



## DISPUTING IRRATIONAL BELIEFS (DIBS)

My Irrational Belief	Question My Irrational Belief	My Rational Belief
I could just have one drink	Do I have any experiences that show that this thought is not completely true?	The last time I tried this I ended up drinking the whole bottle
	When was the last time I had just one drink?	I haven't been able to have just one drink for many years
	Is there any other way of viewing the situation?	There is a very good chance I could jeopardise my recovery
	Is this what I really want?	Not really, im using it as an excuse to give in to an urge
	If I was giving advice to someone I care about who was thinking this, what might I say?	You know it's not realistic to have just one. Don't blow it you've been doing so well
	Are there any strengths or positives in me or a situation that I might be ignoring?	Even though I feel like a drink, not giving in to this urge will be better in the long run

