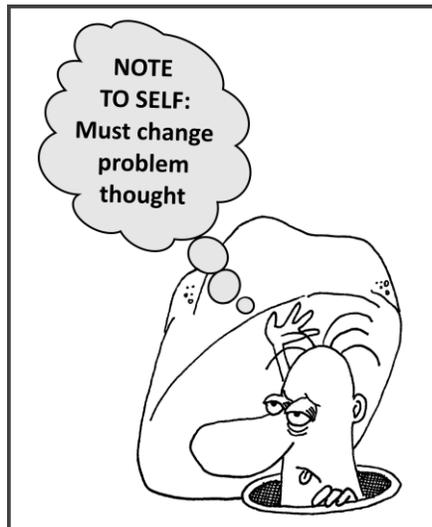


Changing Problem Thoughts

Cognitive Therapy for Recovery

By Kim Rosenthal, MD



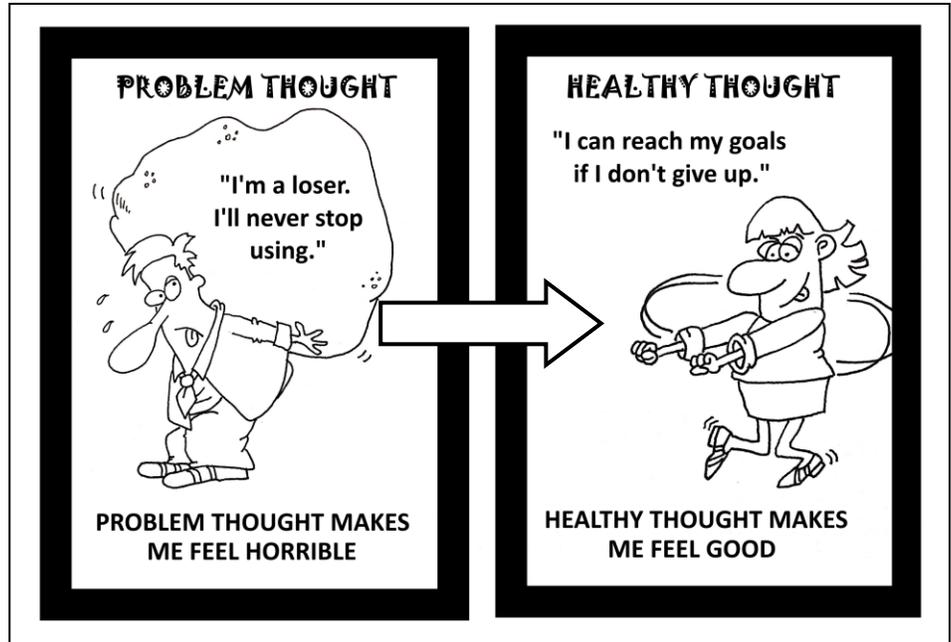
Changing Problem Thoughts (1)

Thoughts affect how you feel.

If you think negatively, you feel bad.

Feeling bad makes it harder to stay clean.

You can feel better (and strengthen your recovery) by changing problem thoughts into healthy thoughts.



1. It's a Saturday night. You've been sober for a week. All your friends are out partying. You're alone at home and, for the first time in years, you have no plans. And voila, you have a problem thought: "I can't have fun unless I drink." Luckily you recognize that as a problem thought and decide to change it.

Go through the following options, cross out the problem thoughts, and circle the healthy ones.

- | | |
|---|--|
| a. I feel that way now, but I know things will get better. | b. Alcohol brings out my fun side. I'm awkward without it. |
| c. I know people who enjoy being sober. That means I can too. | d. I need alcohol to feel inspired. |
| e. Recovery is boring. | f. Sitting and thinking ain't helping. I can go to my friend's no-alcohol party and try to have fun. |
| g. There are things I enjoy doing sober, like riding my motorcycle and studying karate. | h. I'll never find anything to replace drinking. |
| i. I'd like to take up bungee jumping. Yeah. | j. I can read this recovery booklet, which is very satisfying and great fun! |

See page 10 for the answers.

How can you tell if a thought is a problem? If it makes you feel bad or want to use, then it's a problem.

(Continues on page 2)

This is a preview!

Pages 2-10 purposefully removed

About the Author



When not writing, Kim Rosenthal practices life as a physician. Over the past 20 years, she has helped thousands of people deal with and get past mental illness and embrace a positive future. She believes that mental health is more than surviving bad moments. It's remembering what makes life worth it.

Dr. Kim's attended medical school in Texas. She's board-certified by the American Psychiatry and Neurology Association and has medical licenses in Hawaii, Maine, and North Carolina. Her career as a travelling psychiatrist has led her from countryside to big cities to places where no one speaks English. The author has experience working community, emergency, forensic, geriatric, and home-visiting psychiatry. These days Dr. Kim works as an attending psychiatrist at a state hospital in North Carolina. She wouldn't trade her career for the world.

The author is currently working on a publication for recovering addicts. Not published yet (and not available), it's called the *Wacky and Wonderful Recovery Workbook* and accompanies the reader on a journey through a world of sobriety. It's hard work. It's also creative and entertaining and splashed over with artwork. Worksheets range from "Why Quit" and "Dealing with Guilt" to alter egos, art therapy, puzzles, strange scenarios, and writing movies. Stay tuned.

If you want to read more by Dr. Kim, check out kimrosenthalmd.com. The site includes 110+ mental health posts, half a dozen free and low-price mini-books, plus information on the very secret *Wacky and Wonderful Recovery Workbook*.



See you next time, next booklet...