

# CBT Skill Acquisition: Transition Skills Version

## 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. Keep my expectations related to my family role realistic	0	1	2	3	4	5
18. Respond appropriately to disappointments in my family circumstances	0	1	2	3	4	5
19. Change my expectations to fit my current family circumstances	0	1	2	3	4	5
20. Keep my expectations related to my work opportunities realistic	0	1	2	3	4	5
21. Respond appropriately to disappointments in my work circumstances	0	1	2	3	4	5
22. Change my expectations to fit my current work circumstances	0	1	2	3	4	5
23. Keep my expectations regarding my restrictions realistic	0	1	2	3	4	5
24. Respond appropriately to disappointments associated with my restrictions	0	1	2	3	4	5
25. Change my expectations to accept restrictions because of my record	0	1	2	3	4	5
26. Receive emotional support from a healthy relationship	0	1	2	3	4	5
27. Receive instrumental support from a healthy relationship	0	1	2	3	4	5
28. Receive companionship from a healthy relationship	0	1	2	3	4	5

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29. Feel a sense of connectedness and belonging from a healthy relationship	0	1	2	3	4	5
30. Give honest feedback within a healthy relationship	0	1	2	3	4	5
31. Receive honest feedback within a healthy relationship	0	1	2	3	4	5
32. Demonstrate responsibility within healthy relationships	0	1	2	3	4	5
33. Demonstrate caring within healthy relationships	0	1	2	3	4	5
34. Demonstrate honesty within healthy relationships	0	1	2	3	4	5
35. Take care of my "have tos" before beginning my "want tos"	0	1	2	3	4	5
36. Prioritize my responsibilities	0	1	2	3	4	5
37. Engage in healthy activities during my free time	0	1	2	3	4	5
38. Avoid associating with negative influences	0	1	2	3	4	5
39. Avoid behaviors that don't comply with halfway house rules	0	1	2	3	4	5
40. Avoid use of alcohol and drugs	0	1	2	3	4	5
41. Spend time with positive peers and family	0	1	2	3	4	5
42. Create a well-prioritized daily schedule	0	1	2	3	4	5
43. Follow my daily schedule	0	1	2	3	4	5

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44. Evaluate situations I encounter to determine if they help me make progress toward freedom	0	1	2	3	4	5
45. Recognize benefits if I keep moving toward a goal of maintaining freedom	0	1	2	3	4	5
46. Rehearse responses to social pressure in situations I expect to encounter	0	1	2	3	4	5
47. Use brief, clear and direct responses to social pressure	0	1	2	3	4	5
48. Begin responses to social pressure with the word "no"	0	1	2	3	4	5
49. Use honesty in my responses to social pressure	0	1	2	3	4	5
50. Use responses to social pressure that discourage any further attempt to get me to engage in negative behavior	0	1	2	3	4	5
51. Consider the types of social pressure I expect to encounter	0	1	2	3	4	5
52. Recognize that ineffectively handling social influences leads to a slip back down to old habits	0	1	2	3	4	5
53. Identify people and/or institutions I have resentments against	0	1	2	3	4	5
54. Use acceptance to let go of resentments	0	1	2	3	4	5
55. Use forgiveness to let go of resentments	0	1	2	3	4	5

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56. Put myself in the shoes of another person to let go of resentments	0	1	2	3	4	5
57. Identify risky thoughts that threaten my transition goals	0	1	2	3	4	5
58. Stay away from people and places that encourage my risky thinking	0	1	2	3	4	5
59. When risky thoughts enter my mind, recognize the consequences of my risky behaviors	0	1	2	3	4	5
60. When risky thoughts enter my mind, refocus my thoughts on healthy activities	0	1	2	3	4	5
61. Recognize euphoric recall thoughts and consider their negative consequences	0	1	2	3	4	5
62. When a situation has an undesirable outcome, go back to examine how my thinking might have contributed to the negative outcome	0	1	2	3	4	5
63. When faced with a difficult situation, pause to examine the way I am thinking about the event in the moment	0	1	2	3	4	5
64. Challenge thinking that leads to negative feelings and behaviors	0	1	2	3	4	5
65. Recognize the way my thoughts lead to particular feelings	0	1	2	3	4	5

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66. When I know I am going to encounter a difficult situation, think ahead to the positive outcome I want	0	1	2	3	4	5
67. Acknowledge that situations are not what make me feel or act a certain way	0	1	2	3	4	5
68. Experience positive outcomes as a result of changing my thinking about a situation	0	1	2	3	4	5
69. Stop to examine my thoughts before responding	0	1	2	3	4	5
70. Notice that the way I'm thinking about situations is different than it was in the past	0	1	2	3	4	5
71. Accept the role authority figures have in my life	0	1	2	3	4	5
72. Catch myself when I'm thinking negatively about authority figures	0	1	2	3	4	5
73. Stay open and receptive to constructive criticism from authority figures	0	1	2	3	4	5
74. Follow rules and restrictions from authority figures	0	1	2	3	4	5
75. Respond calmly when I interact with authority figures	0	1	2	3	4	5
76. Recognize the ways in which people in positions of authority can offer valuable advice related to transitioning to the community	0	1	2	3	4	5

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77. Find things I admire in people in authority positions	0	1	2	3	4	5
78. Find things I can learn from people in authority positions	0	1	2	3	4	5
79. Attempt to see things from the perspective of authority figures I am working with	0	1	2	3	4	5
80. Recognize my anger "hot spots"	0	1	2	3	4	5
81. Practice keeping my options open as a response to angry situations	0	1	2	3	4	5
82. Practice examining my thinking as a way to control my anger	0	1	2	3	4	5
83. Practice seeking compromise as a way to control my anger	0	1	2	3	4	5
84. Practice taking some time out before responding as a way to control my anger	0	1	2	3	4	5
85. Implement anger control strategies to more effectively manage situations	0	1	2	3	4	5
86. Experience positive outcomes as a result of effectively managing my anger	0	1	2	3	4	5
87. During angry situations, calmly let other people explain their position so that I can better understand it	0	1	2	3	4	5
88. Use calming self-talk when I am feeling angry	0	1	2	3	4	5

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89. Rely on mentors and role models to support my new lifestyle	0	1	2	3	4	5
90. Rely on healthy peers to support my new lifestyle	0	1	2	3	4	5
91. Rely on supportive family members to support my new lifestyle	0	1	2	3	4	5
92. Rely on skilled help to support my new lifestyle	0	1	2	3	4	5
93. Take steps to strengthen my safety net by adding carefully selected individuals	0	1	2	3	4	5
94. When I encounter a challenging situation, rely on those in my safety net to help me	0	1	2	3	4	5
95. Take steps to repair relationships damaged by my incarceration	0	1	2	3	4	5
96. Minimize my contact with people who are negative influences to my safety net	0	1	2	3	4	5
97. Talk with people who are members of my safety net so they know how they can help with my transition goals	0	1	2	3	4	5