

CBT Skill Acquisition: RDAP (Women)

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. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. Give constructive feedback in a way that describes the behavior without labeling the person	0	1	2	3	4	5
18. Give positive praise to others in a way that offers specific examples of how others are upholding their commitment to positive change	0	1	2	3	4	5
19. Give pull-ups/help-ups to help a peer become aware of a negative action or behavior	0	1	2	3	4	5
20. Set SMART goals that help me work toward positive life changes	0	1	2	3	4	5
21. Communicate assertively in a way that is direct, firm, focused on behavior and shows personal responsibility	0	1	2	3	4	5
22. Live in a way that shows I am working on positive attitudes for change	0	1	2	3	4	5
23. Identify errors in my thinking by examining my self-talk	0	1	2	3	4	5
24. Replace unhelpful self-talk with more helpful, positive beliefs and self-talk	0	1	2	3	4	5
25. Take healthy actions in order to work through or cope with strong feelings	0	1	2	3	4	5
26. Make my awareness of activating events more accurate and objective	0	1	2	3	4	5

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27. Consider whether my thoughts are leading me to feel the way I want to feel	0	1	2	3	4	5
28. Consider whether my thoughts are helping me achieve my short and long-term goals	0	1	2	3	4	5
29. Think carefully about whether short term rewards of my behavior are worth the long-term consequences	0	1	2	3	4	5
30. Identify thinking errors that might lead to irresponsible behavior	0	1	2	3	4	5
31. Challenge and change criminal thinking errors when they occur	0	1	2	3	4	5
32. Practice strategies that help me live a more prosocial lifestyle	0	1	2	3	4	5
33. Think carefully about the ways my <u>negative</u> choices have an impact on other people	0	1	2	3	4	5
34. Think carefully about the ways my <u>positive</u> choices are impacting others	0	1	2	3	4	5
35. Take steps to strengthen positive relationships in my life	0	1	2	3	4	5
36. Set appropriate boundaries with others	0	1	2	3	4	5
37. Respect the boundaries of others	0	1	2	3	4	5
38. Reflect on the positive progress I've made as a way to motivate my continued change efforts	0	1	2	3	4	5

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39. Think about the ways my accomplishments and strengths will help me as I work toward bigger goals	0	1	2	3	4	5
40. Strengthen my resilience muscle so I can bounce back from challenges that come up	0	1	2	3	4	5
41. When I notice myself getting off course with my goals or behaviors, I use the skills I learn to get back on track	0	1	2	3	4	5
42. Anticipate potential obstacles that might get in the way of my success and think of ways to overcome them	0	1	2	3	4	5
43. Rely on the support of those in my safety net during challenging times	0	1	2	3	4	5