

Name _____

Date: _____

Thinking Report Form

Think of a behavior you would like to change (If you are here on a new crime, choose something other than the new crime) : _____

Identify a specific situation when that behavior has gotten you into trouble (I know I'm in a high risk situation when...remember be specific)



What were your Thoughts/Feelings when first approached with the negative situation? (What immediately came to mind / Your first thoughts and feelings)

What did you choose to do in this situation? What was the result/outcome? (What happened?)



Attitudes/Beliefs – How do you feel about the situation

What could you have done instead of the action you chose?

Intervention #1 (Action steps/what can I do different next time?)

Intervention # 2 (Action steps/what can I do different next time?)



How would this situation end differently if I had chosen Intervention #1 or #2?



PO: _____ Detention Staff: _____