

# CBT Skill Acquisition: Preparing to Change

## 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

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16. Stay dedicated to working toward my treatment goals	0	1	2	3	4	5
17. Think about the ways treatment offers an opportunity to achieve the benefits of a new and better way of life	0	1	2	3	4	5
18. Reflect on the treatment goals I want to work on	0	1	2	3	4	5
19. Identify times in the past when my thinking or behavior demonstrated I was struggling to live with integrity	0	1	2	3	4	5
20. Complete integrity checks to identify which guiding principles I need to work on	0	1	2	3	4	5
21. Identify patterns in my thinking that are based on faulty perceptions and beliefs	0	1	2	3	4	5
22. Consider the ripple effect of my harmful sexual acts	0	1	2	3	4	5
23. Make my awareness or perception of activating events more accurate and objective	0	1	2	3	4	5
24. Make my beliefs and thoughts more rational by identifying and challenging distortions	0	1	2	3	4	5
25. Feel the way I want to feel and act in a more rational manner as a result of challenging distorted thinking	0	1	2	3	4	5
26. Complete Rational Self-Analysis (RSA) to correct inaccurate perceptions	0	1	2	3	4	5

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27. Think about the ways my sexual behavior has made my life difficult or unsatisfying	0	1	2	3	4	5
28. Consider the benefits of abstaining from harmful sexual behavior	0	1	2	3	4	5
29. Challenge self-defeating thoughts that are roadblocks to change	0	1	2	3	4	5
30. Reflect on characteristics of the "old me" I want to change	0	1	2	3	4	5
31. Build on strengths I have that can help me achieve my new way of life	0	1	2	3	4	5
32. Accept constructive guidance or direction from others	0	1	2	3	4	5
33. Demonstrate honesty by being open and forthcoming with others	0	1	2	3	4	5
34. Attempt to understand things from someone else's perspective	0	1	2	3	4	5
35. Demonstrate responsibility by being reliable and trustworthy	0	1	2	3	4	5
36. Think about the ways sticking to guiding principles of willingness, honesty, regard for others and responsibility can help me reach my goals for living	0	1	2	3	4	5
37. Catch myself when I am minimizing the harm or impact of my behavior	0	1	2	3	4	5
38. Catch myself when I am blaming my actions on someone or something other than myself	0	1	2	3	4	5

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39. Catch myself when I am explaining or describing my harmful behavior in a way that appears to excuse or justify it	0	1	2	3	4	5
40. Catch myself when I am keeping my sexual urges or behavior separate in secret compartments, separate from what other people know about me	0	1	2	3	4	5
41. Catch myself when I am not accepting or admitting to the full and complete truth about my sexual urges or behavior	0	1	2	3	4	5
42. Consider the ways having empathy for others will help me achieve my life goals	0	1	2	3	4	5
43. Think of the ways the harm I have caused gets in the way of my ability to achieve healthy relationships	0	1	2	3	4	5
44. Accept responsibility for the harm I have caused to victims of my harmful sexual acts	0	1	2	3	4	5
45. Take steps to learn from my past behavior to ensure my future behavior will not be sexually harmful to others	0	1	2	3	4	5
46. Challenge thoughts that lead me to believe my harmful sexual acts are victimless	0	1	2	3	4	5
47. Know clearly how I want things to be different in the future with regard to my sexual behavior	0	1	2	3	4	5

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48. Know what I need to do to achieve my goals related to my sexual behavior	0	1	2	3	4	5
49. Believe I am capable of achieving lasting, meaningful change related to my sexual behavior	0	1	2	3	4	5
50. Envision what my life will be like if I live a life without harmful sexual behavior	0	1	2	3	4	5
51. When old ways of thinking and behaving tempt me, I take steps to get back on track	0	1	2	3	4	5