

# ***CBT 4 AOD WORKERS***

## ***PART I: SUPPLEMENT PACK***



## ***CBT 4 AOD: FUNCTIONAL ANALYSIS & FORMULATION GUIDE***

***NAME:***

***DATE:***

***PRESENTING ISSUE(S)*** Reason(s) for entering the service.

### ***ONSET FORMULATION***

***PREDISPOSING*** Early childhood, social, cultural & life experiences that may have contributed (e.g. developmental factors, family history & relationships, coping styles, core beliefs, rules etc.) that contribute to the presenting issue(s)

***PROTECTIVE*** Things that may have stopped the substance use from escalating. Internal and external resources that can be used to support change.

***PLAN***

## SITUATIONAL FORMULATION

*PRECIPITATING FACTOR / TRIGGER (What sets up the use):*

## PERPETUATING

*THOUGHTS*

*PHYSICAL SENSATIONS*

*EMOTIONS / MOOD*

*BEHAVIOUR*

*LIKE*

*DON'T LIKE*

Beck, A. T., Wright, F. D., Newman, C. F., & Liese, B. S. (1993). Cognitive therapy of substance abuse. The Guilford Press.  
DeMarce, J. M., Gnys, M., Raffa, S. D., & Karlin, B. E. (2014). Cognitive Behavioral Therapy for Substance Use Disorders Among Veterans: Therapist Manual. Washington, DC: U.S. Department of Veterans Affairs.  
Mitcheson, L., Maslin, J., Meynen, T., Morrison, T., Hill, R., & Wanigaratne, S. (2010). Applied Cognitive and Behavioural Approaches to the Treatment of Addiction: A Practical Treatment Guide. John Wiley & Sons.  
Suggested citation: Insight Centre for AOD Training and Workforce Development, CBT 4 AOD: Functional Analysis & Formulation Guide. Insight; 2021; Brisbane.

# CBT 4 AOD: FUNCTIONAL ANALYSIS

NAME:

DATE:

## SITUATIONAL FORMULATION

PRECIPITATING FACTOR / TRIGGER (What sets up the use):

## PERPETUATING

THOUGHTS

PHYSICAL SENSATIONS

EMOTIONS / MOOD

BEHAVIOUR

LIKE

DON'T LIKE

## SITUATIONAL FORMULATION

PRECIPITATING FACTOR / TRIGGER (What sets up the use):

## PERPETUATING

THOUGHTS

PHYSICAL SENSATIONS

EMOTIONS/ MOOD

BEHAVIOUR

LIKE

DON'T LIKE

Beck, A. T., Wright, F. D., Newman, C. F., & Liese, B. S. (1993). Cognitive therapy of substance abuse. The Guilford Press.  
DeMarce, J. M., Gnys, M., Raffa, S. D., & Karlin, B. E. (2014). Cognitive Behavioral Therapy for Substance Use Disorders Among Veterans: Therapist Manual. Washington, DC: U.S. Department of Veterans Affairs.

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**insight**

Centre for alcohol and other drug  
training and workforce development



# ***CRAVINGS BELIEFS QUESTIONNAIRE (CBQ)***

NAME:

DATE:

Please read the statements below and rate how much you agree or disagree with each one.

1	2	3	4	5	6	7
Totally Disagree	Disagree Very Much	Disagree Slightly	Neutral	Agree Slightly	Agree Very Much	Totally Agree

	1. The craving is a physical reaction; therefore, I can't do anything about it.
	2. If I don't stop the cravings they will get worse.
	3. Cravings can drive you crazy.
	4. The cravings makes me use drugs.
	5. I'll always have cravings for drugs.
	6. I don't have any control over the craving.
	7. Once the craving starts, I have no control over my behaviour.
	8. I'll have cravings for drugs for the rest of my life.
	9. I can't stand the physical symptoms I have while craving drugs.
	10. The craving is my punishment for using drugs.
	11. If you have never used drugs, then you have no idea what the craving is like (and you can't expect me to resist).
	12. The images/thoughts I have while craving drugs are out of my control.
	13. The craving makes me so nervous I can't stand it.
	14. I'll never be prepared to handle the craving.
	15. Since I'll have the craving the rest of my life I might as well go ahead and use drugs.
	16. When I'm really craving drugs I can't function.
	17. Either I'm craving drugs or I'm not; there is nothing in between.
	18. If the craving gets too intense, using drugs is not the only way to cope with the feeling.
	19. When craving drugs, it's OK to use alcohol to cope.
	20. The craving is stronger than my willpower.

## BELIEFS ABOUT SUBSTANCE USE (BSU)

NAME:

DATE:

Listed below are some common beliefs about drug use. Please read each statement and rate how much you agree or disagree with each one.

1	2	3	4	5	6	7
Totally Disagree	Disagree Very Much	Disagree Slightly	Neutral	Agree Slightly	Agree Very Much	Totally Agree

1. Life without using is boring.
2. Using is the only way to increase my creativity and productivity.
3. I can't function without it.
4. This is the only way to cope with pain in my life.
5. I'm not ready to stop using.
6. The cravings/urges make me use.
7. My life won't get any better, even if I stop using.
8. The only way to deal with my anger is by using.
9. Life would be depressing if I stopped.
10. I don't deserve to recover from drug use.
11. I'm not a strong enough person to stop.
12. I could not be social without using.
13. Substance use is not a problem for me.
14. The cravings/urges won't go away unless I use drugs.
15. My substance use is caused by someone else (e.g. spouse, boyfriend/girlfriend, family member).
16. If someone has a problem with drugs, it's all genetic.
17. I can't relax without drugs.
18. Having this drug problem means I am fundamentally a bad person.
19. I can't control my anxiety without using drugs.
20. I can't make my life fun unless I use.



## CBT 4 AOD: GUIDED DISCOVERY

NAME:

DATE:

*THOUGHT / BELIEF* (Identify and define the belief)

Strength Rating

0

Don't believe

100

Totally believe

*EVIDENCE FOR*

*EVIDENCE AGAINST*

*IS ANYTHING BEING OVERLOOKED?*

*DOES THE EVIDENCE SUPPORT MY THOUGHT / BELIEF?*

*DOES THIS CHANGE THE STRENGTH RATING?*

0

Don't believe

100

Totally believe

# CBT 4 AOD: LEARNING EXPERIENCE GUIDE

NAME:

DATE:

PLANNING			REVIEW	
1. SITUATION Brief Outline	2. EXPERIMENT What will you do?	3. PREDICTION What would usually happen? Rate belief (0 – 100)	4. EXPERIENCE What actually happened? Was the prediction correct?	5. WHAT WAS LEARNED

Step 1: Identify a situation where AOD related thoughts will be triggered. Step 2: Write the specific AOD related thoughts to be tested, including strength of ratings. Step 3: The actual experiment that will test the AOD related thoughts. Complete Steps 4 and 5 after experiment. Step 4: Describe the results of the experiment. Step 5: The take home messages and learnings.

## CBT 4 AOD: CRAVINGS/URGE MONITORING

NAME:

DATE:

DATE / TIME	SITUATION (Where was I? What was I doing?)	STRENGTH RATING (0-100%)	HOW I RESPONDED

## CBT 4 AOD: THOUGHT MONITORING

NAME:

DATE:

<i>SITUATION</i> Describe the people, place or thing that triggered the craving/urge	<i>THOUGHTS</i> Note any automatic thoughts (or self-talk) you had about using	<i>FEELING</i> What feeling(s) did you experience? (e.g. emotions or body sensations)