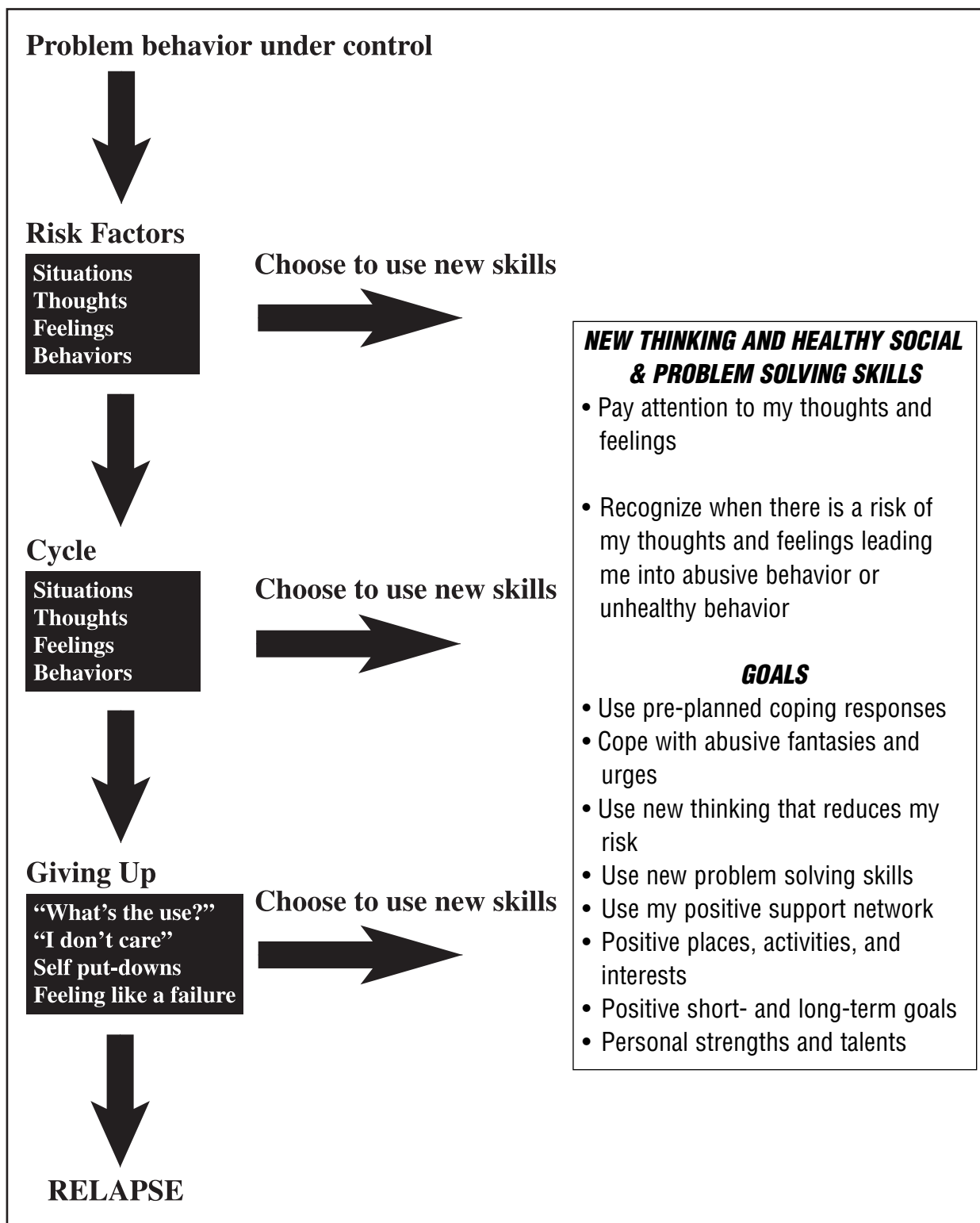


RELAPSE CHAIN (1.1)



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

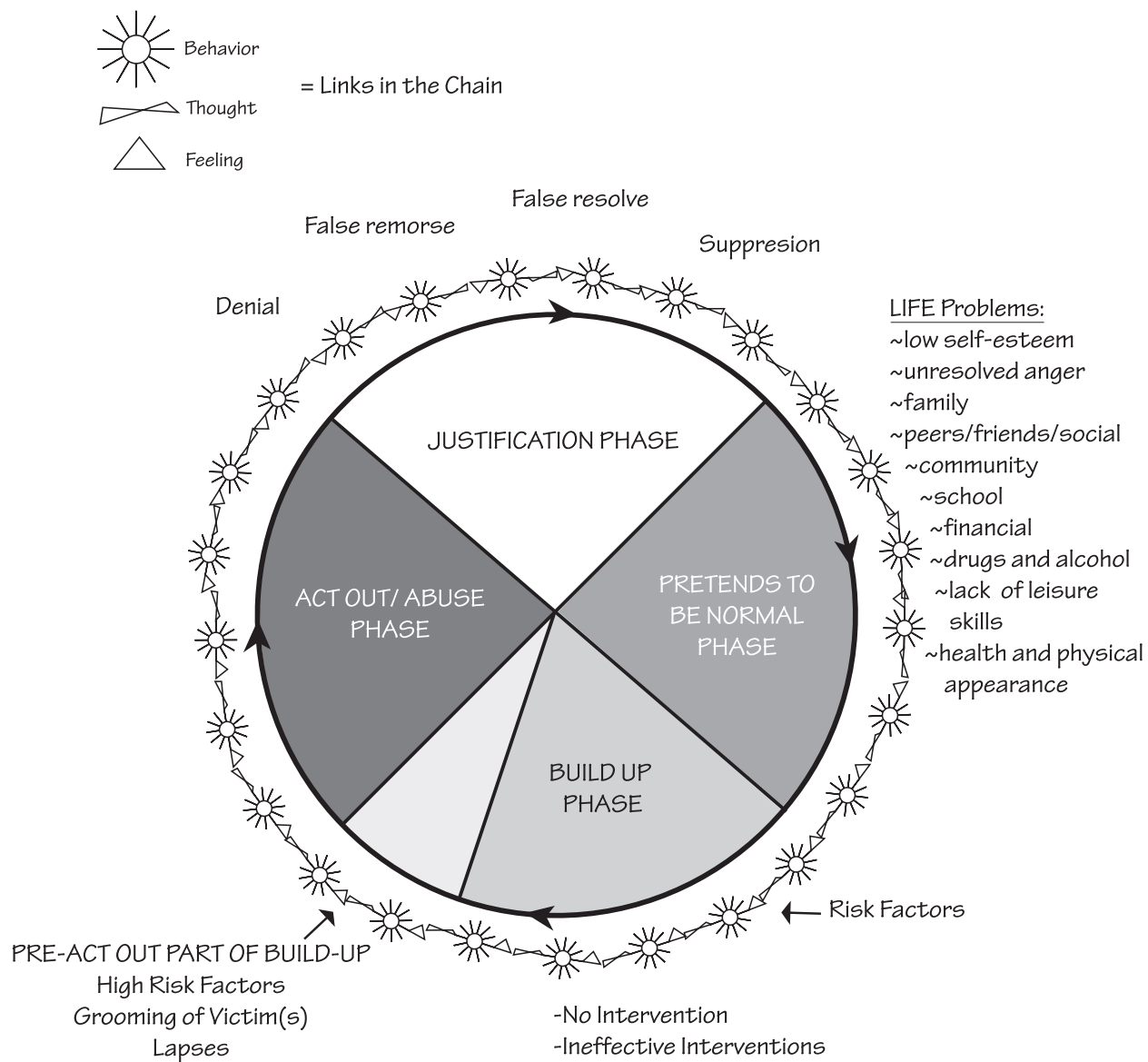
Date

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

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.

FEELING	NEVER	RARELY	SOMETIMES	OFTEN
HAPPY				
FRUSTRATED				
AFRAID				
SAD				
ANGRY				
INADEQUATE				
LONELY				
HURT				
WORTHLESS				
TENSE				
POWERLESS				
HELPLESS				
ABANDONED				
REJECTED				
UNLOVED				
HOPELESS				
SHAME				
ANXIOUS				
EMBARRASSED				
HYPER				
INSECURE				
IRRITATED				
PARANOID				
DEPRESSED				
DON'T CARE				
STUPID				
WORRIED				

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.

