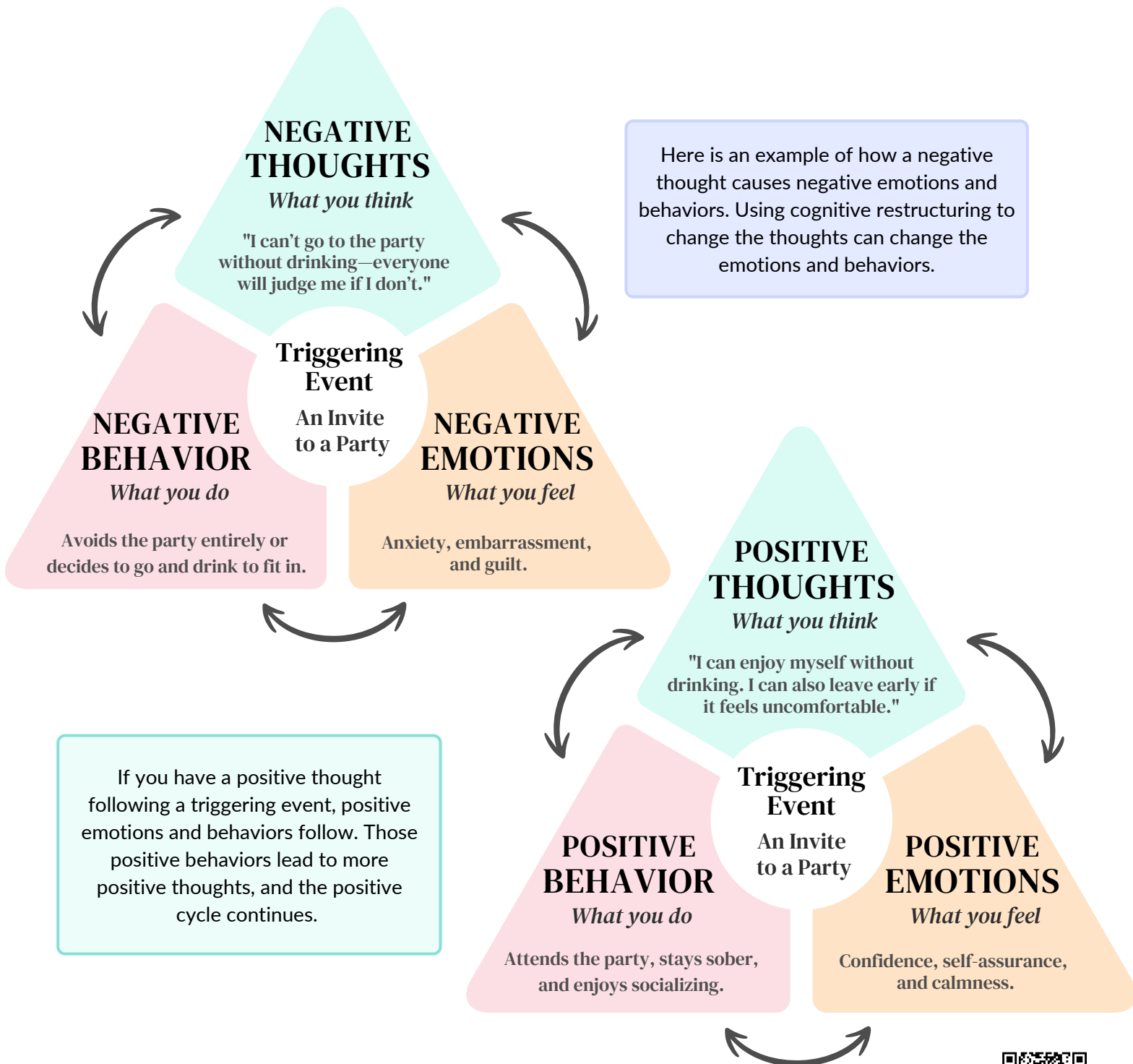


Cognitive Restructuring for Addiction

Cognitive restructuring is a CBT technique that involves recognizing negative thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone recovering from addiction, cognitive restructuring can help change the negative thought patterns that contribute to feelings of guilt and hopelessness, which often fuel addictive behaviors.** By identifying these thoughts and replacing them with more constructive alternatives, individuals can strengthen their resilience and support their recovery journey.



Cognitive Restructuring for Addiction

THOUGHT

What you think in a situation.
*Ex: A drink is the only way I can
calm down right now.*

EMOTION

How you feel.
Ex: Helplessness and despair.

BEHAVIOR

How you act in the situation.
*Ex: Drinks alcohol, leading to
a potential relapse.*

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are contributing to your addiction by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to behaviors that conflict with your recovery goals.

Thought:

**Is my thought
factual?**

**What evidence
do I have for
and against
my thought?**

**What would
someone else
say about the
situation?**

**Is it possible to
view this
situation
differently?**



Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

