

Criminal Thinking Worksheet

Name: _____

Date: _____

***Instructions:** Take your time with each section, reflecting honestly on your experiences. Use the space provided for detailed responses. This worksheet is a valuable tool for self-discovery and fostering positive change.*

1. Identification of Distorted Thinking:

- a. List situations where you've experienced conflicts with others.

- b. Identify thoughts associated with blaming others for your actions.

2. Power Orientation Reflection:

- a. Describe a recent situation where you needed to exert power or control.

- b. Analyze the impact of this power orientation on your actions.

3. Substance Use and Decision-Making:

- a. Reflect on instances where substance use influenced your decision-making.

- b. Explore alternative ways to cope with stress or emotions without substances.

4. Accountability and Personal Responsibility:

- a. Describe a situation where you avoided taking responsibility for your actions.

- b. Identify the impact of accepting personal responsibility on the outcome.

5. Immediate Gratification vs. Long-Term Consequences:

- a. Recall a choice made for immediate pleasure without considering consequences.

- b. Assess the long-term impact of such decisions on your life.

6. Recognizing Addictive Thinking:

- a. Identify thoughts that align with addictive thinking patterns.

- b. Explore healthier alternatives to address underlying issues.

7. Goal Setting for Behavior Change:

- a. Define specific, realistic goals for changing distorted thinking patterns.

- b. Outline steps to achieve these goals and monitor progress.

Reflection: