

Name:

Date:

Addiction / Habit Log*

Think of a habit you're trying to change, such as overeating, drinking too much, procrastination, using drugs, or smoking. Vividly imagine you're feeling tempted to give in. For example, picture that delicious donut. Record the tempting thoughts you'd typically have in that situation.

Tempting Situation _____

Tempting Thoughts	Distortions	Self-Control Thoughts
1.		
2.		
3.		
4.		
5.		
6.		
7.		

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Addiction / Habit Log (cont'd) *

8.	9.	10.
8.	9.	10.

Checklist of Positive and Negative Distortions*

1. All-or-nothing thinking. You think of everything that you've been putting off and tell yourself how overwhelming all those tasks will be.	6. Magnification or Minimization. You blow things out of proportion: "This ice cream will taste so good! " Or, you tell yourself you're hopeless because you slipped up and relapsed in your to change a habit or addiction.
2. Overgeneralization. When you slip up, you tell yourself that you've blown your diet completely and that you'll never lose weight so you might as well give up. Or, when you win, you think of yourself as "a winner."	7. Emotional Reasoning. You tell yourself, "I'll clean my desk (or start my diet) when I'm more in the mood. I just don't feel like it right now." Or you tell yourself that losing weight is a hopeless cause because you feel hopeless and defeated.
3. Mental Filter. You dwell on the positives, like how good dessert will taste, and ignore the negative consequences, like feeling guilty or bloated afterwards.	8. Should Statements. You tell yourself, "I've had a hard day. I deserve a drink (or a nice dish of ice cream)." After you give in, you tell yourself, "I really shouldn't have slipped up." This makes you so guilty and anxious that you eat or drink even more!
4. Discounting the Positive / Negative. You tell yourself that any little thing you do today would only be a drop in the bucket, or you ignore negative data.	9. Labeling. When you slip up, you tell yourself, "I'm such a fat pig." Then you get so upset that you decide to eat three more donuts.
5. Jumping to Conclusions. You jump to conclusions not warranted by the facts. <ul style="list-style-type: none"> • Mind-Reading: You may assume that other people don't have to struggle with temptations, or that people who do abstain have drab, unfulfilling lives. Or, you tell yourself, without evidence, that other people like you, or don't like you. • Fortune-Telling: You tell yourself that if you take that drink, you'll feel great and all your problems will disappear. Or, you may tell yourself, "I'll just have one drink" or "one bite," but you've never stopped at just one drink or bite in the past. 	10. Self-Blame and Other-Blame. You find fault with yourself, other people, or the world. <ul style="list-style-type: none"> • Self-blame: You blame yourself for giving in to temptation. This makes you feel angry, frustrated, and guilty. • Other-blame: You may tell yourself that you have "fat genes" or that it's unfair that you have to struggle with your weight. You insist that others can eat whatever they want and still be thin, so you should be able to do the same thing. You may also blame others for a relationship problem and view yourself as an innocent victim.

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