

SELF-MANAGEMENT / CBT		
Packet	Contents	Description of Contents
<b>CBT1e: Functional Thinking</b>	Introduction to Functional Thinking	This program element introduces basic CBT concepts. It also introduces feelings, scaling tools, and several MI tools.
	Who do you think you are? CC7	The way we think about ourselves helps us decide what we would, and wouldn't do. Increases emotional awareness and understanding self-talk and self-image.
<b>CBT3-4e: Feelings and Symptoms</b>	Feelings (CBT feelings toolkit)	This is a key CBT element which includes several important tools for assessing specific troublesome feelings and the frequency, intensity and duration of symptoms of selected feelings. Recommended.
	Symptoms and Early Warning Signs	This element helps participants identify the specific symptoms and early warning signs of selected feelings and problem areas in their own lives. Valuable in substance abuse, behavioral health, and most treatment and rehabilitation program settings.
<b>CBT5e: Triggers and Choices</b>	Triggers	This critical CBT element helps participants identify the specific triggers of selected feelings and problem areas.
	Choices Pre7	Participants explore choices, including involvement with high risk, people, places, things, and situations, as well as a range of pro-social or positive changes. Increases personal awareness on issues which may benefit from treatment.
	I have my reasons CC6	This CBT resource provides an opportunity for participants to analyze why they have been making some of the choices they have, and the costs and consequences of these choices.
<b>CBT5A -ERFe: Triggers and External Risk Factors</b>	Triggers/ External Risk Factors	This core element is designed to help participants further identify their external triggers (specifically high risk people, places, things, and situations). It is especially recommended as a guide for those new to treatment.
	What's been getting you in trouble? CC1	Examines past behaviors and issues: fighting, violence, dangerous risk taking, alcohol abuse, drug use, gang activity, drug sales, and crimes like robbery, burglary, and auto theft. Helps participants understand their risk factors and to consider future choices.
<b>CBT7Ae: Choices and Changes</b>	Functional Behaviors: making choices that work	This CBT program element guides the process of making more effective and helpful choices.
	Why am I thinking about changing? CC11	Helps identify and clarify some of the issues involved in the decision to make changes. Examines specific reasons and obstacles.

<b>CS1e: Coping Skills and Action Plans</b>	Coping skills for emergencies	Participants learn to identify their own highest risk situations, the cues that they are becoming at higher risk, what they will do to cope effectively, and then practice these new coping skills until they are confident they will work. Included in these skills are thought stopping, conflict avoidance and “escape” skills, and a comprehensive set of “refusal skills.”
	Burning your bridges TP20	Key resource for the preparation/determination stage. Guides the selection of specific changes and the development of a concrete action plan to reduce risk.
<b>CS2e: More Coping Skills and Their Application</b>	Coping skills for relapse prevention, set 1: techniques for use when you are at greatest risk	Provides guidance and practice in mastery of seven emergency skills - to address areas of temptation to relapse (or to act out anger, etc.). Guides the development of personal action plan for use of immediate measures at highest risk situations.
	Starting to make changes: learning, practicing, and applying new skills (CS-IN)	Clients identify past harmful or addictive behaviors used to “cope” with emotional discomfort and complete checklist of currently-mastered coping skills. Motivation for clients to learn and master new coping skills.
<b>CS3e: Establishing a Safer Environment</b>	Coping skills set 2: establishing a safer environment	Participants are guided to identify their most dangerous temptations, high risk people, places, things, feelings, and situations. They will identify areas of continued vulnerability to old temptations. Participants will complete action plans to avoid high risk people, places, things, and situations.
	Then and now - external protective factors and barriers (TP4)	Many people in program settings have a history of past relapse or similar failures. This resource starts by examining those past experiences to clarify what went wrong - as well as supportive elements. The major element in the resource focuses on the development of new - better - external protective factors. It concludes by summarizing specific action steps and identifying steps to overcome barriers to effective change.
<b>CS13: Coping Skills for Independent Use</b>	Coping skills for independent use	This resource set includes ten (10) key skills which can be used and practice with minimal instruction or guidance by staff. The set includes identification of problem symptoms, tracking of these symptoms, scripts for self-instruction of the skills, and tools for evaluation of success in symptoms management. disturbancesdisordersdisorders8