

## Responsible Behavior

#### Participant Self-evaluation

Unique Client ID:	Assessment Type:   Pre	□ Post
Facilitator:	Session Type:	p 🔲 Individual
Organization:	Date Completed: /	′/

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge, and Skills).

A	attitudes	Strongly Agree	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
1.	I intend to use my positive situations to further my change efforts.	1	2	3	4	
2.	I regard the interaction between my situations, thoughts, feelings, behaviors and consequences as important.	1	2	3	4	
3.	I place more importance on the payoffs than the costs of my illegal/irresponsible behavior.	4	3	2	1	
	Attitudes Average (Total ÷	3) =				
K	Inowledge					
4.	I understand the connection between behaviors and consequences.	1	2	3	4	
5.	I understand the connection between situations, self-talk, feelings and behavior.	1	2	3	4	
6.	I know my body signals for high-risk feelings.	1	2	3	4	
7.	I know the situations (people, places and things) that are	1	2.	3	4	

high-risk for me.



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Knowledge (continued)	Strongly Agree	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
8. I know the situations (people, places and things) that are positive for me.	1	2	3	4	
9. I understand how self-talk works.	1	2	3	4	

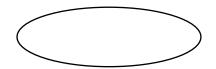
Knowledge Average (Total  $\div$  6) =



### Skills

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

Skills Average (Total  $\div$  7) =



## Overall

Overall Average (Overall total  $\div$  16) =

