

DISTRESS TOLERANCE WORKSHEET 16

(Distress Tolerance Handout 19)

Reinforcing Nonaddictive Behaviors

Due Date: _____ Name: _____ Week Starting: _____

Check off and describe each effort you made to replace **addiction reinforcers** with **abstinence reinforcers**.

1. Searched for people to spend time with who aren't addicted. Describe what you did and who you found.

2. Increased number of enjoyable, nonaddictive activities. Describe activities.

3. Sampled different groups and different activities. Describe what you did and what you found.

4. Took one or more action steps to build positive events to replace addiction. Describe.

Check off and describe your **abstinence-sampling** efforts.

5. Committed to _____ days of abstinence. (Stayed abstinent _____ days.)

Describe abstinence plan and how you implemented it. *(See Distress Tolerance Worksheet 14.)*

6. Observe and describe positive events that occurred when you were *not* engaging in addictive behaviors.

Nonaddictive activity

Positive events and consequences

