Problem behavior under control

Risk Factors
- Situations
- Thoughts
- Feelings
- Behaviors

Choose to use new skills

NEW THINKING AND HEALTHY SOCIAL & PROBLEM SOLVING SKILLS
- Pay attention to my thoughts and feelings
- Recognize when there is a risk of my thoughts and feelings leading me into abusive behavior or unhealthy behavior

GOALS
- Use pre-planned coping responses
- Cope with abusive fantasies and urges
- Use new thinking that reduces my risk
- Use new problem solving skills
- Use my positive support network
- Positive places, activities, and interests
- Positive short- and long-term goals
- Personal strengths and talents

Cycle
- Situations
- Thoughts
- Feelings
- Behaviors

Choose to use new skills

Giving Up
- “What’s the use?”
- “I don’t care”
- Self put-downs
- Feeling like a failure

Choose to use new skills

RELAPSE
YOUR RELAPSE PREVENTION PLAN (1.2)

Part I: Identification of feelings, thoughts, beliefs, and behaviors that increase risk
- Risky feelings
- Risky thinking and beliefs
- Risky behaviors

Part II: Identification of external factors that increase risk
- External risk factors

Part III: Identification of New Coping Skills - Thinking, Social, and Problem Solving
- Pre-planned coping responses/behavior management skills
- Coping with abusive fantasies and urges
- Replacing high risk thinking and beliefs
- Skills building inventory
- Identification of positive support network
- Identification of positive places, activities, and interests
- Identification of positive short-term goals
- Identification of positive long-term goals
- Personal strengths and talents

Part IV. Transition and Aftercare - External Supervision
- External supervision
STUDENT RATING (2.1)

Name __________________________ Date ________________

Please rate your level of progress in each of these areas using the following scale:

4- Work completed
3- Very good progress
2- Some progress
1- Have not started

1.______ Acceptance of responsibility for behavior without minimization or blame

2.______ Identification of cycle of abusive behavior

3.______ Identification of high risk thinking which supports or triggers abusive behavior (also referred to as thinking errors, cognitive distortions, and irrational thinking)

4.______ Development of skills in order to interrupt the cycle before abusive behavior occurs. Includes new thinking, social, and problem solving skills. Able to demonstrate these skills and control behavior

5.______ Development of victim awareness/empathy

6.______ Understanding of the role of sexual arousal in sexually abusive behavior, reduction of abusive sexual arousal if applicable, definition of non-abusive sexual fantasy, development of strategies to interrupt and decrease abusive sexual arousal

7.______ Address your own history of victimization, if present (i.e. sexual abuse, sexual trauma, physical abuse, emotional abuse, abandonment, neglect, rejection, loss, etc.)

8.______ Development of a positive self-image and sexual identity

9.______ Development of relapse prevention strategies and plan

10.______ Development of a community-based support system which encourages non-abusive behavior
ABUSE CYCLE (4.1)

Paths to Wellness (2002)
Robert E. Longo, NEARI Press,
Holyoke, MA
RISK FACTORS (4.2)

The following are some of the risk factors that can lead to relapse. Check those that you think may place you at higher risk to relapse.

RT = a risky thought, belief, or attitude
____ Denial of feelings (such as fear, anxiety, stress, etc.)
____ Defensiveness when talking about my problems and my prevention plan
____ Tunnel vision - overly focused and preoccupied with one area of my life
____ Loss of positive planning for the future
____ Idle daydreaming and wishful thinking
____ Thinking that nothing can be solved
____ Periods of confusion increasing and impacting behavior
____ Giving up
____ Development of an “I don’t care attitude”
____ Self-pity
____ Increasing amounts of abusive fantasies and thoughts of reoffending
____ Loss of self-confidence
____ Low self-esteem
____ Why bother
____ It doesn’t matter
____ Who cares
____ I’m stupid
____ I’m worthless
____ I’ll show him/her
____ No one cares

RF = a risky feeling
____ Fear and uncertainty about your ability to stop yourself from reoffending
____ Depression
____ Irritation
____ Dissatisfaction with life
____ Powerless
____ Helpless
____ Resentment
____ Loneliness
____ Frustration
____ Anger
____ Stressed
____ Rejection
____ Afraid
____ Sad
____ Inadequate
____ Hurt
____ Worthless
____ Abandoned
____ Unloved
____ Hopeless
____ Shame
____ Anxious
____ Embarrassed
____ Hyper
____ Insecure
____ Paranoid
____ Irritated
____ Worried

**RB = a risky behavior**
____ Compulsive behavior
____ Impulsive behavior
____ Irregular eating habits
____ Using drugs or alcohol
____ Looking at pornography
____ Laziness - long periods of being unable to initiate action
____ Irregular sleeping habits
____ Masturbating to abusive fantasies
____ Conscious lying
____ Inability to function
____ Discontinuing treatment
____ Open rejection of help
____ Starting to place yourself into high risk situations
____ Isolating
____ Power and control struggles with others
____ Self-harming behavior
____ Avoiding
____ Fighting
____ Manipulation
____ Temper tantrums
____ Putting other people down
____ Blaming others for my problems

**PC = a physical cue**
____ Decreased ability to concentrate
____ Queasy stomach
____ Sleeping excessively
____ Muscle tension
____ Breathing changes
____ Physical aches and pains
____ Heart pounding
____ Face becoming flushed and warm
____ Feeling no energy
____ Poor hygiene
____ Not sleeping well
____ Disregard for personal appearance
____ Others - please list below

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IDENTIFICATION OF FEELINGS (5.1)

Many people that have been abusive to others or have been the victims of abuse may be out of touch with or “stuff” what they are feeling. They act out their feelings instead of allowing themselves to experience the feelings. Because of this, it is important for you to pay attention to your feelings. Once you are able to pay attention to and experience your own feelings, you will be more able to understand the feelings of others, including your victims.

Please review the list of feelings below and then put a check mark that best describes how often you experience that particular feeling. Then circle those feelings that may increase your risk of abusive behavior. Feel free to add feelings to this list.

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<th>Feeling</th>
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THINKING ERRORS (6.1)

Below is a list of examples of risky thinking that may be used to support and justify sexually abusive behavior. Please read the list and circle the number of those thoughts that you have had.

1. She/he wanted it.
2. She/he liked it.
3. What’s the use.
4. If the victim didn’t say no, it’s ok to do.
5. All women have a secret desire to be raped.
6. It doesn’t matter.
7. If she turns me on, she wants to have sex with me.
8. Because someone did this to me, it’s ok for me to do it to others.
9. I don’t care.
10. I didn’t hurt him/her.
11. It was ok because I did it gently.
12. She was just a slut and deserved it.
13. No one cares.
14. She/he put out for everyone else, so what’s the difference.
15. It was ok because I care a lot about him/her.
16. I was just playing around.
17. Why bother.
18. It just happened.
19. Because she/he didn’t struggle, it meant that she/he liked it.
20. I’m stupid.
21. If I hadn’t been high, I wouldn’t have done it.
22. I was just sexually experimenting.
23. I’m worthless.
24. I only fondled him/her.
25. I was teaching him/her about sex.
26. I was just expressing my love and affection to my victim.
27. I’ll show him/her.
28. Children are informed and can give consent.
29. It wasn’t rape because he/she didn’t struggle.
30. It was never planned.
31. I didn’t mean to do it.
32. No girl my own age will go out with me.
33. I only did it once.
34. I only touched him/her.
35. My victim didn’t cry.
36. It was an accident.

Others

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