

# CBT Skill Acquisition: Challenge Version

## 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 situations that make my situation worse.	0	1	2	3	4	5
3. Identify risk factors for returning to criminal behavior.	0	1	2	3	4	5
4. Engage in an activity instead of a behavior that is harmful to me or others.	0	1	2	3	4	5
5. Purposefully do fun things that I like when I am feeling badly.	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 criminal behavior.	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 that 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
16. Find evidence to support my thoughts before buying into them.	0	1	2	3	4	5
17. Understand the negative consequences resulting from the choices I've made.	0	1	2	3	4	5

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18. Overcome my own roadblocks to change.	0	1	2	3	4	5
19. Demonstrate positive attitudes including honesty, responsibility, willingness, open-mindedness, humility, caring, objectivity and gratitude.	0	1	2	3	4	5
20. Recognize how my thoughts control my feelings and behavior.	0	1	2	3	4	5
21. Use a Rational Self-analysis (RSA).	0	1	2	3	4	5
22. Recognize my own thinking errors (such as Absolutes; "I can't;" Rhetorical Questions; Awfulizing; Statements of "Fact;" Should, Have to, Need to, Must Statements; Loaded Words; Blaming; "He, She, It" Statements) and replace them with more helpful and positive beliefs and self-talk.	0	1	2	3	4	5
23. Believe the costs of my criminal behavior outweigh the payoffs.	0	1	2	3	4	5
24. Recognize my criminal thinking errors (mollification, cutoff, entitlement, power orientation, sentimentality, superoptimism, cognitive indolence, discontinuity) and replace them with more positive beliefs and self-talk.	0	1	2	3	4	5
25. Have awareness of the impact of my criminal lifestyle on myself and those around me.	0	1	2	3	4	5

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26. Believe men can walk away from fights or show vulnerability.	0	1	2	3	4	5
27. Practice the attitude of willingness to "work it out" without violence.	0	1	2	3	4	5
28. Have a plan for solving my problems without the use of physical or emotional violence.	0	1	2	3	4	5
29. Recognize different styles of communicating and practice assertive communication skills.	0	1	2	3	4	5
30. Recognize my personal anger cues and use strategies to help me manage my anger effectively.	0	1	2	3	4	5
31. Know the components of healthy relationships and work on creating and maintaining positive and healthy relationships.	0	1	2	3	4	5
32. Think about the five areas important for having balance (physical health, emotional health, relationships, community involvement and finding meaning and purpose).	0	1	2	3	4	5
33. Make positive adjustments to key areas of my life that I view as out of balance, including physical health, emotional health, relationships, community involvement and finding meaning and purpose.	0	1	2	3	4	5
34. Maintain a balanced life that is moving in the right direction.	0	1	2	3	4	5
35. Work effectively with authority figures.	0	1	2	3	4	5

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36. Handle social pressure effectively.	0	1	2	3	4	5
37. Recognize relationships with others have changed and have realistic expectations about reestablishing those relationships.	0	1	2	3	4	5
38. Recognize warning signs that I am moving down the path of returning to my previous lifestyle.	0	1	2	3	4	5
39. Know specific exit strategies to help me get back on track.	0	1	2	3	4	5
40. Have an ongoing maintenance plan.	0	1	2	3	4	5
41. Recognize the damaging consequences my substance use has had on me.	0	1	2	3	4	5
42. Consider the negative effects of drugs on my life in the future if I continue/return to drug use.	0	1	2	3	4	5
43. Recognize there are no excuses to justify my drug use and its damaging consequences.	0	1	2	3	4	5