

Recognizing Causes of Consuming Alcohol Worksheet

1. Describe a time or situation in which you used alcohol to cope with your stress or anxiety. Be as detailed as possible.

2. Describe how alcohol was helpful to you in this situation? Did it reduce your stress or anxiety? Did it give you more confidence?

3. How was alcohol harmful to you in this situation? Be honest with yourself.

4. Where did you learn that using alcohol was an acceptable way to manage stress and anxiety? Did you learn it from your parents, friends, television, etc?

5. List three beliefs you currently hold that caused you to believe alcohol is an effective way to deal with anxiety.

a.

b. _____

c. _____

6. List an alternative, challenging, or counter statement to each of the beliefs in Question 5.

a. _____

b. _____

c. _____

7. List three positive ways you could have dealt with this situation differently.

a. _____

b. _____

c. _____

8. Close your eyes and imagine yourself doing these positive behaviors. On a scale of 1 to 10 (1 = *no chance*; 10 = *definite*), rate how likely you would engage in each of the positive behaviors if faced with the same or similar situation. Explain any ratings below a rating of 7.

a. _____ (rating): _____ (explanation)

b. _____ (rating): _____ (explanation)

c. _____ (rating): _____ (explanation)