

Substance Use Thought Record

Identify and reframe thoughts that trigger urges



Date & Time: _____

Use this worksheet to identify and reframe unhelpful thoughts that may trigger urges to use substances. Complete each section when you notice strong emotions or cravings. Be honest with yourself.

Triggering Situation

Describe the specific situation or context that led to your strong emotions or urges.

Initial Emotions (Rate 1-10)

Reflect on the emotions you felt. Rate the intensity of each.

Automatic Thoughts

Write down the automatic thoughts that came to mind — beliefs about yourself, others, or your ability to cope.

Evidence For This Thought

List any evidence that supports your automatic thought.

Evidence Against This Thought

Identify evidence that contradicts your automatic thought.

Balanced / Alternative Thought

Create a new, balanced thought that encompasses both sides of the evidence.

New Emotion Rating (1-10)

After reframing, rate your emotions again. Reflect on any changes.

 "Whatever things are true, whatever things are noble, whatever things are just... meditate on these things." – Philippians 4:8