

## CBT Skill Acquisition: Corrective Actions Journal System

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...*

	<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 criminal behavior.</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 criminal behavior.</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. Recognize negative or criminal traits that have led to problems in the past.</b>	0	1	2	3	4	5
<b>18. Understand that personal responsibility comes from my actions rather than my words.</b>	0	1	2	3	4	5
<b>19. Understand the value of investing my time and effort for rewards that may come much later.</b>	0	1	2	3	4	5
<b>20. Believe the negative consequences of my criminal behavior outweigh the short-term benefits.</b>	0	1	2	3	4	5
<b>21. Understand the positive lifestyle values of honesty, tolerance, caring and responsibility and how these values fit with my goals for positive change.</b>	0	1	2	3	4	5
<b>22. Evaluate the effectiveness of goals based on whether they are Specific, Meaningful, Achievable, Rewarding and Trackable (SMART).</b>	0	1	2	3	4	5
<b>23. Recognize that thoughts play a major role in how I think or act.</b>	0	1	2	3	4	5

<b>24. Recognize my criminal thinking errors and replace them with more positive beliefs and self-talk.</b>	0	1	2	3	4	5
<b>25. Experience and moving through uncomfortable feelings related to changing a habit.</b>	0	1	2	3	4	5
<b>26. Acknowledge that change is possible if I'm willing to do the work.</b>	0	1	2	3	4	5
<b>27. Understand the different stages of change and techniques that help me move from one stage to the other.</b>	0	1	2	3	4	5
<b>28. Know how to maintain new behavior in the future.</b>	0	1	2	3	4	5