Responsible Behavior

FORWARD THINKING

Facilitator Assessment of Participant

Unique Client ID: _____

Facilitator: _____

Organization: _____

Assessment Type: ☐ Pre   ☐ Post

Session Type: ☐ Group   ☐ Individual
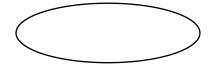
Date Completed: _____ / _____ / _____

Circle the number that best represents your level of agreement. Then, calculate the average score for each category (Attitudes, Knowledge, and Skills). Refer to the instructions to interpret scores.

Attitudes

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. The participant intends to use his or her positive situations to further his or her change efforts.	1	2	3	4
2. The participant regards the interaction between his or her situations, thoughts, feelings, behaviors and consequences as important.	1	2	3	4
3. The participant places more importance on the payoffs than the costs of his or her illegal/irresponsible behavior.	4	3	2	1

Attitudes Average (Total ÷ 3) = ⬭

Knowledge

	Strongly Agree	Agree	Disagree	Strongly Disagree
4. The participant understands the connection between behaviors and consequences.	1	2	3	4
5. The participant understands the connection between situations, self-talk, feelings and behavior.	1	2	3	4
6. The participant knows his or her body signals for high-risk feelings.	1	2	3	4
7. The participant knows the situations (people, places and things) that are high-risk for him or her.	1	2	3	4

Facilitator Assessment of Participant

Knowledge (continued)

	Strongly Agree	Agree	Disagree	Strongly Disagree
8. The participant knows the situations (people, places and things) that are positive for him or her.	1	2	3	4
9. The participant understands how self-talk works.	1	2	3	4

Knowledge Average (Total ÷ 6) =

Skills

	Strongly Agree	Agree	Disagree	Strongly Disagree
10. The participant uses positive self-talk.	1	2	3	4
11. The participant is able to identify patterns in his or her thinking, feeling and behavior.	1	2	3	4
12. The participant counters difficult feelings with physical activity.	1	2	3	4
13. The participant counters difficult feelings with positive self-talk.	1	2	3	4
14. The participant uses avoidance or coping skills for managing high-risk situations.	1	2	3	4
15. The participant has experimented with coping skills to manage high-risk feelings.	1	2	3	4
16. The participant has weighed the payoffs and costs of his or her illegal/irresponsible behavior.	1	2	3	4

Skills Average (Total ÷ 7) =

Overall Score

Overall Average (Overall total ÷ 16) =