

CBT Skill Acquisition: Helping Children Thrive (Preteen)

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 my free time	0	1	2	3	4	5
2. Identify thoughts and ways of acting that are not helpful to me	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 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 about why something happened	0	1	2	3	4	5
7. Notice when I start to feel more upset	0	1	2	3	4	5
8. When I find myself thinking things that make me feel worse, I turn the talk around by switching my negative thoughts to positive ones	0	1	2	3	4	5
9. Motivate myself by doing things to stay busy	0	1	2	3	4	5
10. Interact with other people 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

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13. Talk about my needs in ways that allow me to get my point across	0	1	2	3	4	5
14. Catch my unhelpful thoughts at the time that I have them	0	1	2	3	4	5
15. Keep track of signs that I might be returning to old ways of behaving that aren't helpful for me	0	1	2	3	4	5
16. Stay focused on working toward my goals	0	1	2	3	4	5
17. Share my feelings and opinions about my foster care situation with people I can 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. Feel comfortable approaching an adult I can trust when I have problems	0	1	2	3	4	5
20. Be honest by telling people the truth, even when it's hard	0	1	2	3	4	5
21. Feel good about myself	0	1	2	3	4	5
22. Take the time to think about the way other people might be feeling to show caring to others	0	1	2	3	4	5
23. When I get really mad or sad, I can figure out helpful ways to handle my big feelings	0	1	2	3	4	5
24. I spend my time around people who make good choices	0	1	2	3	4	5

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25. I tell myself stuff like "It's not worth it," or ask myself questions like "What can I do instead of this?" as a way to make better choices	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
28. Find ways to stay stick with my healthy choices even when things get in my way	0	1	2	3	4	5
29. Think about things I'm good at and how I can use them in the future	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. Think about the ways school can help me do what I want to do in the future	0	1	2	3	4	5
32. Recognize the way my feelings come from the way I talk to myself in my mind	0	1	2	3	4	5
33. Handle my big feelings by doing stuff I like to do	0	1	2	3	4	5
34. When I'm experiencing big feelings, I talk with someone I can trust	0	1	2	3	4	5