

Substance Reality Record

Situation	Expectation of taking the substance	Reality of taking the substance	New Thought – Instead of taking substance	Reality of New Thought
<p><i>What was happening when craving/urge/voice came into awareness? Eg Argument with partner</i></p>	<p><i>What do you expect from the substance? Eg Relief, escape</i></p>	<p><i>What's the reality? Eg Paranoia, loss of money, argument, hangover</i></p>	<p><i>What can you do instead of substance? Eg, go for a walk, meditate, phone a friend, talk, know that feeling will pass</i></p>	<p><i>Consequences of New Thought. Eg No additional stress, better health, more self-respect, money</i></p>