

# FORM 5.1. CTAG Case Conceptualization Form

Name of Group Member: \_\_\_\_\_ Date: \_\_\_\_\_

<b>DISTAL BACKGROUND FACTORS</b>
Family History:
Relevant Personality Traits:
Current and Past Psychiatric Diagnoses:
Formative Experiences:
Early Exposure to and Experimentation with Addictions:
Social Support Network:
Meaningful Activities:
*Unhelpful Basic Beliefs:
*Unhelpful Addiction-Related Beliefs:

(cont.)

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**PROXIMAL SITUATIONAL FACTORS**

Triggers:

\*Anticipatory Outcome Expectancies:

\*Relief-Oriented Outcome Expectancies:

\*Facilitating Thoughts:

Urges and Cravings (Type, Frequency, Intensity):

\*Self-Efficacy:

Coping Strategies (Type, Helpfulness):

Attentional Biases:

Consequences of Addiction:

**WORKING FORMULATION:**

\*Key cognitive areas that perpetuate addictive behaviors.

## FORM 6.1. CTAG Attendance and Summary Form

Group Member's Name	Addictions (Past and Present)	Status of Addictive Behaviors	Goals (e.g., Abstinence, Reduction)	Other Issues
Member 1 _____				
Member 2 _____				
Member 3 _____				
Member 4 _____				
Member 5 _____				
Member 6 _____				

(cont.)

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**CTAG Attendance and Summary Form** (page 2 of 2)

<b>Group Member's Name</b>	<b>Addictions (Past and Present)</b>	<b>Status of Addictive Behaviors</b>	<b>Goals (e.g., Abstinence, Reduction)</b>	<b>Other Issues</b>
Member 7 _____				
Member 8 _____				
Member 9 _____				
Member 10 _____				
Member 11 _____				
Member 12 _____				

1. **All-or-nothing thinking:** You view a situation in only two categories instead of a continuum.
2. **Catastrophizing:** You make a negative prediction about the future without considering other, more likely outcomes.
3. **Disqualifying the positive:** You unreasonably tell yourself that positive experiences, deeds, or qualities do not count.
4. **Emotional reasoning:** You think something might be true because you “feel” it so strongly, discounting evidence to the contrary.
5. **Labeling:** You put a fixed, global label on yourself or others without considering that the evidence might more reasonably lead to a less disastrous conclusion.
6. **Magnification/minimization:** When you evaluate yourself, another person, or a situation, you unreasonably magnify the negative and/or minimize the positive.
7. **Mental filter:** You pay undue attention to one negative detail instead of seeing the big picture.
8. **Mind reading:** You believe you know what others are thinking, failing to consider more likely possibilities.
9. **Overgeneralization:** You make a sweeping negative conclusion that goes far beyond the current situation.
10. **Personalization:** You believe others are behaving negatively because of you, without considering more plausible explanations for their behavior.
11. **“Should” and “must” statements:** You have a precise, fixed idea of how you and others should behave, and you overestimate how bad it is that these expectations are not met.
12. **Tunnel vision:** You see only the negative aspects of a situation.

**FIGURE 7.2.** Common cognitive distortions.

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- What evidence supports this idea? What evidence refutes this idea? On the basis of this evidence, what is the most logical conclusion?
- What's the worst that can happen? What's the best that can happen? What's the most realistic thing that can happen?
- Am I 100% sure of these awful consequences?
- What is the likelihood that \_\_\_\_\_ will occur?
- If \_\_\_\_\_ occurs, how bad, realistically, will that be?
- Does \_\_\_\_\_ equal or lead to \_\_\_\_\_?
- Is \_\_\_\_\_ really so consequential?
- Does \_\_\_\_\_'s opinion reflect the opinion of others?
- What are some other explanations?
- What is the effect of believing this thought right now?
- Is it really useful for me to be focusing on this thought right now?
- Is this way of thinking worth it? Is this behavior worth it?
- What would I tell a friend who is in this situation?
- If I must be in this situation, what wisdom or insight can I gain from it?
- What are the short-term consequences of this behavior? The long-term consequences? Do the short-term consequences outweigh the long-term consequences?
- Will [insert name of addiction] truly improve my life?

**FIGURE 7.3.** Evaluating the validity of situational cognitions. Many of these questions are found in J. S. Beck (2011).

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## FORM 7.2. Six-Column Thought Record

<b>Situation or Trigger</b> What happened? What prompted the urges and cravings?	<b>Thought/Outcome Expectacy</b> What thought(s) ran through your mind? What did that situation or trigger mean to you?	<b>Emotion</b> What feeling(s) did you experience? (Rate on a scale of 0–100)	<b>Behavior</b> What did you do as a result of the thought and emotion?	<b>Alternative Response</b> What balanced conclusion do you draw after questioning the unhelpful thought?	<b>Outcome</b> How much do you believe the original thought now? How intense are the feelings now? What will you do differently now?

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## FORM 8.1. Activity Log

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12–1 A.M.							
1–2 A.M.							
2–3 A.M.							
3–4 A.M.							
4–5 A.M.							
5–6 A.M.							
6–7 A.M.							
7–8 A.M.							
8–9 A.M.							
9–10 A.M.							
10–11 A.M.							

(cont.)

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**Activity Log** (page 2 of 2)

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>11 A.M.–12 P.M.</b>							
<b>12–1 P.M.</b>							
<b>1–2 P.M.</b>							
<b>2–3 P.M.</b>							
<b>3–4 P.M.</b>							
<b>4–5 P.M.</b>							
<b>5–6 P.M.</b>							
<b>6–7 P.M.</b>							
<b>7–8 P.M.</b>							
<b>8–9 P.M.</b>							
<b>9–10 P.M.</b>							
<b>10–11 P.M.</b>							
<b>11 P.M.–12 A.M.</b>							

# FORM 9.1. Homework Reminder Form

Date: \_\_\_\_\_

Today's homework assignment is: \_\_\_\_\_

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When will I commit to doing this assignment? \_\_\_\_\_

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Date: \_\_\_\_\_

This is what I learned from doing this assignment: \_\_\_\_\_

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# FORM 10.1. Relapse Prevention Plan

Trigger	Strategy for handling the trigger
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Other helpful strategy	What it is helpful for
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Warning signs that I might need extra help in order not to relapse: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What will I do if I notice one or more of these warning signs? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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