



Name:	

Date: \_\_\_\_\_



## Homework Sheet: Lesson 2

## Fill in after doing your homework.

Describe Your Actions (What you specifically did to follow each step of the skill):				
1.	4.			
2.	5.			
3.	6.			

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National Institute of Corrections Thinking for a Change Lesson 2

Handout 2-2 - Homework

1.	What happened when you did the homework?						
2.	How well did you do at following the steps of this skill? (Circle one)						
	Excellent	Good	Fair	Poor			
3.	What is another situation in which you could use this skill?						