

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.

In my workplace, disagreements often arise during team projects. Instead of acknowledging my role, I blame colleagues for project setbacks, assuming they're not pulling their weight.

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

When conflicts arise, I think, "It's not my fault; they should have done better." This deflects responsibility and prevents me from seeing my own contributions to the problem.

2. Power Orientation Reflection:

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

Recently, during a disagreement with a friend, I noticed a strong urge to dominate the conversation, ensuring my perspective prevailed. It felt like asserting control was more crucial than finding a resolution.

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

This power play intensified the conflict, making it harder for us to find common ground. It hindered open communication and left the issue unresolved.

3. Substance Use and Decision-Making:

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

At social gatherings, I've noticed relying on alcohol to ease social anxiety. This led to impulsive decisions and impaired judgment, as I prioritized immediate relief over considering the consequences.

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

I realize I need healthier coping mechanisms like deep breathing or talking to someone. Exploring these alternatives can help me manage stress without relying on substances.

4. Accountability and Personal Responsibility:

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

After a disagreement with a family member, I blamed external factors rather than admitting my role in escalating the situation. It was easier to shift blame than acknowledge my contribution to the conflict.

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

Accepting responsibility could lead to a more constructive conversation and resolution. Recognizing how my actions contribute to conflicts for positive change is essential.

5. Immediate Gratification vs. Long-Term Consequences:

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

Opting for a night out instead of meeting work deadlines left me with short-term enjoyment but long-term stress and professional setbacks.

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

The pattern of prioritizing immediate pleasure has hindered my overall progress. Recognizing this helps me understand the need to balance short-term enjoyment with long-term goals.

6. Recognizing Addictive Thinking:

a. Identify thoughts that align with addictive thinking patterns.

Thoughts like, "I deserve this, just this once," signal addictive thinking. Rationalizing unhealthy choices based on deservingness is a clear pattern I need to address.

b. Explore healthier alternatives to address underlying issues.

Instead of succumbing to such thoughts, I can explore healthier outlets like exercise or creative activities to address the underlying issues contributing to these patterns.

7. Goal Setting for Behavior Change:

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

I aim to resolve conflict by acknowledging my contributions, resisting power plays, and prioritizing long-term consequences over immediate gratification.

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

Steps include regular self-reflection, seeking feedback from others, and practicing alternative coping mechanisms. Monitoring progress through journaling and therapy sessions will ensure continuous improvement.

Reflection:

I've gained valuable insights through this worksheet, recognizing recurring patterns that hinder personal growth. Applying these insights to therapy sessions will foster a collaborative exploration of these challenges, enabling positive behavior change.