

# CBT Skill Acquisition: Changing Offender Behavior

## 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 beliefs and behaviors that make my situation worse	0	1	2	3	4	5
3. Identify risk factors that might lead to a return to old behaviors	0	1	2	3	4	5
4. Engage in positive activities instead of behavior that is harmful to me or others	0	1	2	3	4	5
5. Purposefully do fun things when I am feeling bad	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 behaviors that were harmful for me or others	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 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

# CBT Skill Acquisition: Changing Offender Behavior

## 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.
16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. Believe I am able to lift myself above my past attitudes and behaviors	0	1	2	3	4	5
18. Look toward the future with specific positive goals I want to achieve	0	1	2	3	4	5
19. Attempt to understand what someone means when they are speaking rather than thinking of my own response	0	1	2	3	4	5
20. Consider costs of not changing my criminal behavior	0	1	2	3	4	5
21. Consider benefits of changing my criminal behavior	0	1	2	3	4	5
22. Give feedback to others in a constructive way	0	1	2	3	4	5
23. When other people give me feedback, I repeat what I heard them say and acknowledge their feelings	0	1	2	3	4	5
24. When other people give me feedback, I make a suggestion about how I could resolve the problem or behavior	0	1	2	3	4	5
25. When I give other people feedback, I show a sense of caring and respect to the other person	0	1	2	3	4	5
26. When I experience discomfort during the process of making positive change, I recognize that discomfort as a sign that I'm learning behaviors to replace old habits	0	1	2	3	4	5

# CBT Skill Acquisition: Changing Offender Behavior

**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.
27. Keep practicing new positive behaviors while focusing on the benefits of these new behaviors	0	1	2	3	4	5
28. Take the time to prepare for positive changes I want to make by considering how to turn a plan into action	0	1	2	3	4	5
29. Consider people, places and things that make it <u>easier</u> for me to demonstrate responsible behavior	0	1	2	3	4	5
30. Consider people, places and things that make it <u>harder</u> for me to demonstrate responsible behavior	0	1	2	3	4	5
31. Remind myself of my commitment to behave responsibly	0	1	2	3	4	5
32. Accept responsibility for my choices	0	1	2	3	4	5
33. Avoid aggression tactics of intimidating or threatening others to discourage them from pointing out my irresponsible behavior	0	1	2	3	4	5
34. Avoid avoidance tactics of intentionally misleading others to cover up my irresponsible behavior	0	1	2	3	4	5
35. Recognize the way my thoughts lead to particular feelings	0	1	2	3	4	5
36. When faced with a difficult situation, I pause to examine the way I am thinking about possible consequences of behaving in a particular way	0	1	2	3	4	5

# CBT Skill Acquisition: Changing Offender Behavior

## 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.
37. When a situation has an undesirable outcome, I go back to examine how my thinking might have contributed to the negative outcome	0	1	2	3	4	5
38. Recognize high-risk <u>people</u> who might tempt me to engage in irresponsible behavior	0	1	2	3	4	5
39. Recognize high-risk <u>places</u> that might tempt me to engage in irresponsible behavior	0	1	2	3	4	5
40. Recognize high-risk <u>things</u> that might tempt me to engage in irresponsible behavior	0	1	2	3	4	5
41. Spend time with people who are good influences on me	0	1	2	3	4	5
42. Avoid high-risk people who are negative influences on me	0	1	2	3	4	5
43. Evaluate how responsibly I handled situations throughout the day	0	1	2	3	4	5
44. Avoid high-risk situations that increase my chances of getting into trouble	0	1	2	3	4	5
45. Recognize locations where I am less likely to get in trouble	0	1	2	3	4	5
46. Spend my time in places that decrease my risk of getting into trouble	0	1	2	3	4	5
47. Use brief, clear and direct communication to avoid high-risk situations	0	1	2	3	4	5
48. Resolve conflict through assertive communication	0	1	2	3	4	5

# CBT Skill Acquisition: Changing Offender Behavior

## 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.
49. Use honesty in my responses to social pressure	0	1	2	3	4	5
50. Consider my options for avoiding high-risk situations before making decisions	0	1	2	3	4	5
51. Consider costs and benefits of options to avoid an irresponsible situation	0	1	2	3	4	5
52. Identify obstacles that made it hard for me to follow through with my plan to avoid an irresponsible situation	0	1	2	3	4	5
53. When making decisions, I visualize specific images of people or things I value that may be harmed if I make an irresponsible choice	0	1	2	3	4	5
54. When I can't avoid a high-risk situation, I cope effectively in ways that still allow me to act responsibly	0	1	2	3	4	5
55. After handling a situation responsibly, I reward myself by thinking of the benefits of my positive choice	0	1	2	3	4	5
56. Recognize high-risk perceptions that are based on my own assumptions	0	1	2	3	4	5
57. Test my perceptions by asking myself questions about the situation	0	1	2	3	4	5
58. Evaluate how responsibly I handled my perception of a situation	0	1	2	3	4	5

# CBT Skill Acquisition: Changing Offender Behavior

## 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.
59. Recognize high-risk thoughts that may lead me to choose irresponsible behavior	0	1	2	3	4	5
60. Catch myself when I'm thinking in ways that minimize the consequences of irresponsible behavior	0	1	2	3	4	5
61. Catch myself when I'm telling myself that other people, things or situations make me behave irresponsibly	0	1	2	3	4	5
62. Interrupt high-risk thoughts by telling myself "Stop!"	0	1	2	3	4	5
63. Use replacement thoughts to counter high-risk thoughts	0	1	2	3	4	5
64. Evaluate how responsibly I handled my thoughts about a situation	0	1	2	3	4	5
65. Recognize physical warning signs or cues that I experience with high-risk feelings	0	1	2	3	4	5
66. Recognize when I am using my feelings to justify making irresponsible choices	0	1	2	3	4	5
67. Evaluate how responsibly I handled my feelings in a high-risk situation	0	1	2	3	4	5
68. Cope with high-risk feelings by choosing responsible alternate behaviors	0	1	2	3	4	5
69. Express my feelings in responsible ways	0	1	2	3	4	5
70. Practice calming self-talk/ thoughts to control my strong feelings	0	1	2	3	4	5

## CBT Skill Acquisition: Changing Offender Behavior

**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.
71. Choose replacement behaviors that are at least as satisfying as my high-risk behaviors	0	1	2	3	4	5
72. If I can't avoid a high-risk behavior, I make specific and realistic plans for coping with high-risk behavior	0	1	2	3	4	5
73. If my plan for coping with a high-risk behavior was unsuccessful, I identify areas for improvement	0	1	2	3	4	5
74. Review my successes in changing my behavior	0	1	2	3	4	5
75. Identify behavior change areas that need additional work	0	1	2	3	4	5
76. Reward my behavior changes with pleasant, responsible behaviors	0	1	2	3	4	5