

CBT Skill Acquisition: Voices

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 are unhelpful	0	1	2	3	4	5
3. Identify risk factors that might lead to behaviors 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	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 are 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

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15. Keep track of signs and symptoms of returning to old habits	0	1	2	3	4	5
16. Stay dedicated to working toward my goals	0	1	2	3	4	5
17. Consider the ways my strengths have developed as a result of my life's journey so far	0	1	2	3	4	5
18. Think of ways to comfort myself when I'm not feeling great	0	1	2	3	4	5
19. Act in a way that allows my outer self to match my inner self	0	1	2	3	4	5
20. Feel safe enough to share my true feelings	0	1	2	3	4	5
21. Work on ways to empower myself and show that my voice has value	0	1	2	3	4	5
22. Think of the ways strong women in my life have helped me be strong and confident	0	1	2	3	4	5
23. Listen to people in a way that demonstrates I'm giving them my full attention	0	1	2	3	4	5
24. Communicate my thoughts and feelings effectively to others	0	1	2	3	4	5
25. Use assertive communication that is direct, clear and honest	0	1	2	3	4	5
26. Act in ways that let people know they can count on me	0	1	2	3	4	5
27. Feel good about my connections with others	0	1	2	3	4	5

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28. Rely on supportive relationships when I'm going through a tough time	0	1	2	3	4	5
29. Offer others trust and support	0	1	2	3	4	5
30. Accept responsibility for my self	0	1	2	3	4	5
31. Take care of my body through healthy behaviors	0	1	2	3	4	5
32. Have a positive body image	0	1	2	3	4	5
33. Cope with intense emotions in a positive way	0	1	2	3	4	5
34. Contain my feelings in a way that allows me to choose when and how I express them	0	1	2	3	4	5
35. Feel confident in my ability to resist pressure to use alcohol and/or other drugs	0	1	2	3	4	5
36. Use healthy strategies to deal with stress	0	1	2	3	4	5
37. Identify things in my life that I appreciate and feel grateful for	0	1	2	3	4	5
38. Use grounding and centering techniques when I'm experiencing difficulties	0	1	2	3	4	5
39. When I find myself at a crossroad or important decision, I think through potential outcomes before making a decision	0	1	2	3	4	5
40. Make decisions for myself rather than basing them on my emotions at the moment or to please someone else	0	1	2	3	4	5

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41. Stick to my values and trust my inner voice when making decisions	0	1	2	3	4	5
42. I have what I need to create a positive future for myself	0	1	2	3	4	5
43. I have what I need to feel confident in a positive future for myself	0	1	2	3	4	5