

## The Change Companies®' Keep It Direct & Simple Series

Instructions: Please circle the number that best describes how much you do the following things:  
*How much do you do the following right now...*

	<b>I don't know what this means</b>	<b>I don't do this</b>	<b>I do this a little</b>	<b>I sometimes do this</b>	<b>I mostly do this</b>	<b>I always do this</b>
<b>1. Plan activities for free time.</b>	0	1	2	3	4	5
<b>2. Identify beliefs and behaviors that make my situation worse.</b>	0	1	2	3	4	5
<b>3. Identify risk factors for returning to harmful behaviors.</b>	0	1	2	3	4	5
<b>4. Engage in an activity instead of a behavior that is harmful to me or others.</b>	0	1	2	3	4	5
<b>5. Purposefully do fun things that I like when I am feeling badly.</b>	0	1	2	3	4	5
<b>6. Catch myself when I jump to conclusions.</b>	0	1	2	3	4	5
<b>7. Notice when I start to feel more distressed.</b>	0	1	2	3	4	5
<b>8. Challenge my thoughts.</b>	0	1	2	3	4	5
<b>9. Motivate myself by doing things.</b>	0	1	2	3	4	5
<b>10. Socialize even though I don't feel like it.</b>	0	1	2	3	4	5
<b>11. Plan my time during the week.</b>	0	1	2	3	4	5
<b>12. Identify stressors that led me into treatment.</b>	0	1	2	3	4	5
<b>13. Communicate my needs effectively.</b>	0	1	2	3	4	5
<b>14. Catch my negative thought patterns at the time that I have them.</b>	0	1	2	3	4	5

<b>15. Keep track of signs and symptoms of returning to old habits.</b>	0	1	2	3	4	5
<b>16. Find evidence to support my thoughts before buying into them.</b>	0	1	2	3	4	5
<b>17. Share information and ideas with other members of the group.</b>	0	1	2	3	4	5
<b>18. Reflect on the reasons I am in this program today.</b>	0	1	2	3	4	5
<b>19. Know my own strengths and how these positive qualities can help me overcome challenges.</b>	0	1	2	3	4	5
<b>20. Examine specific reasons why I want to make a change.</b>	0	1	2	3	4	5
<b>21. Explore the eight building blocks for getting the most out of treatment.</b>	0	1	2	3	4	5
<b>22. Understand how different classes of drugs work and how they affect me.</b>	0	1	2	3	4	5
<b>23. Evaluate consequences resulting from my use of alcohol or other drugs.</b>	0	1	2	3	4	5
<b>24. Examine my own reasons for wanting to make changes to my alcohol and/or drug use.</b>	0	1	2	3	4	5
<b>25. Act “as if” I believe in the benefits of a 12-step program as a way of opening myself up to what the program might offer.</b>	0	1	2	3	4	5
<b>26. Acknowledge that a power greater than me can restore me to better functioning.</b>	0	1	2	3	4	5
<b>27. Have a sponsor.</b>	0	1	2	3	4	5

<b>28. Understand the difference between religion and spirituality.</b>	0	1	2	3	4	5
<b>29. Realize that working the 12 Steps is not a one-time event but a process.</b>	0	1	2	3	4	5
<b>30. Explore the feelings I experience most often.</b>	0	1	2	3	4	5
<b>31. Understand the difference between my thoughts and feelings.</b>	0	1	2	3	4	5
<b>32. Use effective strategies for coping with difficult feelings.</b>	0	1	2	3	4	5
<b>33. Consider the qualities that make a family healthy and take an active role in improving these qualities.</b>	0	1	2	3	4	5
<b>34. Practice healthy ground rules for improving family relationships.</b>	0	1	2	3	4	5
<b>35. Identify a family relationship I want to work on and consider the positive changes I wish to make in that relationship.</b>	0	1	2	3	4	5
<b>36. Recognize the difference between healthy and unhealthy relationships.</b>	0	1	2	3	4	5
<b>37. Use assertive communication.</b>	0	1	2	3	4	5
<b>38. Understand the importance of being a good listener.</b>	0	1	2	3	4	5
<b>39. Recognize that thoughts play a major role in how I think or act.</b>	0	1	2	3	4	5
<b>40. Recognize ways to become aware of and change my thinking.</b>	0	1	2	3	4	5
<b>41. Practice responding to difficult situations through responsible</b>	0	1	2	3	4	5

<b>thinking.</b>						
<b>42. Believe that change is possible if I'm willing to put in the work.</b>	0	1	2	3	4	5
<b>43. Understand the different stages of change and strategies I can utilize to move in the direction of change.</b>	0	1	2	3	4	5
<b>44. Set goals that are SMART (Specific, Meaningful, Achievable, Rewarding, Trackable).</b>	0	1	2	3	4	5
<b>45. Know the values that are most important to me.</b>	0	1	2	3	4	5
<b>46. Understand that I show my values by how I choose to act.</b>	0	1	2	3	4	5
<b>47. Understand the positive lifestyle values of honesty, respect, caring and responsibility and how these values fit with my goals for positive change.</b>	0	1	2	3	4	5
<b>48. Understand that positive change is an ongoing process of developing and practicing behaviors.</b>	0	1	2	3	4	5
<b>49. Know how to spot risks for returning to high-risk behaviors and take steps to decrease my risks.</b>	0	1	2	3	4	5
<b>50. Know people who can help me in my efforts to maintain responsible behavior.</b>	0	1	2	3	4	5