

DISTRESS TOLERANCE WORKSHEET 15

(Distress Tolerance Handouts 18, 18a)

From Clean Mind to Clear Mind

Due Date: _____ Name: _____ Week Starting: _____

Check off each **clean mind** behavior you plan on changing this week. During the week, write down the **clear mind** behavior you did to replace **clean mind**.

CLEAN MIND BEHAVIORS

- 1. Engaging in **apparently irrelevant** behaviors that in the past inevitably led to problem behavior.
- 2. Thinking, "I've learned my lesson."
- 3. **Believing, "I can control my addiction."**
- 4. **Thinking, "I don't really have an addiction."**
- 5. Stopping or cutting back medication that helps with addiction.
- 6. Being in addiction environments.
- 7. Seeing friends who are still addicted.
- 8. Living with people who are addicted.
- 9. Keeping addiction paraphernalia.
- 10. Carrying around extra money.
- 11. Being irresponsible with bills.
- 12. Dressing like an addict.
- 13. Not going to meetings.
- 14. Isolating.
- 15. Believing, "I can do this alone."
- 16. Ignoring problems fueling addiction.
- 17. Acting as if I only need willpower.
- 18. Thinking, "I don't need to say anything about my addiction."
- 19. Thinking, "I can't stand this!"
- 20. Other: _____
- 21. Other: _____

CLEAR MIND BEHAVIORS AS REPLACEMENTS
