

Unhealthy Thinking

-All-or-Nothing Thinking: Seeing things in “black and white”. There is no middle ground

Example: “Life will always be terrible, so I should just keep using & drinking”

-Overgeneralization: Coming to a general conclusion based on a single or few events

Example: “I went to one AA meeting, and it was stupid. It didn’t help me and won’t help me in the future, so I’m not going back”

-Rationalizing: Using excuses to justify your behaviors

Examples: “I’ve worked hard these past few days, so I deserve a few drinks”; “All my friends do drugs, so it’s okay if I do, too”; “I’m really shy so I need drugs to give me the courage to talk to people”; “I need alcohol to control my anger”

-Magnification: Turning small problems into big ones (“making a mountain out of a molehill”)

Example: “I gave a bad presentation at work. I’m doomed. I’ll get fired. I need to have a drink”

-Minimization: Turning big problems into small ones by minimizing their significance

Example: “I’ll only drink on the weekends... it’s no big deal”

-Denial: “My problem isn’t that bad... I can handle I drink”; “I don’t think I have a problem anymore...”

-Blaming: “My family is what’s causing my need for a drink right now!”

-Boredom: “I have nothing going on... I can have a drink”; “Life is so boring without drugs...”

-Romanticizing: “Life was so much more exciting with drugs!”

Credits



[Alina V Design and Resources](#)

-Thank you for the border!