
Sober Tools - Thinking the "Drink" Through Profile

It is common for addicts to experience mental lapses into euphoric recall (p. 203) during recovery that occur as a result of being triggered by a memory of what it was like to engage with his or her drug of choice. The euphoric or pleasant memories of what it was like to be able to use an addictive substance or engage in an addictive behavior without the undesirable consequences that resulted in the problems in our lives may seem harmless but they are not. These seemingly harmless strolls down memory lane can begin to diminish the sense and acceptance of the unmanageability that drove us into recovery and we can begin to think, "it really was not that bad." If you find yourself in a particularly vulnerable place and you are actively thinking that your drug of choice is the answer to some emotional or situational challenge then it is clear that something needs to be done.

Thinking the "drink" (drug of choice) through is an exercise that uses a bit of dysphoric recall and healthy projection to interrupt the seductive thinking that is suggesting that your drug of choice is the answer to some life challenge or that "one more time can not really hurt."

Task 1: Describe in detail the euphoric memory that you are having within the context of a specific situation or event that would have occurred in your past when your use of your "drug of choice" generated seemingly positive outcomes (like, "when I would smoke pot I would get really mellow and not have to be anxious about anything.")

Task 2: Assume that the important people in your life today were able to travel back in time to the event you are recalling and remain their present age and know all that they currently know about you and your addiction. Describe how seeing you in that scene would impact them.

Task 3: Describe what the consequence might be for the people you listed above if they were to show up in an event in the present or near future in which you have returned to your "drug of choice"?

Task 4: Focus on the event you referred to in Task 3 where the important people in your life showed up in the middle of a event in which you were actively using or engaging in your "drug of choice" and compare the costs versus the benefits of your decision to surrender your abstinence. When you are finished making the two lists share your findings with members of your support system or therapist.

~ Task 1 ~

Describe in detail the euphoric memory that you are having within the context of a specific situation or event that would have occurred in your past when your use of your "drug of choice" generated seemingly positive outcomes:

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~ Task 2 ~

Assume that the important people in your life today were able to travel back in time to the event you are recalling and remain their present age and know all that they currently know about you and your addiction. Describe how seeing you in that scene would impact them:

~ Task 3 ~

Describe what the consequence might be for the people you listed above if they were to show up in an event in the present or near future in which you have returned to your "drug of choice":

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~ Task 4 ~

Focus on the event you referred to in Task 3 where the important people in your life showed up in the middle of a event in which you were actively using or engaging in your “drug of choice” and compare the costs versus the benefits of your decision to surrender your abstinence. When you are finished making the two lists share your findings with members of your support system or therapist:
