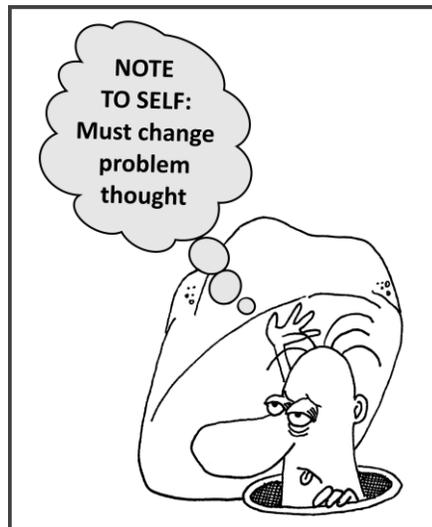


# Changing Problem Thoughts

**Cognitive Therapy for Recovery**  
**By Kim Rosenthal, MD - Psychiatrist**  
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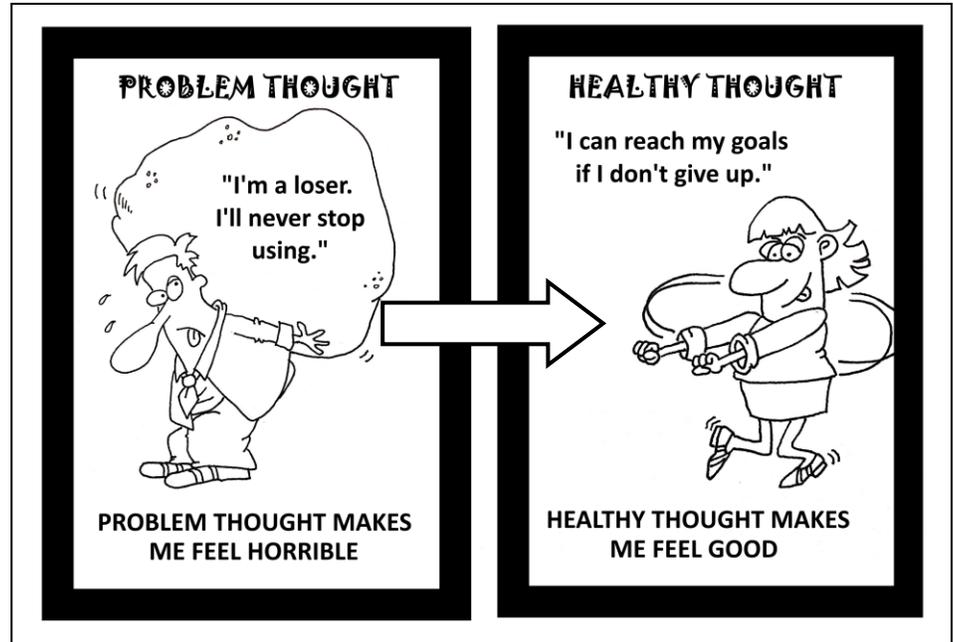
# Changing Problem Thoughts (1)

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)

## Changing **Problem** Thoughts (2)



**PROBLEM THOUGHT**



There are many ways to change a problem thought into a healthy thought. Here are two:

- Think of what a close friend or wise person would tell you about the thought.
- Complete the phrase, “That might feel true, but proof it’s wrong includes...”



**HEALTHY THOUGHT**

**2. You’ll find a list of problem thoughts below on the left. Which of the options on the right is the healthy thought? There’s one right answer for each problem thought.**

Problem thought	Which is a healthy thought?
“No one believes I can stay clean, so what’s the point? I should start using again.”	a. I’m not gonna let others dictate my recovery. b. I should go out and buy a dog. c. It’ll help if I listen to this angry music.
“I can use once and keep it under control.”	a. Of course I can use once. Yep. No problem. b. I’m such an idiot. Can’t believe I thought about that. c. Okay, I’m having a craving. I’m going to call my sponsor.
“I relapsed again, and now everyone hates me.”	a. Oh, for what I did, I deserve to be hated. b. Really, I should buy a dog. A beagle. c. I know I did awful things, but I can make up for it. Also, I know that my sister, uncle, and friend George will always be there for me.

See page 10 for the answers.

(Continued on page 3)

You've found the Sneak Peek Version of this booklet. Most pages are missing. The real thing is far superior, so check it out. To find a complete copy, please visit [kimrosenthalmd.com/store](http://kimrosenthalmd.com/store) and explore. Thanks!

# 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 Board of Psychiatry and Neurology 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 *Outside-the-Box 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 art therapy, puzzles, strange scenarios, and writing movies. Stay tuned.

If you want to read more by Dr. Kim, check out [kimrosenthalmd.com](http://kimrosenthalmd.com). The site includes 110+ mental health posts, half a dozen free and low-price mini-books, plus information on the very secret *Outside-the-Box Recovery Workbook*.

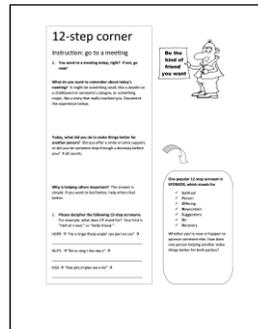


See you next time, next booklet...

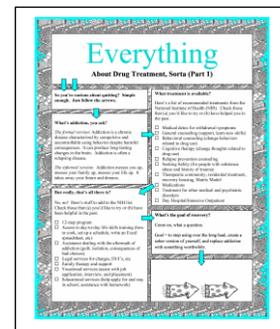
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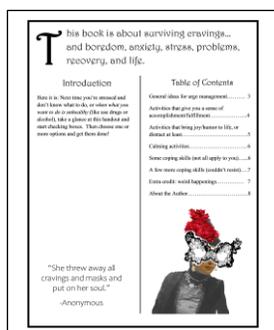
Booklet for (Maybe) Quitting



14 Meeting in 14 Days



Introduction to Drug Treatment



Urge Management



Step One (free for subscribing)