



Responsible Behavior

Participant Self-evaluation

Unique Client ID: _____	Assessment Type: <input type="checkbox"/> Pre <input type="checkbox"/> Post
Facilitator: _____	Session Type: <input type="checkbox"/> Group <input type="checkbox"/> 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).

Attitudes

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
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) =

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Knowledge

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 high-risk for me.	1	2	3	4



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Knowledge (continued)

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
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8. I know the situations (people, places and things) that are positive for me.	1	2	3	4
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9. I understand how self-talk works.	1	2	3	4
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Knowledge Average (Total ÷ 6) =

Skills

10. I use positive self-talk.	1	2	3	4
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11. I am able to identify patterns in my thoughts, feelings and behavior.	1	2	3	4
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12. I counter difficult feelings with physical activity.	1	2	3	4
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13. I counter difficult feelings with positive self-talk.	1	2	3	4
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14. I use avoidance or coping skills for managing high-risk situations.	1	2	3	4
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15. I have experimented with coping skills to manage my high-risk feelings.	1	2	3	4
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16. I have weighed the payoffs and costs of my illegal/irresponsible behavior.	1	2	3	4
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Skills Average (Total ÷ 7) =

Overall

Overall Average (Overall total ÷ 16) =