

TOOL: THINK THREE GOOD THOUGHTS



“Think 3 Good Thoughts” is a simple yet powerful tool designed for individuals in recovery to combat urges by shifting their focus to positive, affirming thoughts. The premise is straightforward: have three positive thoughts ready to turn to whenever you encounter an urge or craving. This technique helps to redirect your mind away from the immediate temptation and towards thoughts that reinforce your commitment to recovery.

EARLY IN MY RECOVERY, I ASKED SOMEONE WITH MORE SOBRIETY TIME WHAT HE DID WHEN HE HAD AN URGE TO DRINK. WITHOUT HESITATION, HE SAID, “THINK THREE GOOD THOUGHTS.” HE WENT ON TO SAY THAT HE HAD MEMORIZED A BUNCH OF GOOD THOUGHTS, WHICH WAS KEY TO USING THIS TOOL. THAT WAY, HE SAID, YOU DON’T HAVE TO THINK OF THE GOOD THOUGHTS ON THE SPOT. YOU ALREADY HAVE THEM IN RESERVE.

THIS IDEA OF THREE GOOD THOUGHTS REALLY RESONATED WITH ME. SO, I DEVELOPED MY LIST OF GOOD THOUGHTS AND USED THEM WHEN STRUCK BY AN URGE TO DRINK. AS A BONUS, YOU CAN ALSO USE THIS TECHNIQUE WHENEVER YOU ARE STRESSED OR FEELING NEGATIVE EMOTIONS.

INTEGRATING THINK THREE GOOD THOUGHTS INTO YOUR RECOVERY

SELECTING YOUR GOOD THOUGHTS:

Personal Relevance: Choose thoughts that resonate deeply with you. These could be affirmations, memories of achievements, or reminders of your recovery goals.

Positive and Uplifting: Ensure that these thoughts are inherently positive and bring a sense of joy, peace, or pride when you think of them.

TOOL: THINK THREE GOOD THOUGHTS (CONTINUED)

PREPARING YOUR THOUGHTS:

- **Write Them Down:** Write your three good thoughts on a card, in a journal, or store them on your phone for easy access.
- **Visualization:** Spend time visualizing these thoughts, embedding them in your memory. Imagine the feelings and sensations associated with each thought.

USING THE THOUGHTS DURING URGES:

- **Immediate Recollection:** Consider your three good thoughts when you recognize an urge or craving. Repeat them mentally, focusing on the positive feelings they evoke.
- **Distraction and Refocus:** Allow these thoughts to be a mental distraction, steering your mind away from the urge and towards positivity.

REINFORCING THE THOUGHTS:

- **Daily Practice:** Regularly review your three good thoughts, even when you're not experiencing urges. This reinforces their power and makes it easier to recall them in challenging moments.
- **Update as Needed:** Feel free to update your thoughts as you progress in your recovery journey. What inspires you may change over time.

TIPS FOR MAXIMIZING THE EFFECTIVENESS OF 'THINK 3 GOOD THOUGHTS'

- **Emotional Connection:** Choose thoughts that elicit strong, positive emotional responses. The stronger the emotion, the more effective the thought will combat urges.
- **Diversity in Thoughts:** Have a variety of thoughts – one that brings joy, another that offers peace, and a third that inspires or motivates you.
- **Combine with Other Techniques:** Use this tool with other strategies like deep breathing or mindfulness for a more holistic approach to managing urges.

HARNESSING THE POWER OF POSITIVITY

The 'Think 3 Good Thoughts' technique is a testament to the power of positive thinking in the recovery process. By consciously shifting your focus to thoughts that uplift and motivate you, you can navigate the challenges of recovery with greater ease and resilience. This tool is more than just a distraction; it's a pathway to reinforcing your inner strength and commitment to a healthier, more fulfilling life.

EXERCISE: WRITE AND PRACTICE THREE GOOD THOUGHTS

Reflection and Selection: Spend time reflecting on what's meaningful and positive in your life. Choose your three thoughts based on these reflections.

Write Them Down: Write down three good thoughts. Elaborate on why each thought is important and how it makes you feel.

FOR EXAMPLE:

ACHIEVEMENT THOUGHT: "I AM PROUD OF MYSELF FOR EACH DAY I'VE STAYED COMMITTED TO MY RECOVERY. EVERY DAY IS A VICTORY."

GRATITUDE THOUGHT: "I AM GRATEFUL FOR THE SUPPORT AND LOVE I RECEIVE FROM MY FRIENDS AND FAMILY. THEIR BELIEF IN ME STRENGTHENS MY RESOLVE."

FUTURE ASPIRATION THOUGHT: "EACH STEP IN MY RECOVERY BRINGS ME CLOSER TO MY GOAL OF LEADING A HEALTHIER, MORE FULFILLING LIFE. I ENVISION A FUTURE WHERE I AM THRIVING AND AT PEACE."

Good Thought #1

Good Thought #2

Good Thought #3