### Attitudes

1. I intend to use my positive situations to further my change efforts.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4

2. I regard the interaction between my situations, thoughts, feelings, behaviors and consequences as important.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4

3. I place more importance on the payoffs than the costs of my illegal/irresponsible behavior.  
   - Strongly Agree: 4  
   - Agree: 3  
   - Disagree: 2  
   - Strongly Disagree: 1

**Attitudes Average (Total ÷ 3) =**

### Knowledge

4. I understand the connection between behaviors and consequences.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4

5. I understand the connection between situations, self-talk, feelings and behavior.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4

6. I know my body signals for high-risk feelings.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4

7. I know the situations (people, places and things) that are high-risk for me.  
   - Strongly Agree: 1  
   - Agree: 2  
   - Disagree: 3  
   - Strongly Disagree: 4
## Knowledge (continued)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>8. I know the situations (people, places and things) that are positive for me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9. I understand how self-talk works.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**Knowledge Average (Total ÷ 6) =**

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## Skills

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. I use positive self-talk.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11. I am able to identify patterns in my thoughts, feelings and behavior.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12. I counter difficult feelings with physical activity.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13. I counter difficult feelings with positive self-talk.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14. I use avoidance or coping skills for managing high-risk situations.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15. I have experimented with coping skills to manage my high-risk feelings.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16. I have weighed the payoffs and costs of my illegal/irresponsible behavior.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**Skills Average (Total ÷ 7) =**

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## Overall

**Overall Average (Overall total ÷ 16) =**