

CBT Skill Acquisition: Getting it Right

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. Examine how my positive changes impact the people I care about	0	1	2	3	4	5
18. Nurture my healthy relationship values	0	1	2	3	4	5
19. Talk to others about my true thoughts and feelings	0	1	2	3	4	5
20. Communicate my feelings and needs assertively	0	1	2	3	4	5
21. Use effective strategies to manage difficult feelings	0	1	2	3	4	5
22. Use strategies to help me stay on track with changes I want to make	0	1	2	3	4	5
23. Consider what stages of change I'm in with my change efforts	0	1	2	3	4	5
24. Ask myself if my choices and actions are in line with who I want to be	0	1	2	3	4	5
25. Live in a way that is consistent with my values	0	1	2	3	4	5
26. Think about what my life might be like if I continue my positive change efforts and make responsible choices	0	1	2	3	4	5
27. Recognize the way my thoughts lead to particular feelings	0	1	2	3	4	5
28. 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

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29. 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
30. Challenge thinking that leads to negative feelings and behaviors	0	1	2	3	4	5
31. Experience positive outcomes as a result of changing my thinking about a situation	0	1	2	3	4	5
32. Take steps to strengthen my habits for success	0	1	2	3	4	5
33. Manage my time and tasks in a way that best serves my new responsible style of living	0	1	2	3	4	5
34. Practice coping skills even in situations that are challenging for me	0	1	2	3	4	5
35. Make good choices regarding my health	0	1	2	3	4	5
36. Take care of my "have tos" before beginning my "want tos"	0	1	2	3	4	5
37. Recognize the warning signs of a return to old behavior	0	1	2	3	4	5
38. When I encounter a challenging situation, rely on supportive and positive people to help me	0	1	2	3	4	5
39. Make seemingly small or unimportant decisions that contribute to my success in the community	0	1	2	3	4	5
40. Keep in mind my personal reasons for wanting to change	0	1	2	3	4	5
41. Celebrate my successes in maintaining healthy behaviors over time	0	1	2	3	4	5