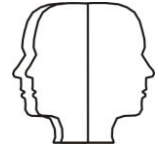


# Homework Sheet: Cognitive Self-Change



- Watch for situation where between now and the next lesson where you feel some degree of tension or stress or conflict.
- 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 feeling stressed or tense or conflicted, as opposed to what you thought and felt afterward.
- Then circle at least 1 key thought, 1 key feeling, and 1 attitude or belief that particularly influenced you to break the rule or hurt someone.
- Consider new thinking that could reduce your risk

(Continued on Next Page)

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



## Thinking Report

|                               |
|-------------------------------|
| <b>Situation:</b>             |
|                               |
|                               |
|                               |
|                               |
| <b>Thoughts:</b>              |
| 1. _____                      |
| 2. _____                      |
| 3. _____                      |
| 5. _____                      |
| 6. _____                      |
| 7. _____                      |
| 8. _____                      |
| 9. _____                      |
| 10. _____                     |
| <b>Feelings:</b>              |
|                               |
|                               |
|                               |
| <b>Attitudes and Beliefs:</b> |
|                               |
|                               |
|                               |