

THINKING REPORT

Date:

Offender Name:

USPO:

SITUATION (brief description of specific situation you are discussing):

THOUGHTS (going through your mind during the time of the situation):

1.

2.

3.

4.

5.

6.

FEELINGS (feelings are usually one word; refer to feeling sheet):

BELIEFS (something we believe everywhere, all the time, in every situation, that somehow pertains to this particular situation):

*NOW, go back and circle your riskiest thoughts, riskiest feeling, and riskiest belief that might lead you to "trouble."

RISK REACTION (What's the worst thing I might do?):

NEW THINKING (What thought can I have that will lead me away from the trouble?):
