

<p>Life without using is boring.</p>	<p>Using is the only way to increase my creativity and productivity.</p>
<p>I can't function without it.</p>	<p>This is the only way to cope with living on the street.</p>
<p>I'm not ready to stop using.</p>	<p>The cravings make me use.</p>

<p>My life won't get any better even if I stopped using.</p>	<p>The only way to deal with my anger is by using.</p>
<p>Life would be depressing if I stopped.</p>	<p>I don't deserve to recover from drug use.</p>
<p>I can't have sex without getting high.</p>	<p>I could not be social without using.</p>

<p>I do drugs, but I'm not an addict.</p>	<p>The cravings won't go away unless I use drugs.</p>
<p>My substance use is caused by someone else.</p>	<p>If someone has a problem with drugs, it's all in their genes.</p>
<p>I can't relax without drugs or alcohol.</p>	<p>Having this drug problem means I am basically a bad person.</p>

<p>I can't control my anxiety without using drugs or alcohol.</p>	<p>I can't make my life fun unless I use.</p>
<p>Drugs make sex much better.</p>	<p>Being an alcoholic is not nearly as bad as being a drug addict.</p>