

CBT Skill Acquisition: Self-management

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 is	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 things that get in the way of my psychological wellness	0	1	2	3	4	5
3. Understand the linkages between my feelings, thoughts and actions	0	1	2	3	4	5
4. Engage in an activity instead of a behavior that is harmful to me or others	0	1	2	3	4	5
5. Purposefully do fun things that I like instead of feeling badly	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

	I don't know what this is	I don't do this	I do this a little	I sometimes do this	I mostly do this	I always do this
12. Identify stressors that make it harder for me to practice self-management	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 that I have them	0	1	2	3	4	5
15. Keep track of bodily changes and feelings in order to have more self-control	0	1	2	3	4	5
16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. Describe my three most important goals for change	0	1	2	3	4	5
18. Consider personal strengths that will help me succeed in making changes	0	1	2	3	4	5
19. List people who can help me make the changes that I want in life	0	1	2	3	4	5
20. Understand the difference between thoughts and feelings	0	1	2	3	4	5
21. Practice self-management and self-control by changing components of the STORC Cycle to prevent the pattern from repeating over and over	0	1	2	3	4	5

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22. Use the components of the STORC Cycle as a tool for understanding myself	0	1	2	3	4	5
23. Apply the STORC Cycle to reach my goals	0	1	2	3	4	5
24. Recognize ways to identify and change my problem situations	0	1	2	3	4	5
25. Recognize ways to become aware of and change my thinking	0	1	2	3	4	5
26. Identify my bodily changes and feelings (organic patterns) that result from being in a particular situation and thinking about it in a particular way	0	1	2	3	4	5
27. Change my responses (what I do) to manage my own behavior	0	1	2	3	4	5
28. Choose my consequences by thinking through my options ahead of time	0	1	2	3	4	5
29. Reward and celebrate my successes	0	1	2	3	4	5