

CBT Skill Acquisition: Co-occurring Conditions

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 behaviors	0	1	2	3	4	5
16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5

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17. Reflect on what my life might look like if I choose to work toward solving challenges related to my co-occurring conditions	0	1	2	3	4	5
18. Use my personal strengths to help on my path to positive change	0	1	2	3	4	5
19. Rely on supportive relationships to help me in my efforts toward positive life change	0	1	2	3	4	5
20. When I think about the changes I want to make, I consider the benefits more than the drawbacks of the change	0	1	2	3	4	5
21. Consider whether my choices and actions are in line with who I want to be	0	1	2	3	4	5
22. Replace unhelpful behaviors and activities with helpful ones	0	1	2	3	4	5
23. Identify unhelpful thoughts by examining my self-talk	0	1	2	3	4	5
24. Replace unhelpful self-talk with more helpful, positive self-talk	0	1	2	3	4	5
25. Take healthy actions to work through challenging feelings	0	1	2	3	4	5
26. Consider whether my thoughts are leading me to feel the way I want to feel	0	1	2	3	4	5
27. Practice "thought-stopping" when I catch myself having risky thoughts	0	1	2	3	4	5

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28. Act as my own thinking coach by preparing with step-by-step instructions before a potentially risky situation	0	1	2	3	4	5
29. Demonstrate positive qualities like honesty, openness, respect, trust and caring in my close relationships	0	1	2	3	4	5
30. Listen carefully by giving my full, undivided attention when others are speaking	0	1	2	3	4	5
31. Speak assertively by respectfully expressing my thoughts and feelings in a direct and honest way	0	1	2	3	4	5
32. Manage my stress in healthy ways	0	1	2	3	4	5
33. Use effective decision-making skills to make positive choices	0	1	2	3	4	5
34. Respond effectively to social pressure in ways that support my efforts toward a healthy life	0	1	2	3	4	5
35. When I make mistakes or return to an old, unhealthy behavior, I use helpful self-talk to get back on track	0	1	2	3	4	5
36. Recognize warning signs that might get in the way of maintaining my progress	0	1	2	3	4	5
37. Have a plan to work through specific thoughts, feelings and situations that might get in the way of staying on track	0	1	2	3	4	5