

CBT Skill Acquisition: Breaking the Cycle Version

Instructions

Please circle the number that best describes how much you actually do the following things.
How much do you do the following right now...

	I don't know what this means	I don't do this	I do this a little	I sometimes do this	I mostly do this	I always do this
1. Plan activities for free time.	0	1	2	3	4	5
2. Identify circumstances that make my situation worse.	0	1	2	3	4	5
3. Identify risk factors for returning to problematic drug and/or alcohol use.	0	1	2	3	4	5
4. Engage in an activity instead of a behavior that is harmful to me or others.	0	1	2	3	4	5
5. Purposefully do fun things that I like when I am feeling badly.	0	1	2	3	4	5
6. Catch myself when I jump to conclusions.	0	1	2	3	4	5
7. Notice when I start to feel more distressed.	0	1	2	3	4	5
8. Challenge my thoughts.	0	1	2	3	4	5
9. Motivate myself by doing things.	0	1	2	3	4	5
10. Socialize even though I don't feel like it.	0	1	2	3	4	5
11. Plan my time during the week.	0	1	2	3	4	5
12. Identify stressors that led me into problematic drug and/or alcohol use.	0	1	2	3	4	5
13. Communicate my needs effectively.	0	1	2	3	4	5
14. Catch my negative thought patterns at the time that I have them.	0	1	2	3	4	5
15. Keep track of signs and symptoms of returning to old habits.	0	1	2	3	4	5
16. Find evidence to support my thoughts before buying into them.	0	1	2	3	4	5

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17. Understand the negative consequences of my drug and/or alcohol use.	0	1	2	3	4	5
18. Consistently display positive attitudes of honesty, responsibility, open-mindedness, willingness, gratitude, humility, caring and objectivity.	0	1	2	3	4	5
19. Have set goals related to my substance use that are specific, realistic, prosocial and meaningful.	0	1	2	3	4	5
20. Recognize my impulses and risky situations and practice strategies for self-control.	0	1	2	3	4	5
21. Evaluate and improve my communication style and skills.	0	1	2	3	4	5
22. Build a network of peers, family members, mentors and skilled help to support my behavior change.	0	1	2	3	4	5
23. Understand how self-defeating behavior and unhealthy feelings are the products of distorted thoughts and beliefs.	0	1	2	3	4	5
24. Learn and apply five rules for rational thinking to avoid distorted thinking and better manage thoughts, feelings and behaviors.	0	1	2	3	4	5
25. Use a Rational Self-analysis (RSA) to check my thinking for distorted beliefs and to control how I think and feel.	0	1	2	3	4	5

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26. Recognize warning signs that I am moving down the path of returning to my previous lifestyle.	0	1	2	3	4	5
27. Know specific exit strategies to help me get back on track.	0	1	2	3	4	5
28. Have an ongoing maintenance plan.	0	1	2	3	4	5