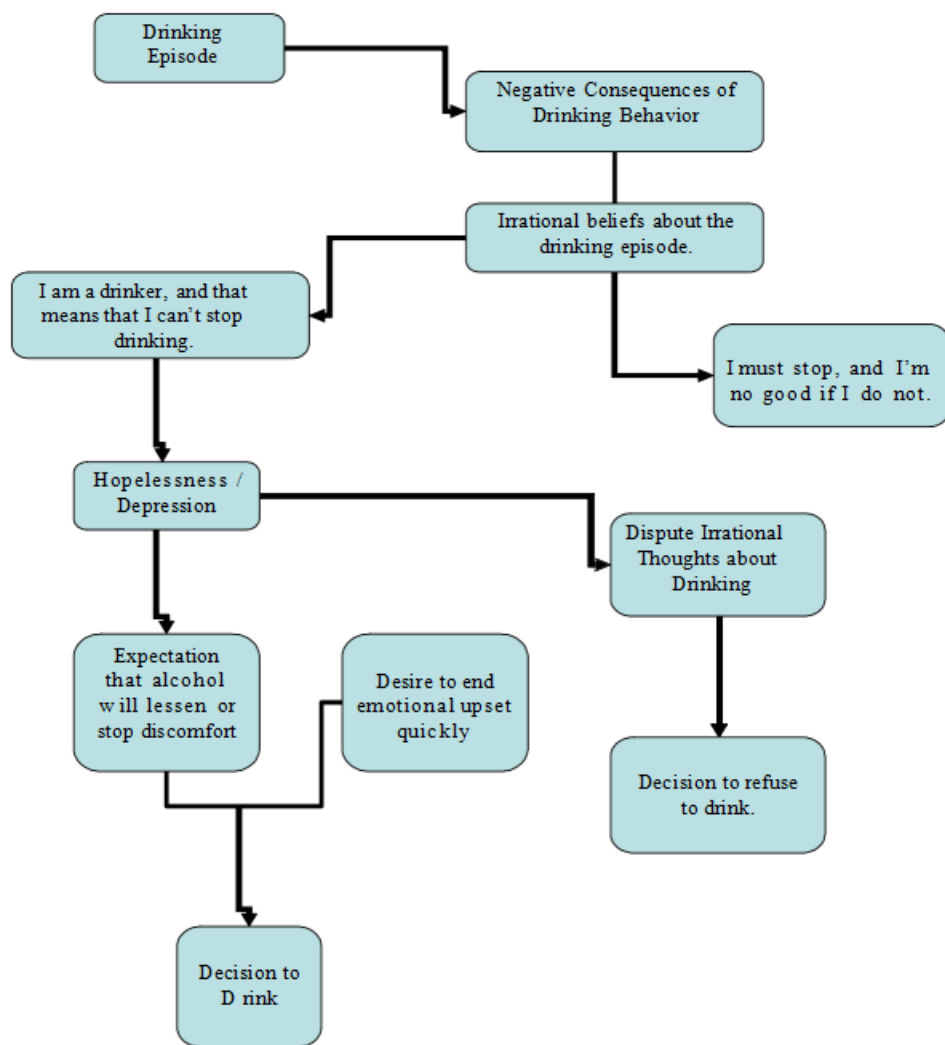
A Cognitive-Behavioral Model of Substance Abuse



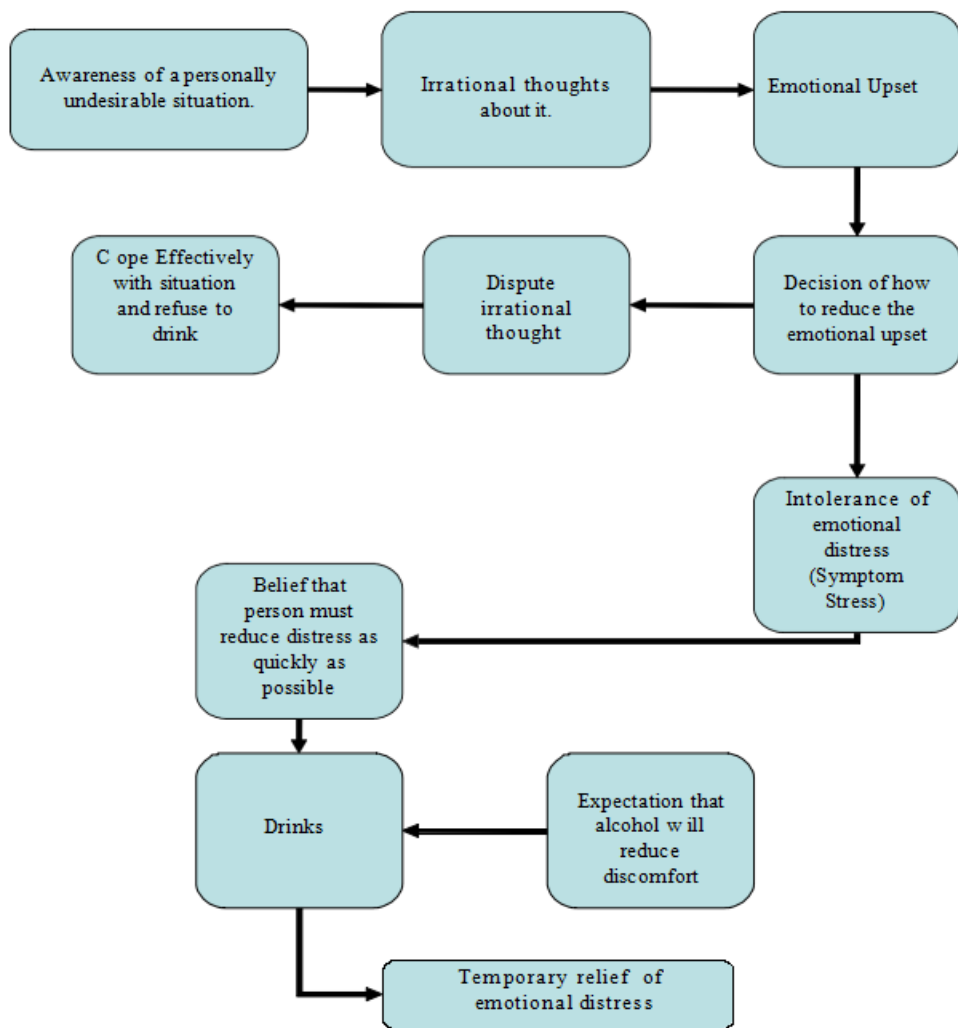
How Low Frustration Tolerance Contributes to Alcohol Use



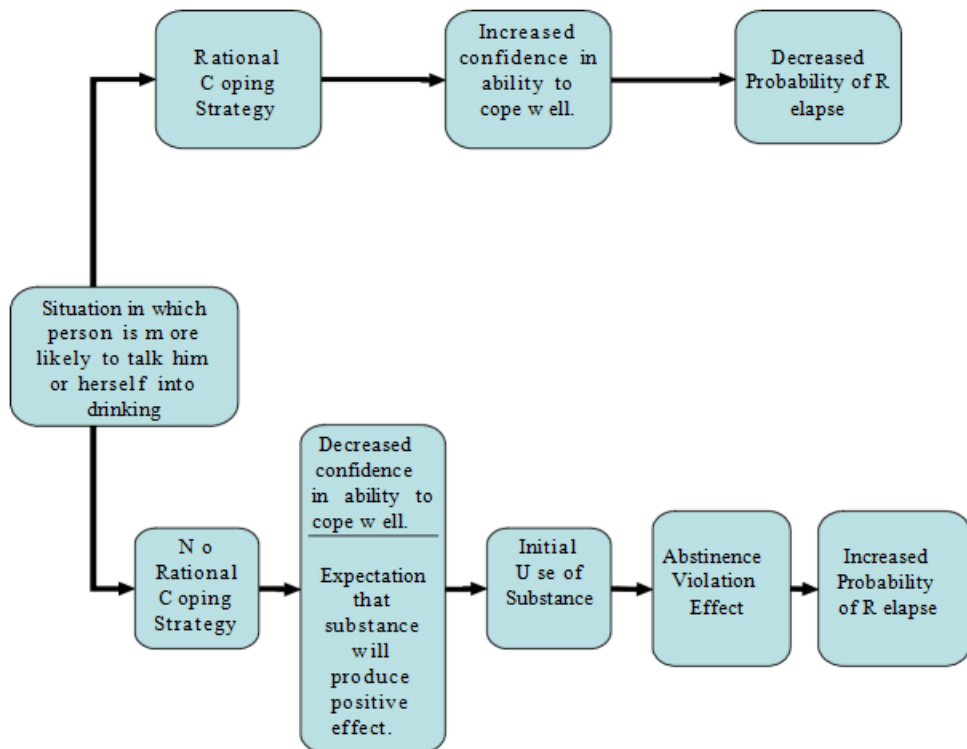
How a “Need” for Excitement Influences Alcohol Use



How “Thoughts of Worthlessness” Contribute to Alcohol Use



Alcohol Use as a Method of Coping



A Cognitive-Behavioral Model of Relapse Behavior

Types of Addictive Beliefs

1. The belief that one needs the substance if one is to maintain psychological and emotional balance.
2. The expectation that the substance will improve social and intellectual functioning.
3. The expectation that one will find pleasure and excitement from using.
4. The belief that the drug will energize the individual and provide increased power.
5. The expectation that the drug will have a soothing effect.
6. The assumption that the drug will relieve boredom, anxiety, tension, and depression.
7. The conviction that unless something is done to satisfy the craving or to neutralize the distress, it will continue indefinitely and, possibly, get worse.

Self-Defeating Thinking that Might Lead to Relapse
and some Model Rational Alternatives

Self-Defeating Thought	Rational Alternative
1. This not drinking is just <i>too hard</i> . I can't stand not having what I want.	While drinking is certainly difficult, I have stood it for some time now and one hour or one day at a time I can continue to stand it. I don't need everything I merely want, and while I may want a drink, I <i>don't</i> want all the problems that it will bring.
2. I need more excitement in my life. I'm so bored without seeing my friends <i>I can't stand it</i> anymore. I'll go visit my friends at the bar, but not take a drink.	Nobody ever died of boredom. While I certainly would like more excitement in my life right now, the price of associating with my friends might be drinking again. If I want to be less bored, I'd better find some other things to do.
3. Poor me. I must be so <i>damn worthless</i> to have to give up drinking when so many people can handle it. Nothing is going right for me, so what's the use? How could a drink make my life any worse?	Where is the evidence that I am worthless because I can't do "something that some other people can do?" I can't run a four-minute mile either. Does that prove I'm worthless? While things may not be great right now, it doesn't help to pity myself. It only makes me feel worse. I need to think through that drink I want. Remember the last drink? Did that make life better? Or did it lead to more and more drinks, which made even a bad situation so much worse.
4. They <i>shouldn't treat</i> me this way. I'll show them who is boss, I'll fix them. I'll go get drunk and then they will be sorry.	I really hate it when I'm treated this way. I'd better learn to stick up for myself but punishing them may not be the way to do that. Besides, who am I really going to punish if I go out and get drunk?
5. I'm so upset and uptight. If I don't have a drink, <i>I'll go crazy</i> . I sure would rather be drunk than out of my mind.	A drink won't prevent me from going crazy. <i>In fact, it may take me further down the road.</i> Being uptight or upset can be best handled without a drink. People don't go crazy from not getting what they want.

Common Irrational Beliefs about Alcohol and Drugs with more
Rational Alternatives

Irrational Belief	Rational Alternative or Dispute
1. Drinking is never a problem for me, even if I do lose control once in a while. It's other people who have a problem with the way I drink.	Losing control can be the first sign of a problem, and if my drinking is a significant problem for others, sooner or later it will be for me.
2. I <i>need</i> a drink to relax.	I want a drink but don't have to have one just because I want it.
3. I can't stand not having what I want; it is just <i>too</i> hard to tolerate.	You may not like it but you have stood it in the past and can do so now.
4. The only time I feel comfortable usually is when I'm high.	It's hard to learn to be comfortable socially without drugs but people do so all the time.
5. It would be too hard to stop drinking. I'd lose all my friends, be bored and never be comfortable without it.	While stopping drinking and drugging might cost me some things and take time and effort, if I don't the consequences may be far worse.
6. People who can't or don't drink are doomed to frustration and unhappiness.	Where's the evidence of that? Try going to an AA meeting and do some research on how frustrated and miserable these nondrinkers actually are.
7. Once you've stopped drinking or getting high and you see it's all over, you're right back to where you started and all your efforts only lead you to total failure. Once a drunk, always a drunk.	A slip is only a new learning experience toward recovery. It's not a <i>failure</i> , only a setback that can tell you what direction you need to go in now. It's your choice.

Beliefs That Facilitate Alcohol / Drug-Taking Across Different Personality Disorders

1. Avoidant
2. Dependent
3. Passive-Aggressive
4. Obsessive-Compulsive
5. Narcissistic
6. Histrionic
7. Paranoid / Schizoid / Schizotypal
8. Antisocial
9. Borderline

Control / Urge Equation

$$\frac{\text{Power of Control}}{\text{Power of Urge}} = \text{Guide for Intervention}$$

Types of Cravings

(1) Response to Withdrawal Symptoms

(2) Response to Lack of Pleasure / Increase in Pain

(3) Conditioned Responses to Alcohol / Drug Cues

(4) Response to Hedonic Desires

The Rational Living Therapy Sequence

1. Assessment

A. Make assessment of learned vs. not-learned behavioral problem.

B. Assess client's use of substance:

Where, when, what, how much? What reminds you or prompts you to use?

C. Assess client's motivation for change:

Reasons to stop using or decrease use

Reasons not to stop using or decrease use

Emphasize the importance of self-counseling.

Progressive Relaxation Schedule or Discuss Rational Hypnotherapy

Homework:

Introduction and Chapters 1 & 2 of "The Client's Guide to Cognitive-Behavioral Therapy" -- Goals (Therapy, Life, Daily), Feelings & Behavior Pattern Form

What I Tell Myself About Drinking

Checklist of Medical Problems

My Reasons for Drinking

2. **Review Homework, ABC's of Emotions or Rational Hypnotherapy**

Homework: Chapter 3 (ABC Chapter) & Chapter 4 (Thoughts & Underlying Assumptions)

ABC Situations.

Things That Remind Me of the Urge to Drink /

Drug Craving Pattern Form

Avoiding Drinking Situations Form

3. Review Homework, Rational Questions

Homework: Chapter 5 (About Problems) and Chapter 6 (Rational Questions) Apply Rational Questions to Thoughts

4. Review Homework, Mental Mistakes

Homework: Chapter 7 (Mental Mistakes)

5. Review Homework, Rational Action Planner

Homework: Chapter 8 (Rational Action Planner) Do at least one RAP

7. Review Homework, Importance of Practice, Practicing Techniques, Thought Growth

Homework: Chapter 9 (Practice)

8. Rational Emotive Hypnotherapy if Needed

9. Remainder of sessions spent reviewing RAP's

Homework: Behavioral Assignments
Chapters 10-12.

Progressive Relaxation Schedule

Day One

Session #1: PR – PR – PR

Session #2 PR – PR – PR

Day Two (Next Day)

Session #1: PR – PR

Session #2: PR – PR

Day Three (Next Day)

PR – PR

Homework: Progressive Relaxation

Day Four (Three to Four Days After Previous Session) PR

Homework: Progressive Relaxation

My Goals for Therapy

© Copyright, 2020, by Aldo R. Pucci. All Rights Reserved.

1. Do this *more*

Do this *less* (or not at all)

2. Emotionally Feel this *more*

(Remember, feelings are one-word adjectives, like happy, sad, excited, anxious, etc...)

Emotionally Feel this *less* (or not at all)

3. Physically Feel This *More*

Physically Feel This *Less* (or not at all)

4. Think this *more*

Think this *less* (or not at all)

5. Know this *more*

Know this *less* (or not at all)

Life Goals

© Copyright, 2003, by Aldo R. Puoci. All Rights Reserved.

On this page, write down what you want out of life – your long-term goals. Spend some time with this and give it some thought as you can use this as a guide for living a happy life. Important: refuse to only write down what you think is possible. Go for it, and write what you want! You might consider issues like, “Where do I want to live?” “With whom do I want to share my life?” “What do I want to do?”

What I want from life

Example: To retire when I'm 50 y.o.

Importance to Me

Slightly / Moderately / Very Important

Moderately Important

What I Want to Experience and Avoid

© Copyright, 2003, by Aldo R. Pucci. All Rights Reserved.

On this page, write down what you want to experience as much as possible and avoid as much as possible. Spend some time with this and give it some thought as you can use this as a guide for having happy days.

What I want to experience as much as possible

Example: Time with my family, fishing trips, eating pasta

What I want to avoid as much as possible

Example: Work days longer than 8 hours, sinus headaches, late fees

Feelings and Behavior Pattern Form

© Copyright, 2003, by Aldo R. Pucci. All Rights Reserved.

Instructions: If you feel or behave in a way that either you do not want or believe might be a problem for you, first, write down in the first column what was going on at the time, what happened, what you were doing, or what you were thinking about. Second, write down in the second column what was going through your mind about what was going on, and third, write down how you felt and what you did.

What happened / What was going on /

What I was doing /

What I was thinking About

Example: My boss told me that I'm fired.

What went through my mind about it

"How could he do that to me. I've worked here for
twenty years! He shouldn't do this!
I'll never be able to support my family."

How I Felt / What I Did

Angry & Depressed
Went home and went to bed.

ABC's of Emotions

P
O
S
I
T
I
V
E



A. Awareness



B. Thought or Belief



C. Emotional Consequence

N
E
U
T
R
A
L



A. Awareness



B. Thought or Belief



C. Emotional Consequence

N
E
G
A
T
I
V
E



A. Awareness

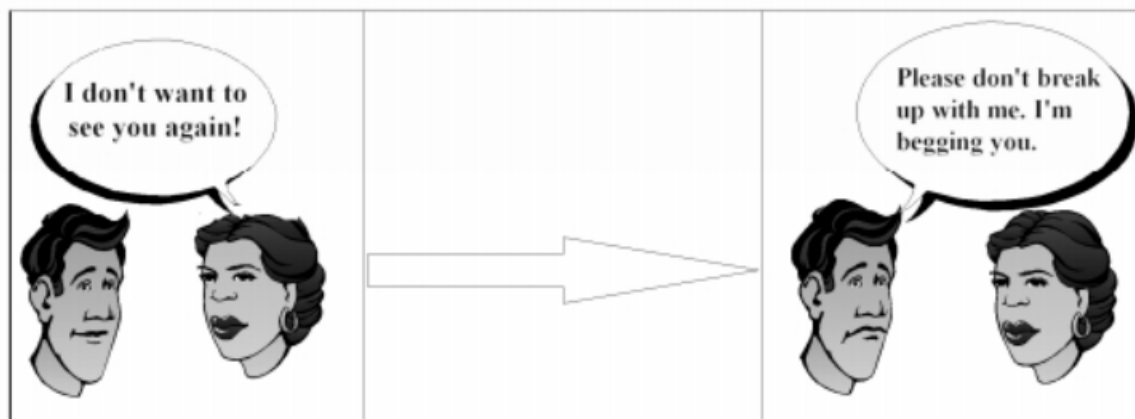


B. Thought or Belief



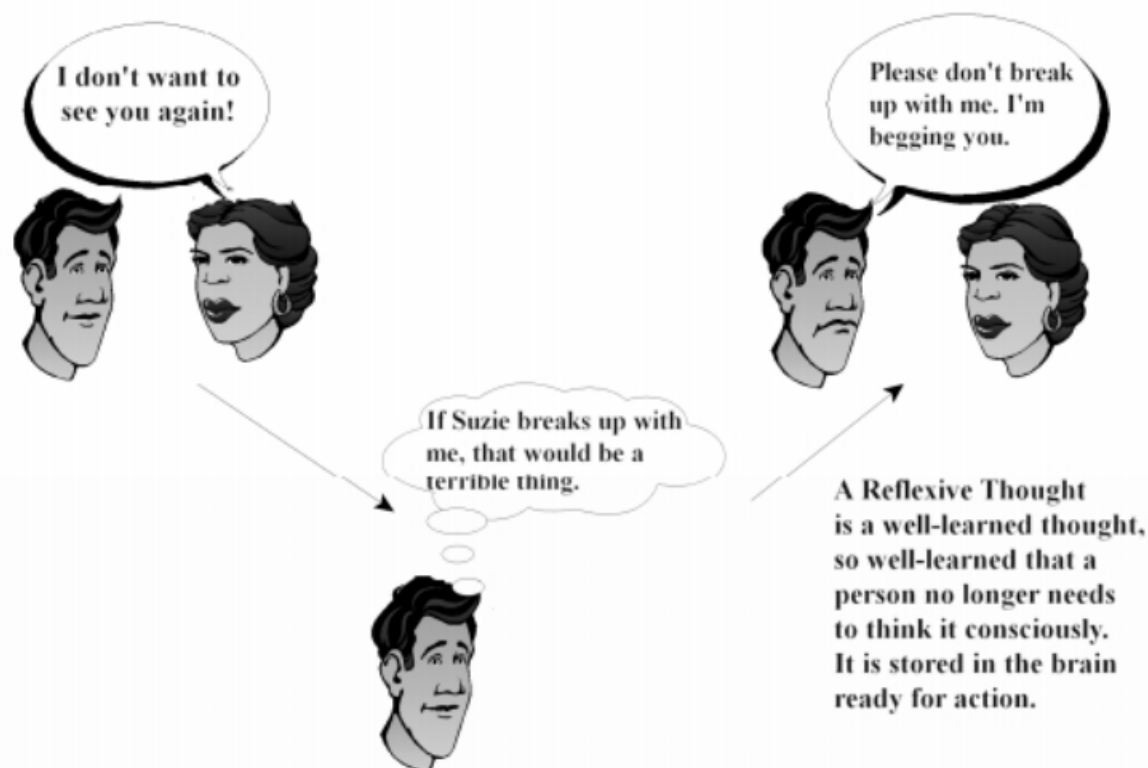
C. Emotional Consequence

Reflexive Thoughts



A. Awareness

C. Emotional Consequence



ABC Situations

A

(What I'm Aware Of)

B

(What I think about A)

C

(How I Felt / What I did)

Seminar Practice of ABC Situations

A
(What I'm Aware Of)

B
(What I think about A)

C
(How I Felt / What I did)

The Three Rational Questions

A modification of Maultsby's Five Rational Questions.

- 1. Is my thinking based on fact?**
- 2. Does my thinking help me to achieve my goals?**
- 3. Does my thinking help me feel the way I want to feel?**

Three "Yes" Answers means that your thought is rational for you, and, therefore, it is in your best interest to keep it. One or more "No" answers means that your thought is irrational, and, therefore, it is in your best interest to replace it with a thought that is rational.

Problematic Mental Mistakes

Labeling

All-or-None Thinking

Abstinence Violation Effect!

Choice vs. Force

Can't Stand-itis

Too Much / Too Little Confusion

Rational Action Planner™

Old ABC's

<u>A</u> (What you are aware of)	<u>B</u> (Thoughts or Beliefs about it)	<u>C</u> (Emotional & Physical Reaction)
<i>My girlfriend told me that she wants to break up with me, and I fell all to pieces.</i>	<ol style="list-style-type: none"> <i>I need her because I'm nothing without her! (Irrational)</i> <i>It's terrible that she wants to break up with me. (Irrational)</i> <i>I'll never be happy again, and that's terrible! (Irrational)</i> 	<p><i>Very nervous</i></p> <p><i>Begged her to not break up with me</i></p> <p><i>Told her that I'd kill myself if she broke up with me</i></p>

What were (are) your goals in this situation (Conscious or Implied)?

- 1. Remain calm*
- 2. Tell her what I really meant*
- 3. Do things to encourage her to stay*
- 4.*

Achieved?

No
No
No

Camera Check of "A" Section (What Would a Camera Show)

It would show her telling me that she wanted to break up with me, but it would not show me falling to pieces, like a pile of body parts!

Rational Questions

Apply the Rational Questions To Each of the Thoughts in the "B" Column and Write Down Whether or Not They Passed Them.

- 1. Is my thinking based on Fact?*
- 2. Does my thinking help me achieve my goals?*
- 3. Does my thinking help me feel the way I want to feel?*

Keep any thoughts that pass the Rational Questions and replace any that do not.

New ABC's

A

(Camera Checked)

***Whenever I'm in this
Situation:***

*I'm around her, think
of her, or see her*

B

(New Thoughts to Practice)

I'll think this:

*Anything that is physically present is
"something." Therefore, it is
impossible for me to be a "nothing."
As a believer on the Lord Jesus Christ,
I am a child of God. No one or
nothing can ever change that fact
because God promised to never leave
me nor forsake me.*

*I didn't need my ex-girlfriend — I only
wanted her. Therefore, I'll feel
appropriately sad as I think of losing
her as a disappointment, not something
that is terrible or that I can't stand.
Certainly I can stand her breaking up
with me, because I am! The Lord is
my strength.*

*The sooner I calmly accept the fact that
we ended this relationship, the sooner I
will find happiness in another
relationship or with something else, if
the Lord so wills it.*

C

***As a result of my new
thinking, I'll feel and
do this:***

Feel calm

Treat her kindly

Do these new thoughts pass the Rational Questions?

Practice imagining yourself in the "A" Section, Thinking the "B" Section, and Reacting like the "C" Section. Act "As If" you believe the new thoughts until they feel comfortable to you.

Rational Action Planner™

Old ABC's

A

(What you are aware of)

B

(Thoughts or Beliefs about it)

C

(Emotional & Physical Reaction)

What were (are) your goals in this situation (Conscious or Implied)?

Achieved?

Camera Check of "A" Section

(What Would a Camera Show)

Rational Questions

Apply the Rational Questions To Each of the Thoughts in the "B" Column and Write Down Whether or Not They Passed Them.

1. Is my thinking based on Fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me feel the way I want to feel?

Keep any thoughts that pass the Rational Questions
and replace any that do not.

New ABC's

A

(Camera Checked)

*Whenever I'm in this
Situation:*

B

(New Thoughts to Practice)

I'll think this:

C

*As a result of my new
thinking, I'll feel and
do this:*

Do these new thoughts pass the Rational Questions?

Practice imagining yourself in the "A" Section, Thinking the "B" Section, and Reacting like the "C" Section. Act "As If" you believe the new thoughts until they feel comfortable to you.

Stages of Emotional / Behavioral Re-Education

1. Intellectual Insight
2. Practice
Cognitive-Emotive Dissonance
3. Emotional Insight
4. Personality / Trait Formation (Habit)

Thought to Practice

Goal: To remain free from alcohol and drug.

Thought: Actually, my goal is not to be free from alcohol and drugs. My goal is to get married, to have children, to have a comfortable home, to earn a living that will support my family. Using alcohol and drugs interferes with my goals, that's why using them is a problem. Because my goals are important to me, and because I now realize that I have the ability to achieve them, I refuse to do anything that stands in my way of achieving my goals.

I now know how to counsel myself rationally with the things that happen in my life. I CAN STAND feeling depressed and anxious, I just do not like it. I also CAN STAND being bored. I IN NO WAY need drugs or alcohol to try to numb those feelings.

I refuse to ever abuse myself again with alcohol or other drugs. Instead, I will counsel myself rationally while keeping my focus on my goals.

Desirability: When I think this way I'll be much more relaxed in social situations and enjoy social interactions much more.

Evidence:

Repetition: I shall repeat this thought to myself at least five times per day for two weeks, then three times per day for two weeks, then once per day for another two weeks. I shall practice this thought at the following times:

Emotional Insight: Practicing my thought will make it "feel right" to me eventually. Therefore, I shall practice it every day.

Additional Cognitive-Behavioral Techniques to Deal with Urges

1. Breaking Response Chains
2. Contingent Reinforcement
3. Classical Conditioning
4. Reinforcement of Incompatible Behavior
5. Rational Reminders
6. Time Distancing

7. Negative & Positive Imagery

8. Referenting

9. Tour-through-the-future

10. Reverse Role Play

11. Rational Distraction

12. Activity Scheduling

13. Environmental Manipulation

Terminating “Formal” Therapy

Has the client achieved his or her goals for therapy?

Has the client learned everything necessary to obtain long-term results?

Has the client corrected his / her underlying assumptions?

Does the client know why he or she is doing well?

What I tell myself about drinking.

Name: _____

Instructions: Look over the following lists and check the things you have told yourself about drinking alcohol. Return to it periodically for a few weeks to a couple of months, to make sure you don't miss anything. Add your own thoughts if you don't find them listed here, in the exact wording. When you know the exact words you use, you can see more clearly what kinds of thoughts have kept you drinking. Go over your list now and then, until you believe it's complete. (Work here, on this page, or work in your notebook.)

Thoughts About the Seriousness of Problems

9 I'm not addicted . . . I can stop whenever I want.

9 I don't have any problems with alcohol. My drinking isn't a problem.

9 I'm using alcohol for a good purpose. It helps me with _____

9 Alcohol is like a medicine to me.

9 I don't drink too much. Just a few drinks now and then. (Check here if you use this lie to convince others that you don't drink too much. Check here also if you hide liquor or sneak drinks.)

9 Sure I might drink a lot . . . but alcohol never gets the best of me.

9 I can always make it to work on time (or: I can always get the meals cooked and the clothes washed, or anything that suggests you fulfill your responsibilities in spite of your drinking).

9 (Referring to any kind of internal problem): It's just a little pain . . . It usually goes away when I take a drink.

9 Well, I made it home all right, so everything must be okay (or: I didn't get picked up by the police, so I must've driven okay. Then you look at your car and see a scrape: Well, it's only a scrape . . . there's no blood, so it's okay).

9 It was an accident. Accidents happen to everybody.

9 It's just a minor problem . . . it doesn't do too much harm.

9 Other ways you deny the seriousness of alcohol-related problems: _____

Thoughts About Alcohol Causing Problems

- 9 I was nervous as hell . . . I simply had to have a drink. (Instead of realizing the nervous tension was caused by alcohol withdrawal.)
- 9 I was feeling so down . . . I needed a pick-me-up. (Also denying your feelings were caused by alcohol withdrawal.)
- 9 I was really upset . . . so I went to the bar to have a few. (Once again, denying a sign of withdrawal.)
- 9 It's not alcohol that makes me this way. It's just me. It's the way I am.
- 9 It's not the alcohol that's messing me up. My life's a little crazy, that's all.
- 9 It's not the alcohol . . . I've never gotten ahead in life because I don't come from a privileged background.
- 9 I didn't lose the job because of drinking. That job wasn't "my style" . . . and I never liked it anyway.
- 9 These troubles have just started happening lately. I don't know where they come from.
- 9 It's not my drinking . . . it's something else. (I just haven't been eating well lately. Or: I'm under a lot of pressure lately. Or: _____.)
- 9 Stay out of my business. It's my life and you don't know anything about what's wrong with me (whenever someone suggests you have a drinking problem).
- 9 It's not the alcohol. It's the cigarettes (or: the coffee, or: that damned drug I'm taking).
- 9 I must be constipated (or: have diarrhea) because of the food I ate (not because of my drinking).
- 9 Gee, this pain in my right side (liver) is really bothering me. I wonder what's wrong.

You can use this denial with many physical symptoms, pretending alcohol has nothing to do with them.

- 9 This pain in the middle of my back (kidneys).
- 9 This pain in my left side (pancreas).
- 9 My high blood pressure.
- 9 That damned ulcer.
- 9 My unclear thinking.

- 9 Other ways you deny that alcohol causes problems:

Thoughts That Lead Me to Start Drinking

- 9 I need a drink to unwind.
- 9 I'm having a rough day . . . I think I'll have a drink.
- 9 Whenever _____ (wife/husband/girl friend/
boyfriend/boss/friend/son/daughter/mother/father) gets mad at me, I just want to get drunk.
- 9 It's happy hour (cocktail hour, attitude adjustment hour)... time to have a drink.
- 9 I had a bad day.
- 9 I had a good day.
- 9 The sun is shining.
- 9 It's cloudy and miserable.
- 9 It's cold out! I need a drink to warm me up.
- 9 It's hot out! I need a drink to cool me down.
- 9 I worked hard. . . got a lot done. Now I'll reward myself.
- 9 I'm thirsty . . . I need a drink.
- 9 I need some hair of the dog that bit me.
- 9 I need an eye-opener.
- 9 I need a drink to give me a lift.
- 9 It helps me put up with some unbearable situation:
- 9 I need a drink to:

Other reasons you use to start drinking:

Reasons to Continue Drinking

- 9 I need one more to settle me down.
- 9 Well... I'm started now.
- 9 You only live once... so you might as well go for it!
- 9 Well, if you're buying.
- 9 I need another drink to keep going.
- 9 What the hell. Sure, I'll have another one.
- 9 I need one more to really have a good time.
- 9 I need one more to face (a certain person), or be with (a certain person).
- 9 I need one more to get in the mood... to get just the right buzz... just the right glow.
- 9 One more to get rid of this anger (or: any other bad emotion).
- 9 One for the road.
- 9 One to good friends.
- 9 Here's to your health.
- 9 All right, if you insist.
- 9 Just one more.
- 9 A nightcap.
- 9 Other reasons you use to keep drinking, once you start:

Reasons for Drinking Too Much

- 9 I guess I had one (or two, or a few) too many last night.
- 9 It's not my fault. They kept buying me drinks. What was I to do?
- 9 I shouldn't have drunk on an empty stomach.
- 9 I got drunk because I mixed my drinks (or: because I drank hard stuff instead of beer).
- 9 I couldn't help it. It was just one of those things. I simply drank too much and that's that.
- 9 My drinking isn't the problem... I drank too much because of my real problem: _____
- 9 I was under too much stress and alcohol helped me forget.
- 9 Sorry, I won't get that way again.
- 9 I just forgot to watch how much I drank.
- 9 Damn it all! I'll never get that drunk again.
- 9 After last night, I never want to touch the stuff. I'm going to quit it for good.
- 9 What the hell... I just drank too much. It's not the end of the world.

- 9 So-and-so, _____, was worse off than I was.
- 9 This time I finally learned my lesson. Don't worry, it'll pass.
- 9 It wasn't my fault... I was just too drunk to know what I was doing. (Thoughts like this get more serious. Instead of excusing over-drinking, you excuse bad behavior because of over-drinking; for instance, after beating your spouse or child, you say, "It wasn't my fault... I just drank too much.")
- 9 Hey, we really tied a good one on last night, didn't we?
- 9 Wow! I really got wasted last night. . . but what a night.
- 9 It'll make a good story, won't it?
- 9 I don't remember anything. It's a complete blank.
- 9 I'm sorry if I said anything to offend you.
- 9 I'm sorry I hit you. The alcohol made me do it.
- 9 I hope I didn't make any enemies last night, or hurt anybody. No . . . I couldn't have ... could I?
- 9 If I just apologize for being drunk, everything will be okay.
- 9 Other reasons you use for drinking too much:

Checklist of Medical Problems

Instructions: Three steps. (1) Look over the following list of symptoms. Put a check next to any symptom you have now, or have had in the past five years. (2) Share the list with a doctor. These symptoms are signs of deeper problems, so be sure to get tested to determine what deeper problems you might have. (3) What problems do you have? Look over the list of medical problems common to alcoholic drinkers. Check the problems that have been diagnosed in you.

Symptoms *Liver/Gallbladder*

- 9 sensitivity in right abdomen (push two or three fingers into right abdomen, just below ribs)
- 9 pains in right abdomen
- 9 hardened, enlarged area in right abdomen
- 9 yellowing of skin, yellow whites of eyes, or a tan on a light-skinned person even without sun (jaundice)
- 9 vomiting blood

Pancreas/Spleen

- 9 sensitivity in left abdomen just below ribs
- 9 pains in left abdomen

Gastrointestinal

- 9 frequent sore throat
- 9 swelling of abdomen with fluid, "beer belly" (ascites)
- 9 stomach pain
- 9 stomach cramps
- 9 abdominal pain with meals
- 9 frequent heartburn
- 9 digestive problems
- 9 frequent vomiting
- 9 bowel problems: diarrhea, constipation, or diarrhea alternating with constipation
- 9 bloody or black stools

Kidneys and Bladder

- 9 pains on either side of the middle of back
- 9 cramps in the middle of the back
- 9 difficulty or pain urinating

Metabolism

- 9 excessive hunger
- 9 excessive thirst
- 9 frequent headaches
- 9 craving sweets
- 9 excessive urination (more than four or five times a day)
- 9 shakiness or nervous tension, especially just before eating
- 9 feeling weak
- 9 cold, clammy feeling
- 9 feeling jittery
- 9 confused thinking

Lungs

- 9 excessive congestion
- 9 frequent colds

Heart

- 9 chest pains
- 9 swelling in feet
- 9 rapid heartbeat (tachycardia)
- 9 rapid, irregular heartbeat (palpitations)
- 9 abnormal changes in heartbeat (arrhythmia)

Blood

- 9 extreme weakness
- 9 feeling faint
- 9 occasional fainting

Joints, Muscles, and Bones

- 9 sore joints
- 9 sharp pain in joints
- 9 frequent broken bones
- 9 muscle cramps
- 9 muscle pains
- 9 poor muscle development or tone

Eyes

- 9 dimness of vision, particularly night vision
- 9 poor vision or problems with vision
- 9 repeated eye infections

Sex Organs

- 9 decrease in size of testicles
- 9 increased vaginal infections
- 9 decreased sex drive (male or female)
- 9 decreased enjoyment of sex

Skin

- 9 general redness or flushing
- 9 small red blemishes in spider-like pattern (blemishes turn white with pressure)
- 9 increase of visible red blood vessels on face
- 9 prominent veins on belly
- 9 an enlarged red nose
- 9 red acne-type skin (rosacea)
- 9 dark red blotches
- 9 permanent reddish-blue mottling especially on the hands or feet (livedo reticularis)
- 9 poor skin condition in general
- 9 ulcers of the skin

Other General Signs

- 9 poor hair condition
- 9 loss of hair
- 9 hoarseness
- 9 increased gag reflex (back of tongue at esophagus)
- 9 bleeding gums
- 9 sores on the body
- 9 clubbing of fingers
- 9 bags or circles under eyes
- 9 steady weight loss or steady weight gain
- 9 over-development of mammary glands in males

- 9 frequent accidents

Nervous and Mental Disorders

- 9 feeling on edge, jumpy
- 9 nervous tension
- 9 shooting pains in extremities
- 9 extreme weakness
- 9 forgetfulness
- 9 memory loss
- 9 loss of normal logical thinking ability
- 9 loss of coordination
- 9 clouded thinking
- 9 exaggerated reaction to a stimulus (either too slow or too quick)
- 9 hallucinations (seeing, hearing, feeling, smelling, or tasting things that are not there)
- 9 tremors, mild to severe
- 9 convulsions, seizures, delirium tremens (DTs)

Emotional Warning Signals

- 9 moodiness
- 9 frequent crying
- 9 family problems
- 9 interpersonal problems
- 9 work-related problems
- 9 suicidal thoughts

Medical Problems (Diagnosed)

Liver/Gallbladder

- 9 fatty liver (precursor to cirrhosis)
- 9 hepatitis (inflammation of the liver)
- 9 cancer of the liver or gallbladder
- 9 cirrhosis (long onset but once started proceeds rapidly; biggest killer of alcoholic drinkers: about 14,000 a year)

Pancreas/Spleen

- 9 pancreatitis (inflammation of the pancreas)
- 9 cancer of the pancreas or spleen

Gastrointestinal

- 9 ulcers, recurring or non-healing
- 9 esophagitis (inflammation of esophagus)
- 9 cancer of esophagus
- 9 gastritis (inflammation of the stomach)
- 9 inflammations of the intestines (colitis, Crohn's disease, and others)
- 9 cancer of the intestines, especially of the colon and rectum

Kidneys and Bladder

- 9 chronic bladder infections
- 9 cancer of the bladder
- 9 kidney failure

Metabolism

- 9 hypoglycemia (low blood sugar, common to all alcoholic drinkers)
- 9 diabetes (hyperglycemia: excessive amounts of sugar in the blood)

Lungs

- 9 bronchitis
- 9 frequent pneumonia
- 9 lung cancer

Heart

- 9 hypertension (high blood pressure)
- 9 cardiomyopathy (disease of the heart muscle)
- 9 congestive heart failure

Blood

- 9 anemia (deficiency of red blood cells causing extreme weakness, sometimes fainting)

Joints, Muscles, and Bones

- 9 osteoporosis (bones lose mass and become brittle)
- 9 gout (inflammation of joints caused by imbalance of uric acid metabolism)
- 9 myopathies (various diseases of the muscle)

Eyes

- 9 various inflammations of the eye
- 9 lateral nystagmus (jerking movement of eyes with gaze to the left or right)

Sex Organs

- 9 male impotence
- 9 frequent urinary tract infections
- 9 various inflammations of uterus

Skin

- 9 skin cancer

Vitamin Deficiency Diseases

- 9 malnutrition
- 9 neuritis (inflammation of the nerves; most common: peripheral neuritis affecting nerves in the limbs)
- 9 toxic amblyopia (dimness of vision caused by toxic effects of alcohol)
- 9 beriberi (nervous disorder due primarily to lack of vitamin B1)
- 9 pellagra (caused by vitamin B3 deficiency, resulting in skin eruptions, problems with digestion, nervous system disturbances, and eventual psychosis)
- 9 scurvy (caused by vitamin C deficiency, leading to bleeding gums, serious internal bleeding, and extreme weakness)

Nervous and Mental Disorders

- 9 neuropathies (any of various disorders or diseases of the nervous system)
- 9 convulsive disorders
- 9 degenerative nerve diseases
- 9 Wernicke's syndrome (mental disorder involving loss of coordination and disruption of the senses; symptoms include memory loss, disorientation, agitation, and confusion)
- 9 Korsakoff's syndrome or alcohol amnesic disorder (thought disorder due to brain deterioration, - symptoms include disruption of memory, memory loss, inability to process information, extreme agitation, hallucinations, and loss of normal logical thinking; about 66% of those with Korsakoff's syndrome can never recover, and up to 17% die in the acute phase of this disorder)

My Reasons for Drinking

Name _____

Instructions: Put a check next to each one of your reasons for drinking. Check as many reasons as you believe relate to you. Use the blank lines in each category to write any additional reasons you have.

To forget about myself or my problems:

- ☐ It helps me stop worrying.
- ☐ It helps reduce tension.
- ☐ It helps me relax or wind down.
- ☐ It helps when I'm depressed.
- ☐ It helps when I feel lonely.
- ☐ It helps me forget my problems.
- ☐ It helps me feel better when everything seems hopeless.
- ☐ Alcohol helps when I feel nobody cares about me.
- ☐ It helps me avoid painful memories (drown my sorrows).
- ☐ Sometimes I drink when I feel guilty or ashamed (even when it's my drinking I feel guilty or ashamed about).
- ☐ It helps me forget a serious crisis in my life, such as losing a loved one, a bad accident, getting fired (write it here): _____

For pleasure, kicks, or the thrill of it:

- ☐ When I drink, I feel I have more fun.
- ☐ Sometimes I drink to celebrate. (It can be anything: a holiday, good news, a reunion with an old friend.)
- ☐ Sometimes I drink for sentimental reasons . . . to remember something pleasurable in the past.
- ☐ I drink because I like the taste of certain drinks. I like the effects of getting high. I like the glow.
- ☐ I like the taste of alcoholic beverages with certain foods I eat.
- ☐ Just for kicks.

To reduce inhibitions, make me feel more powerful, or help me get along with others:

- 9 When I drink, I don't feel so shy.
- 9 It helps me in social situations.
- 9 I feel I perform better sexually.
- 9 It helps me express my anger.
- 9 Sometimes I drink just to show people I can drink (especially if they've been telling me they think I should quit).
- 9 It shows how tough I am. You gotta be tough to drink as much as I can.
- 9 It makes me feel more mature.
- 9 It helps me speak my mind.
- 9 It helps me face responsibilities.
- 9 It builds my courage.
- 9 It helps me take risks.
- 9 It helps me accept failure when things don't work out.
- 9 When I drink I feel more complete, more fulfilled.
- 9 It makes me feel more loving.
- 9 When I drink, I feel more independent.

To sedate me:

- 9 When I drink, I don't feel so nervous.
- 9 It helps me sleep.
- 9 It helps stop the shakes in the morning.
- 9 Drinking gets rid of pain (headache, muscle pain, toothache, cramps, any other body ache or pain).
- 9 It stops me from thinking too much. It helps when I'm feeling stressed.
- 9 It slows me down when things seem to be going too fast.

To stimulate me:

- 9 It picks me up when I'm feeling down.
- 9 It rouses me when I feel bored.
- 9 It helps me wake up in the morning (an eye-opener).
- 9 It helps clear my head.
- 9 It helps me be more creative.

It's automatic, part of my lifestyle:

- 9 I drink because other people expect me to drink (especially at certain times: at recreational activities, at lunch, on the job, at happy hour).
- 9 It's the only way I know. It's my lifestyle.
- 9 It's automatic. Sometimes I start drinking without even realizing it.
- 9 It's part of my life. I'm attached to it... I'd be completely lost without it.

To satisfy my addiction; to avoid unpleasant feelings of withdrawal:

- 9 I can go only a certain amount of time before I need a drink.
- 9 Sometimes I drink to stop myself from being hungry.
- 9 Often I feel as if I just have to have a drink.
- 9 When I stop drinking, I start feeling sick.
- 9 I drink because I don't have a choice... I'm seriously addicted to alcohol.
- 9 It helps kill an irresistible urge for alcohol—a deep craving inside my gut.
- 9 My drinking stops this cold, clammy feeling I sometimes get when I haven't had a drink for a while.
- 9 It stops the DTs (severe trembling, hallucinations, seizures).

Things that remind me of the urge to drink / drug:

(1) Certain situations (like being at work, arguing, social situations, etc...)

(2) Certain times of the day / days of the week

(3) Certain behaviors (like while cleaning the house, etc...)

(4) Certain conditions (like feeling bored, depressed, anxious, etc...)

(5) Certain things I see or hear (like other people drinking / using drugs)

Craving Pattern Analysis Form

Date and Time

Situation

Where I was, What I was
doing, What was going on...

What was going through my
mind

How I handled the craving.

Avoiding Drinking Situations

Name _____

Carefully consider each question and answer it to the best of your ability.

1. Can you hold an open bottle of alcohol near your mouth without being tempted to drink it?

_____ Yes _____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I I

Absolutely
Would Not
Drink

Absolutely
Would
Drink

2. Can you hold a drink in your hand without being tempted to drink it?

_____ Yes _____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I I

Absolutely
Would Not
Drink

Absolutely
Would
Drink

3. Can you walk within three feet of a drink without being tempted to drink it?

_____ Yes _____ No

If you answered "yes", how likely would you be to *not* drink it?

I	I	I	I	I	I	I	I	I	I	I	I	I	I
Absolutely												Absolutely	
Would Not												Would	
Drink												Drink	

4. Can you keep beer in the refrigerator or alcohol in the liquor cabinet without being tempted to drink it?

____ Yes ____ No

If you answered "yes", how likely would you be to *not* drink it?

I	I	I	I	I	I	I	I	I	I	I	I	I	I
Absolutely												Absolutely	
Would Not												Would	
Drink												Drink	

5. Can you go to a bar without being tempted to drink alcohol?

____ Yes ____ No

If you answered "yes", how likely would you be to *not* drink it?

I	I	I	I	I	I	I	I	I	I	I	I	I	I
Absolutely												Absolutely	
Would Not												Would	
Drink												Drink	

6. Can you go to a social event and watch people drink without being tempted to drink alcohol?

____ Yes ____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I

Absolutely

Would Not

Drink

Absolutely

Would

Drink

7. Can you go to a party where friends are drinking without being tempted to drink alcohol?

____ Yes ____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I

Absolutely

Would Not

Drink

Absolutely

Would

Drink

8. Can a family member or friend drink alcohol near you without you being tempted to drink?

____ Yes ____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I

Absolutely

Would Not

Drink

Absolutely

Would

Drink

9. Can you go to a restaurant where drinks are served without being tempted to drink alcohol?

_____ Yes _____ No

If you answered "yes", how likely would you be to *not* drink it?

I I I I I I I I I I I I I I

Absolutely

Would Not

Drink

Absolutely

Would

Drink

Appendix A

Resources

Certification in Cognitive-Behavioral Therapy

If you would like to become certified in cognitive-behavioral psychotherapy, please contact the National Association of Cognitive-Behavioral Therapists at:

NACBT
P.O. Box 2195 Weirton, WV 26062

Web Site: <http://www.nacbt.org>

Visit our online store:

<http://nacbt.americommerce.com>

Email:

nacbt@nacbt.org

The NACBT offers a host of certifications in cognitive-behavioral therapy, including the Certified Cognitive-Behavioral Therapist (CCBT) and the Diplomat in Cognitive-Behavioral Therapy (DCBT) credentials.