

# CBT Skill Acquisition: Helping Children Thrive

## 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 are unhelpful	0	1	2	3	4	5
3. Identify risky situations that might lead me to act in ways that aren't helpful to me	0	1	2	3	4	5
4. Engage in positive activities instead of a 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 situations that might lead me into behaviors that are 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 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

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16. Stay dedicated to working toward my goals	0	1	2	3	4	5
17. Share my feelings and opinions about my situation with people I trust	0	1	2	3	4	5
18. Think of ways to be successful in my foster home	0	1	2	3	4	5
19. Know how to approach an adult when I have problems	0	1	2	3	4	5
20. Show honesty by being truthful and upfront in my relationships	0	1	2	3	4	5
21. Act in ways that show I am trustworthy so that people know I mean what I say and will do what I say I'll do	0	1	2	3	4	5
22. Show respect for myself and others by accepting that other people are different than me and setting personal boundaries	0	1	2	3	4	5
23. Use my strengths to help me through rough experiences	0	1	2	3	4	5
24. Use effective strategies to avoid unhealthy people and situations	0	1	2	3	4	5
25. Think ahead about possible outcomes of high-risk decisions as a way to decide what to do in advance	0	1	2	3	4	5
26. Make healthy choices to take care of my body	0	1	2	3	4	5
27. Cope with stress in healthy ways	0	1	2	3	4	5

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28. Find ways to stay motivated and stay on track with healthy choices	0	1	2	3	4	5
29. Take steps to prepare myself for independence	0	1	2	3	4	5
30. Think about the kind of person I want to be in the future	0	1	2	3	4	5
31. Surround myself with people who can support me in good ways	0	1	2	3	4	5
32. Use helpful anger control strategies in situations when I feel mad or frustrated	0	1	2	3	4	5
33. Accept help from others who can help me sort out my feelings	0	1	2	3	4	5
34. When I'm experiencing big feelings, I give myself a positive talking to as a way to change my thoughts	0	1	2	3	4	5
35. Find ways to strengthen my interests and skills	0	1	2	3	4	5
36. Spend my time in ways that help me learn and lead to opportunities for my future	0	1	2	3	4	5
37. Show self-discipline by sticking to behaviors that lead to a job well done	0	1	2	3	4	5
38. Check my self-talk to make sure that what I'm saying to myself actually matches what's going on	0	1	2	3	4	5
39. Catch myself when I'm getting stuck in a pattern of negative thinking	0	1	2	3	4	5
40. Get unstuck by turning my self-talk around from negative to positive	0	1	2	3	4	5