

Jim's Thinking Report

Situation: I was in trouble for being out of the area.

Thoughts:

1. I know that if I do these things I will be going back to jail.
2. It's really starting to get to me.
3. I feel locked up in my own apartment.
4. I really resent this
5. I shouldn't have to follow these rules.
6. Maybe it would be better to just go back to jail and get my sentence over with.
7. I feel like I'm not in charge of my life anymore.
8. I can't stand it.

Feelings: Uncomfortable, angry, controlled, threatened

Attitudes and Beliefs:

Nobody has the right to control my life.

If I let them do this to me, I'm a chump.

Homework Sheet: Lesson 7



- Think of a time when you broke a rule or hurt someone.
- This could mean breaking a law or violating a norm; and it could mean hurting someone physically or emotionally.
- Complete a thinking report on what happened.
 1. Write a brief, factual description of the situation.
 2. Write down as many thoughts as you can remember having.
 3. Write down all the feelings you remember having at the time.
 4. List one or two attitudes or beliefs that underlie your thinking in this situation
- Remember to focus on the thinking that *led you* to break the rule or hurt someone, as opposed to what you thought and felt afterward.

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

Situation:
Thoughts:
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
Feelings:
Attitudes and Beliefs: