

Thought Stopping Techniques for Substance Abuse CBT Worksheet

Name:

Date:

Instructions: This worksheet is designed to help you actively practice thought-stopping techniques when you encounter triggers or cravings related to substance abuse. Use tables, questionnaires, and multiple-choice questions to guide your practice.

Thought-Stopping Technique Practice Log

[illegible]

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.