

CBT Skill Acquisition: Strategies for 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. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. When I engage in group, I engage in a way that shows that I'm demonstrating positive attitudes for change	0	1	2	3	4	5
18. When I experience difficult feelings in group, I address the feelings in a healthy way	0	1	2	3	4	5
19. I communicate in an assertive way during group to practice effective communication	0	1	2	3	4	5
20. When I notice a seemingly small or unimportant decision that is moving me away from my goals, I retrace my steps to get back on track	0	1	2	3	4	5
21. Challenge my thinking errors by checking them against the Five Rules for Rational Thinking	0	1	2	3	4	5
22. Complete a Rational Self-Analysis (RSA) to examine situations where I felt or acted in an undesirable way	0	1	2	3	4	5
23. Think carefully about ways I will get myself back on track if I happen to have a slip in my recovery	0	1	2	3	4	5
24. Consider ways to avoid risky people, places and activities that might tempt me to return to past substance use behaviors	0	1	2	3	4	5

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25. Practice urge surfing as a way to manage my urges and cravings for substances	0	1	2	3	4	5
26. Seek out ways to do responsible, positive things that benefit another person or group	0	1	2	3	4	5
27. When I find myself up against hurdles to prosocial behaviors, I apply positive attitudes for change and change my thoughts in the moment	0	1	2	3	4	5
28. Track my progress in overcoming hurdles to a prosocial life	0	1	2	3	4	5
29. Pay attention to the signals my body is giving me to better understand how I'm feeling in the moment and determine if I need to take steps to get an intense feeling under control	0	1	2	3	4	5
30. When I experience strong emotions, I use effective strategies to stay in control and avoid lashing out with violence	0	1	2	3	4	5
31. During times of conflict with others, I manage my emotions so it is easier to make rational, nonviolent choices	0	1	2	3	4	5
32. Think of ways to improve the lives of my family and friends by being a positive and supportive influence	0	1	2	3	4	5
33. Express empathy for the feelings and experiences of people with whom I interact	0	1	2	3	4	5

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34. Think about the way the positive changes I am making can affect families, friends and society as a whole	0	1	2	3	4	5
35. Use good listening skills to learn about what my child(ren) are going through	0	1	2	3	4	5
36. Provide emotional support and encouragement to my child(ren) through words, caring actions and consistent communication	0	1	2	3	4	5
37. Demonstrate consistency so my child(ren) know they can rely on me	0	1	2	3	4	5
38. Take small steps to make healthier eating choices	0	1	2	3	4	5
39. When I feel stressed, I focus my attention and efforts on things that are in my control to reduce or manage my stress	0	1	2	3	4	5
40. Stay physically active by making physical activity a daily habit	0	1	2	3	4	5
41. Contribute to the health of relationships by being someone who is honest and trustworthy	0	1	2	3	4	5
42. Rely on strategies for healthy communication when I share my true thoughts and feelings with others	0	1	2	3	4	5
43. Set and maintain healthy boundaries for different types of relationships in my life	0	1	2	3	4	5

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44. Rely on the support of helpful others during challenging times	0	1	2	3	4	5
45. Ask for support from others when I feel like I need help	0	1	2	3	4	5
46. Spend time doing things that give me a sense of meaning and purpose	0	1	2	3	4	5
47. Name small things I am grateful for each day	0	1	2	3	4	5
48. Let go of things I can't control	0	1	2	3	4	5
49. Take steps to bring the daily practice of gratitude into my life	0	1	2	3	4	5