

**Pre-Drinking and Post-Drinking Thinking: Transforming Old Thinking into New Thinking**  
by Anne Giles

<b>Old Thinking</b>	<b>New Thinking</b>
<p><b>Dissociation/Unconsciousness</b> [    ] <u>Dissociation</u>: distance and separation from reality</p>	<p><b>Awareness/Consciousness</b> I am aware of my feelings, and my thoughts, and my body sensations, right here, right now. Then I am aware in the next moment. And the next.</p>
<p><b>Distrust</b> I expect attack and pain at any moment. I do not trust anyone or anything to protect me.</p>	<p><b>Safety</b> I am safe right here, right now. I understand that there is no perfectly safe person or perfectly safe place, that anyone can do anything and anything can happen at any time. But right here, right now, I am safe.</p>
<p><b>Wishfulness</b> Maybe I'm fine? Surely I'm fine. Maybe this is all right? Surely it's all right.</p>	<p><b>Directness</b> I am aware that I am feeling feelings and thinking thoughts that could take me too high or too low. An inner state that is too high or too low is too hard for me to stabilize easily. I stop myself.</p>
<p><b>Denial</b> They don't mean to say that. They don't mean to do that. I'm just not understanding. They'll change. This will change.</p>	<p><b>Discernment</b> I am aware of the reality of what's going on within me and the reality of what others are saying and doing. I can decide what is best for me to say or do, or not say or not do.</p>
<p><b>Judgment</b> What is the matter with me?! Why can't I just handle this like normal people? I am a bad person and I am incompetent.</p>	<p><b>Tolerance</b> I wish I didn't have to be aware of my feelings and thoughts and manage them and my actions, but I tolerate their existence and my need to manage them.</p>
<p><b>Resistance</b> I push and hit and thrash and cry against having problems. I do not want them. I must not have them. I cannot be a person with problems.</p>	<p><b>Acceptance</b> I understand why I have these strong feelings and problematic thoughts, or at least enough to know that they are not bad or wrong. They just don't help me. Calming myself seems like the best idea given what I've learned about myself. That I have strong feelings and thoughts makes perfect sense to me given my past.</p>
<p><b>Location: Others</b> What do others need and want me to be? What can I say or do to bring them close to me, to not hurt me, to not leave me? What are they feeling? What are they thinking? Let me try this. Not that? Okay, this. Not that?...</p>	<p><b>Location: Self</b> I continue to become aware of my inner state from moment to moment and discover my own values and my own principles by which I live my values. I consult with others about what might be best for me but, ultimately, I decide.</p>
<p><b>Contempt</b> I do not deserve or merit comfort or help. I deserve contempt and derision. I am pathetic. I deserve disapproval. I should be left behind.</p>	<p><b>Compassion</b> I embrace myself and all my feelings and all my thoughts and all my body's sensations. I am so sorry things have gone done as they have. I am here for me. I hold myself in my own arms.</p>
<p><b>Criticism</b> I am bad, I am wrong, I am ugly. What I do is bad and wrong and not good enough. I deserve to have my faults pointed out to me. I deserve blame, disapproval and abandonment.</p>	<p><b>Kindness</b> I am good to me. I ask myself what words and thoughts and actions would be kind to me and I say and think and do them. I ease my heart and mind. I take good care of myself and welcome good people and good things into my life.</p>