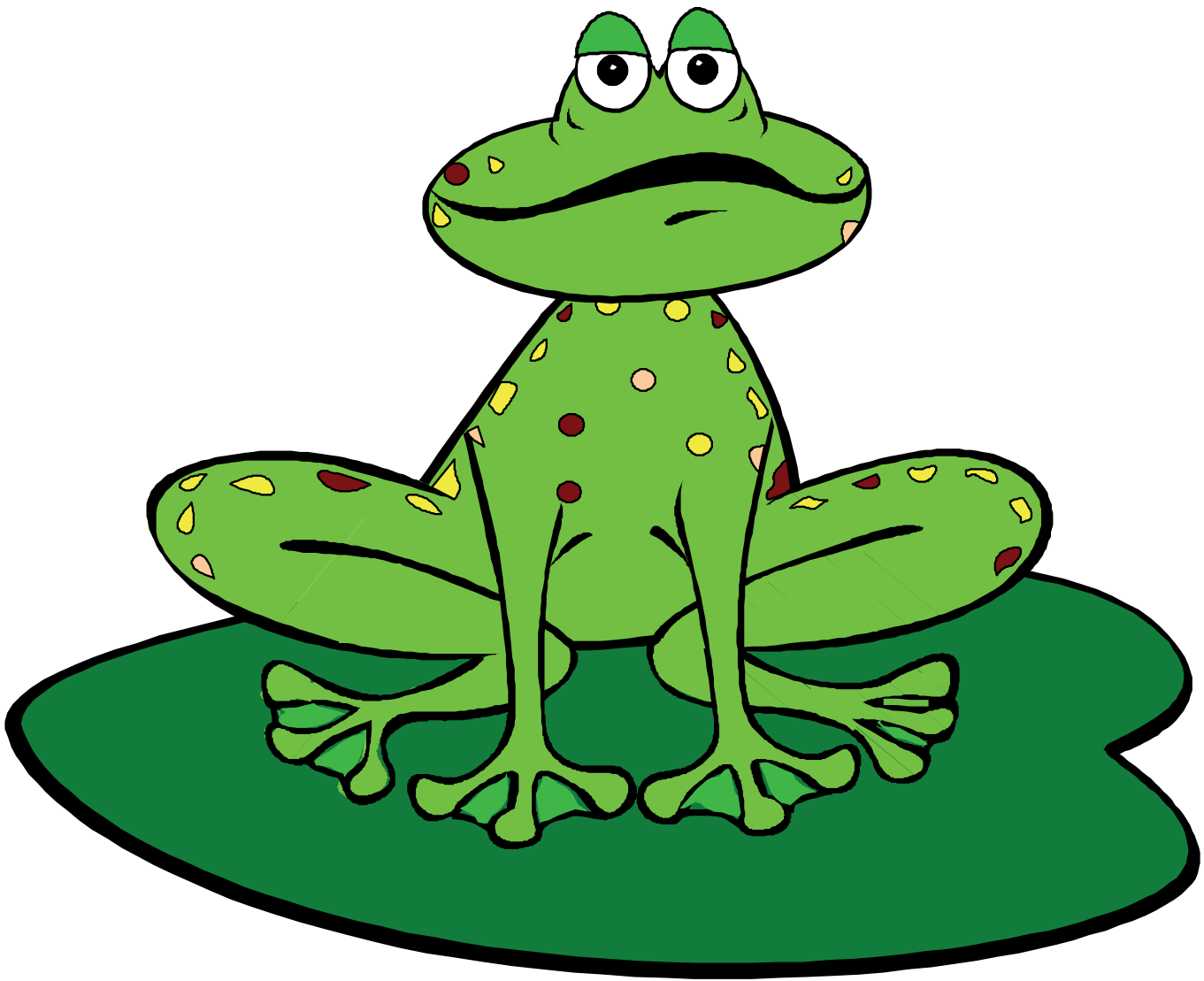


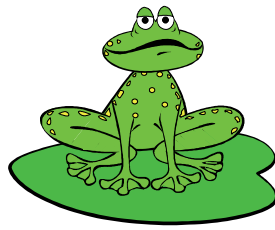
MY DBT Handbook



My Name: _____

What is this all about?

Meet



Ribbit...

Ribbit and his friends are going to be your guides through this handbook.

They will help you figure out what RBT is all about.

Look for them on each page.

They will point out important information and explain things that are a little tricky.

Good Luck!

Inside this Handbook	
<i>A Note of Introduction</i>	<i>Page 3</i>
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<i>Thoughts → Feelings → Behaviors</i>	<i>Page 7</i>
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<i>Wants and Needs (SAFER)</i>	<i>Page 12</i>
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<i>6 Irrational Beliefs</i>	<i>Page 16</i>
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This handbook was compiled from many sources by Graham Scott, M. Ellie and Bernie Glos, with help from Vince 99 of the DuPage County, Illinois Juvenile Detention Center, and with inspiration from the staff of The Youth Center of the High Plains, Randall County, Texas. Final edits were made by Lucas County Juvenile Detention Center Staff in September, 2005.



A Note of Introduction

The aim of this program is not to make you change.

We respect that you have control over how you think and how you act.

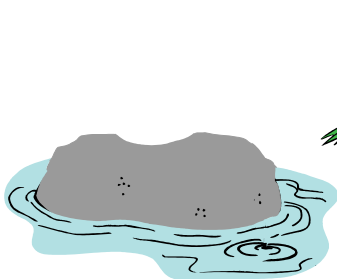
What we will do is teach a set of skills that you can use to change things about your life, if you choose to apply them. These tools focus on what goes on inside your mind. We hope you will look carefully at your thoughts and share them with others.

We are not trying to find reasons to get you into trouble. Instead, we would like to help identify your thinking patterns so that you can exercise greater control over your life.

What is this all going to involve?

- (a) Learning about RBT
- (b) Learning about Thinking Reports
- (c) Learning about groups

All of this will involve looking at the attitudes, beliefs and thinking patterns that guide feelings and behavior.

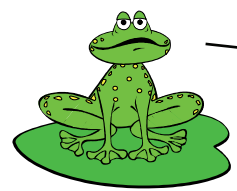


So jump on over the page
and we'll get started!

So what is this RBT stuff anyway?

↳ **Rational Behavior Training** is a way of looking at how you react to situations and what happens after that.

The way you see a situation leads you to certain feelings, and these feelings lead to certain actions.



Let's look at an example.

Joe is sitting in the lunchroom and you see him roll his eyes at you.

You think, "How dare he roll his eyes at me? He's disrespecting me! I'll show him!"

You feel yourself getting mad, your face getting red. You clench your fists. Your blood is pulsing. You jump up and punch Joe.

You used to be friends but now you hate each other.

*It's simple you see,
HOW PEOPLE THINK
CONTROLS
HOW THEY BEHAVE!
in other words
what we do in our minds
controls
what we do in our lives.*

So what happened?

SITUATION: Joe rolls his eyes at me.
THINKING: "Joe is disrespecting me!"
FEELING: angry, disrespected
BEHAVIOR: face flush, face gets red, fists tighten, punch Joe

CONSEQUENCES
charges filed
lose friendship

Have you ever done something without thinking? A reaction! Sometimes the thinking we do is very “automatic” - it happens almost without thinking.

If we can **CONTROL** our thinking, then we can control our actions.

How do we control our actions?

The way we think leads us to certain feelings (including anger). These feelings result in the things we do to ourselves and others. These actions have outcomes or consequences for all of us.

Some thoughts can get us into trouble. If we can identify these thoughts and thought patterns, we can eventually learn to control them – and avoid trouble.



Tom is now on probation after getting released from the detention center.

Tom is at home thinking about all the rules he has to follow.

“I feel locked up in my own house. I really resent all of this. I shouldn’t have to follow all these rules. Maybe I would just be better off going back to jail. I can’t stand it. I should be in charge of my life! And do what I want!”



This kind of thinking makes it almost certain that Tom will violate his probation.

So what happens?

SITUATION: Tom has to follow strict Probation rules

THINKING: “I shouldn’t have to do this!”

FEELING: mad, resentful, hopeless

BEHAVIOR: violates his rules

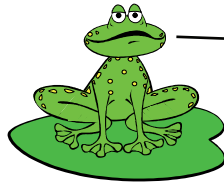
CONSEQUENCES

locked up again
new charges
Dept. of Youth Services



What should Tom do?

Is Tom doomed by thinking that the only way to feel in charge of his life is to break the rules of proba-



Here's another example.

Christy works at a fast-food restaurant. She is told by her supervisor to wash the floor.

Christy starts thinking: "I don't want to do this. I always get stuck mopping. Doesn't he think anyone else can mop?"

What happens?

- SITUATION:** Christy is asked to mop
- THINKING:** "Why me?"
- FEELING:** frustrated, mad, picked on
- BEHAVIOR:** face flush, blood pressure rises, fists tighten, explodes at supervisor

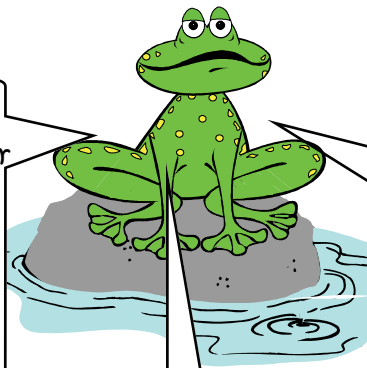


CONSEQUENCES

- get fired
- no money
- no new 2000 watt stereo



Using RBT, Tom and Christy can look at their thinking, see if it makes sense, and even make some changes that will help them stay out of trouble.



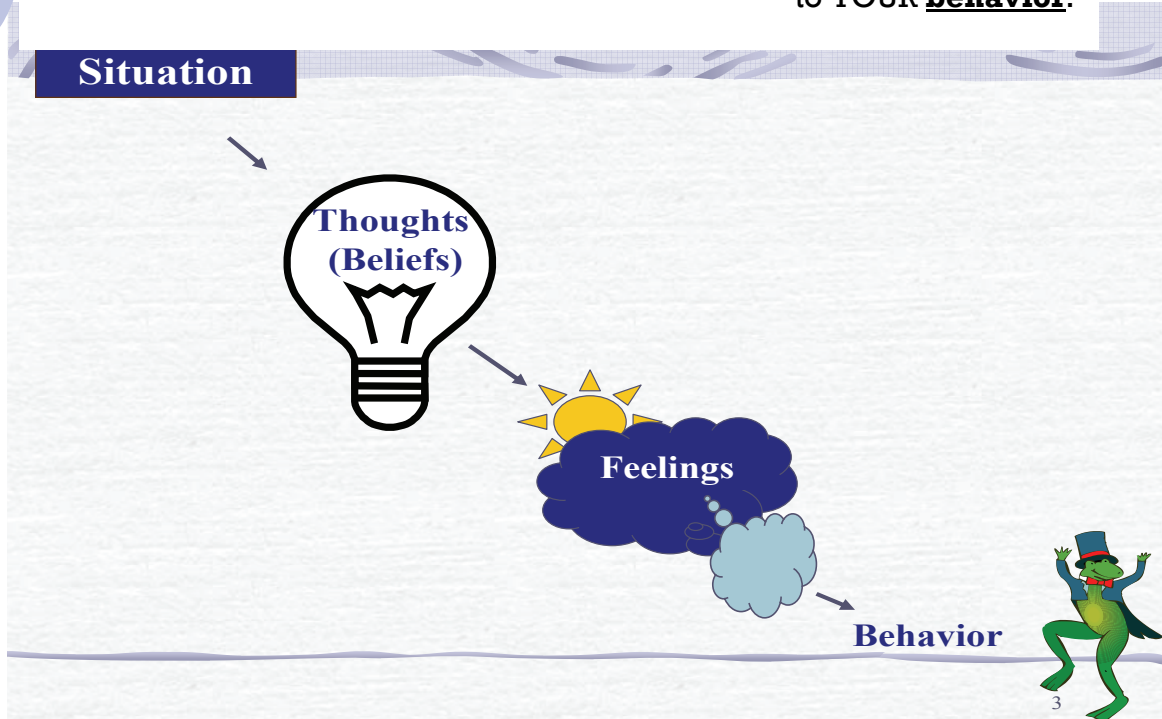
Tom may look at his life and say, "I'm not going anywhere fast. If I don't keep to these conditions, I could end up in DYS. Where will I be then?"

Christy may think "Even though I don't want to mop, and even if I'm mad, I can't afford to lose my job. I need to control my anger in a situation like this, because if I lose it, I will not be able to achieve my goal of saving money for the new 2000 watt stereo with 36" subwoofers."



As you can tell from the examples,

YOUR **thoughts** lead to YOUR **feelings**, which in turn lead to YOUR **behavior**.



Can You Give an Example?

Situation:

Thoughts:

Feelings:

Behavior:

What was the consequence?

You can see how someone's thinking can make a big difference!

Thinking patterns or self-talk are the thoughts or words I say to myself automatically in different kinds of situations.

Let's go back to the example of you and Joe in the lunchroom.

What did Joe do?
rolled his eyes



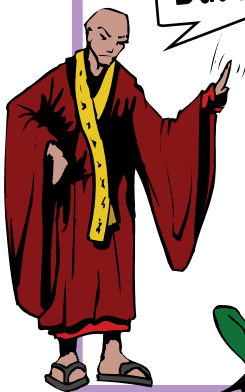
What did you think?

How do you go from seeing his eyes to thinking that he was disrespecting you?

YOUR AUTOMATIC THINKING tells you that his actions are disrespectful.

So you think ...
"I'll show him!"

But are you right?



If you are going to:

react
get into trouble
end up in your room



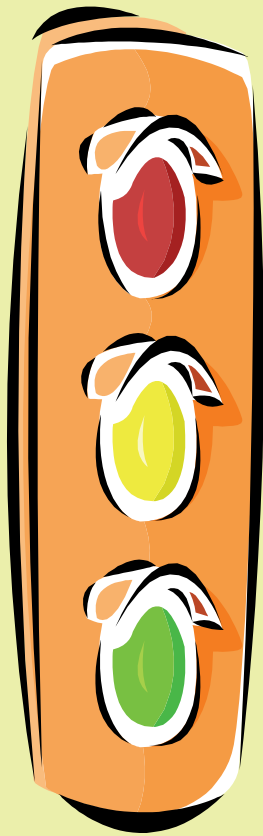
Then you had better be sure that you are right!

We need a way to make sure that our automatic thinking is accurate and going to help us succeed.

Read on to find out how we can double check our thinking ...



Take the Time to Check Your **STINKIN' THINKIN'**



STOP

STOP the behavior!

LOOK

LOOK at the situation!

LISTEN

Listen to your self-talk!

Is this what you really want to be doing?

YOU have the power to change your behavior!

Believe it or not, we can learn to control these “automatic” thoughts so that they lead to different actions.

When our automatic thinking does not match a “camera view”, we say it is **DISTORTED** or **IRRATIONAL**. Using a “camera view” helps us to stay objective.



To see things from a different view, visualize a camera.

All it can do is capture what it sees. It does not feel, it just records.

See if there is a difference between how you and the camera see the situation.

Let’s point the camera at the dining room situation.

Some Definitions

Distorted = Out of focus

Irrational = Idea NOT supported by facts

Rational = Idea which can be supported by facts

Objective = Unbiased, factual, separated from emotions



A “camera view” means you try to see the situation through a camera lens.

This means you focus on the things that can be seen, rather than focusing on things that are felt.



OK, so we take a picture – what do we see?

Joe does roll his eyes. The dining room is crowded and he has been goofing around.

The camera shows Joe rolling his eyes, but you assume he’s rolling them at you. You can’t really know for sure.

You filled in the details yourself – that he was looking at you and that he was being disrespectful.

If we look at our photo of the situation we can see that he was goofing around with someone behind you.

So you made a big deal out of it.



Definitions



A distortion, thinking error, or irrational idea involves seeing situations a certain way — even when the facts don't completely support our view.

RATIONAL ideas are reality based, objective, and helpful to what we want to do.

Our attempts to understand situations help us get through life and cope with things. However, these attempts can also create misunderstandings and misinterpretations of situations if our thinking is distorted.

Whenever you are faced with a decision, you need to make sure that you are being rational. You need to make sure that your actions will be helpful to what you want to do, and will lead you closer to your goals.

Let's review our examples.



You had a problem with Joe in the lunchroom.
 Tom can't stand his Probation rules.
 Christy hates her supervisor telling her to mop.

What happens?

You decide to assault Joe.

Tom is thinking about breaking his Probation rules.

Christy wants to snap on her boss.



Was it so rational to hit Joe?

Seems like it was a mistake now ...

It doesn't seem so rational for Tom to break the rules, does it?

Christy going on on her boss is not too rational, is it?



Would you like to know how to tell if thinking is rational, rather than irrational or distorted?

Yes, Wise One.

First, we need to understand the difference between **WANTS** and **NEEDS**.

NEEDS keep us alive. All other things are **WANTS**.
We can get into trouble when we confuse **WANTS** and **NEEDS**.

We can use the word "**SAFER**" to determine if goals are **WANTS** or **NEEDS**.
The following are **NEEDS**:

S-Shelter:

We need to be protected from cold, dampness, danger.



A-Air:

We need air to breathe.



F-Food/Water/Medical Needs:

We need to eat and drink.



Some of us have special medical needs in order for us to stay healthy.



E-Elimination and Exercise:

We have to defecate and urinate.



We need to exercise to stay healthy!



R-Relationships:

We need to love others and be loved by others.



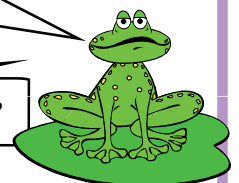
We want a car to get to work and go out on dates.

We want a Lincoln Navigator, but think it is a need (necessary for life).

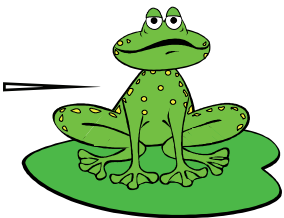
We may make the mistake of thinking and behaving irrationally.

To keep our thinking **SAFER** we need to distinguish between needs and wants.

So do you really **NEED** that Lincoln Navigator?

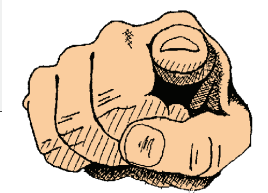


Let's try using SAFER on our examples.



	Joe and You	Tom	Christy
THINKING	<i>Do you NEED to act out against Joe?</i>	<i>Does Tom NEED to break his Probation rules?</i>	<i>Does Christy NEED to explode?</i>
SHELTER	NO	NO	NO
AIR	NO	NO	NO
FOOD & WATER	NO	NO	NO
ELIMINATION & EXERCISE	NO	NO	NO
RELATIONSHIPS	NO	NO	NO
<p>Check your Thinking! Is it Stinking?</p> <p>When using the SAFER test – if most of the answers are NO, then you are dealing with a WANT.</p> <p>Remember: NEEDS keep you alive.</p>	<p>Your action was not a NEED because it did not help to keep you alive.</p> <p>It failed the SAFER test.</p> <p>This action was a WANT.</p>	<p>Tom may WANT to break his Probation rules but he does not NEED to.</p> <p>According to the SAFER test, this action was a WANT.</p>	<p>Christy may feel like exploding, but she does not NEED to.</p> <p>This action is clearly not a NEED. It was a WANT.</p>

WHAT'S TO BE DONE?



YOU



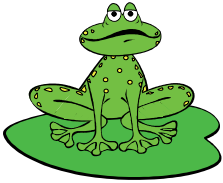
TOM



CHRISTY

To repeat it – we can get into trouble when we confuse our WANTS with our NEEDS.

SITUATION ↔ THINKING ↔ FEELINGS ↔ BEHAVIOR ↔ CONSEQUENCES



After we have used the SAFER test, then we check to see if our thinking is helpful.

We can check our thinking based on AFROG.



A ALIVE:



Does my self-talk keep me **A**live?
Does my thinking meet SAFER criteria?

F FEELINGS:



Does my self-talk make me **F**eel better?



R REALITY:

Is my self-talk true, **R**eal and **R**ational?

O OTHERS:



Does my self-talk help me get along with **O**thers?

G GOALS:

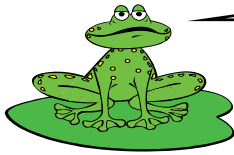
Does my self-talk help me reach my **G**oals?




If self-talk does not meet at least three AFROG criteria, it is probably DISTORTED, IRRATIONAL.



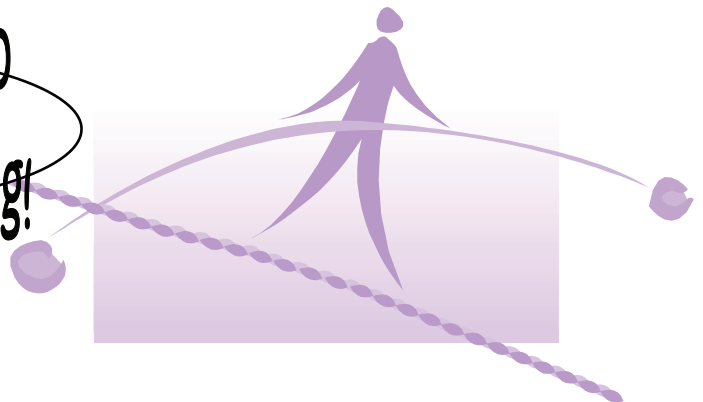
APPROPRIATE behavior (based on rational thinking) helps me reach my goals;
INAPPROPRIATE behavior (based on irrational thinking) takes me away from my goals.

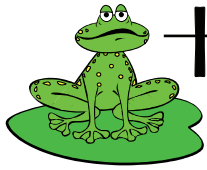


AFROG tests the helpfulness of our own thinking.

	Joe and You	Tom	Christy
AFROG	<i>"He's disrespecting me!"</i>	<i>"I shouldn't have to do this!"</i>	<i>"Why me?"</i>
ALIVE	NO (fighting risks health)	NO (not a matter of life or death)	NO (fails SAFER test)
FEELINGS	NO (disrespect is not a good feeling)	NO	NO
REALITY	NO (thinking was wrong)	NO	YES (boss does pick on her)
OTHERS	NO (ruined the friendship)	YES (Can hang out with friends if rules broken)	NO
GOALS	NO (doesn't help me succeed)	NO	NO
<p>When we are using the AFROG test we are testing the helpfulness of our thinking.</p> <p>If there are more than 3 NOs it is Unhelpful thinking, also known as STINKING THINKING.</p>	<p>Stinking Thinking! (More than 3 Nos).</p> <p>This kind of thinking will not help you reach your goals.</p> 	<p>Stinking Thinking! (More than 3 Nos).</p> <p>Tom will not reach his goals by thinking this way. If he wants to get off IPS he'll need to change his thinking.</p>	<p>Stinking Thinking! (More than 3 Nos).</p> <p>Christy will never get her stereo by thinking this way. This thinking is unhelpful.</p>

AFROG will help you to balance out your thinking!





Is Your Thinkin' Stinkin'?

Check your thinking against these 6 irrational beliefs that many people struggle with.

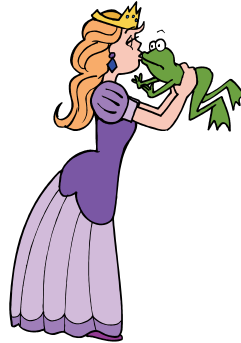


1. NAMBY-PAMBY

"I can't stand it anymore!"

2. FAIRY TALE

"Things should be different.
This shouldn't happen to me."



3. I STINK

"I'm no good."



4. YOU STINK

"He's no good" or
"You're no good."

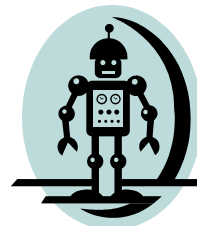
5. DOOMSDAY

"It's terrible! There's no
hope! It doesn't matter!"



6. THE ROBOT

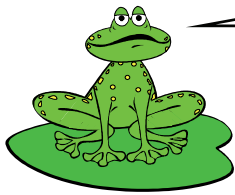
"He made me do it."
"Everyone else is doing it,
so should I."




So, RBT is a way to help people solve their problems by using their ability to think.

Negative thinking creates negative feelings which create negative behavior.

Positive thinking creates positive feelings which create positive behavior.



The 6 Irrational Ideas can be used to test thinking. Let's try it with our examples.

	Joe and You	Tom	Christy
IRRATIONAL IDEAS			
Namby-Pamby	YES I can't stand him anymore!	YES I can't take being locked up in my own house!	YES I can't take him anymore!
Fairy Tale	NO	YES I should not have these rules. It's unfair!	YES Why should I have to mop?
I Stink	NO	YES I cannot do this!	NO
You Stink	YES He is a !@#%!	YES My Probation Officer is stupid!	YES My manager sucks!
Doomsday	NO	YES I might as well go to DYS.	NO
Robot	YES He deserves it, it's his fault.	NO	YES He's going to make me snap!
<p>Is YOUR Thinking Stinking?</p> <p>Negative thinking creates negative behavior.</p> <p>Positive thinking creates positive behavior.</p> <p>The 6 Irrational Ideas help check thinking.</p>	<p>You sure weren't thinking rationally, were you?</p> <p>This kind of thinking will not help you reach your goals.</p> 	<p>Wow – there sure are a lot of irrational ideas here!</p> <p>Tom is in great danger of making a rash decision to behave badly because of irrational ideas.</p>	<p>Christy, like Tom, is suffering from a lot of irrational ideas about her job and boss.</p> <p>She is not in a good place to make any decisions.</p>

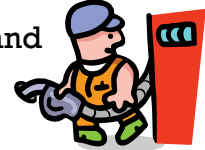


So where do these ideas come from?
I'm glad you asked ...



Feelings and thoughts come from our attitudes and beliefs.

Attitudes are our basic thoughts and feelings about ourselves and the world around us. If I like cars and work part time at the gas station, I will probably have a positive attitude toward the job.



Beliefs are ideas or principles or values that we use to evaluate ourselves and other people.

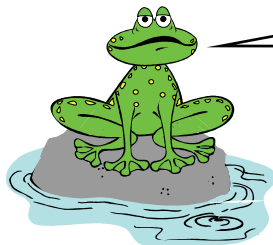
Let's take a closer look.



You hate people picking on you. You believe people should get respect if they give you respect. If someone disrespects you, then disrespect them back. It's only fair.

Tom thinks he should be in control all the time. He believes freedom means he should be able to do what he wants, when he wants.

Christy has a hard time with people telling her what to do. Christy often has negative thoughts and feelings toward people in authority. Christy believes her manager is picking on her.



My beliefs and thinking control the way I act toward others.

What examples of irrational ideas are in your own thinking?

How could some irrational ideas get someone in trouble with the law?

How can attitudes, beliefs and thinking patterns control how we act in different situations?

How can learning to control our attitudes, beliefs, and thinking patterns give us more control over what we do in different situations?

What do you think?

RBT BELIEFS

RBT includes the following beliefs (assumptions):

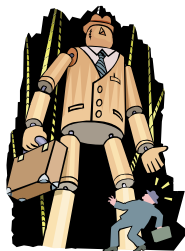
Fallible means we all make mistakes - big time!



1. We are all fallible human beings, BUT we are valuable human beings.

We are not junk; if we are in trouble, it is because of things we have learned to do to survive, not because of WHO we really are inside. We all make mistakes – nobody’s perfect. But we all have the potential to succeed and make something of our lives.

Do you think you are valuable - or do you think you are no good?



2. We are all free persons who CHOOSE to think the way we do, and so we feel and act the way we do.

No one can “MAKE” me do anything. “He” didn’t tick me off. I looked at the situation, my self-talk led me to be angry, and I tried to smack him. The self-talk, the anger, and the resulting behavior are all mine. I own them. “I am angry” or “I am sad.” I cannot blame you or say, “You ticked me off” or “You made me cry”.

3. Things are as they should be, given what you have learned.

“What I am today is a reflection of what I have learned, NOT my potential.”

Everyone acts in line with their beliefs, which have developed over their lifetime through experiences they have had.



People act in line with their thinking, even if IRRATIONAL.

People do what they THINK makes sense.

We can’t expect anyone to do otherwise.

It is only when we look at our thinking, and learn some skills that we can do otherwise.



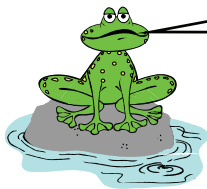
So how can we look at our thinking and learn new skills, O Wise Frog?

RBT uses a thinking report. This report is a standard way of examining your beliefs, the resulting feelings, behavior and consequences.

There is a copy of the thinking report and several examples at the end of this booklet. You will complete written thinking reports on your own situations.

The Thinking Report has 5 parts:

- A. Activating Event (or Antecedent)= Facts and Events**
- B. Beliefs and Behaviors= self-talk, thoughts, attitudes**
- C. Consequences, feelings and behavior**
- D. Do camera check of “Facts and Events”, and come up with rational alternatives to “self-talk”**
- E. Expectations = desired feelings/behavior in future situations**



Remember the lunchroom incident with Joe? Let's break it down.

A. The Activating Event



Eyes rolled

B. Beliefs & Behaviors

He's messing with me!

Punch him!

C. Consequences

Getting mad!

Friendship lost!



D. Do camera check

He rolled his eyes, but was he just goofing around? There were lots of others around. Fails AFROG.

Could have ignored him, talked with him, or walked away.

E. Expectations for next time

Just ignore him

A. ACTIVATING EVENT (ANTECEDENT)
(Facts and Events)

An "Activating Event" or "Antecedent" is what comes before the behavior.



This is also called the situation – what happened? This is what you perceived happened that led to the behavior and consequences (or outcome).

Your perceptions come from a number of places.

They could come from:

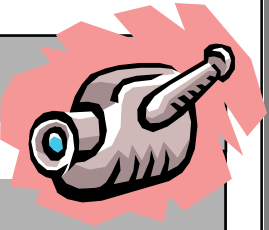
- (1) something that has happened to you
- (2) a feeling that you have about life
- (3) something you think might happen in the future
- (4) your version (interpretation) of some past event

Perception is how you see things. It's your point of view. It's the binoculars you see life

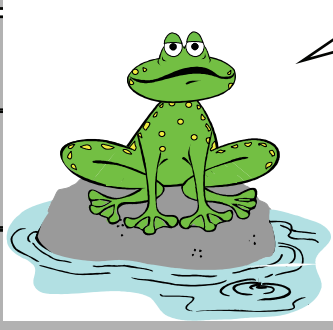


Look at the example below.

Thinking Report	Name:
A. FACTS AND EVENTS	
<i>What happened and what did you do?</i>	
Joe rolled his eyes and I punched him.	



Recall the situation. What started it?
Remember to use "camera view" and record facts and not feelings.



B. BELIEFS
 (Self-Talk, Thoughts, Attitudes)

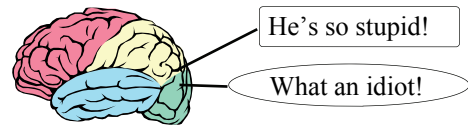
Your “belief” is what you think about a situation or thing.



(1) In this part of the thinking report you record your thoughts and attitudes when the **ACTIVATING EVENT** (or Antecedent) occurred.

(2) You will write down at least 3 thoughts, attitudes, beliefs about the **ACTIVATING EVENT** (or Antecedent) (what happened, the situation)

Example: “It’s not fair. He’s stupid for doing that!
 I can’t let him get away with this.”



Look at the example below.

Thinking Report		Name:
A. FACTS AND EVENTS (Situation) Joe rolled his eyes and I punched him		
B. SELF TALK (Thoughts/Beliefs) 1. Joe rolled his eyes at me. 2. He’s disrespecting me. 3. I’ll show him!		
	Recall the situation. <i>What were you thinking? What did you believe the other people were trying to do?</i>	

What are the Consequences?

C. CONSEQUENCES (Feelings, Behavior)

The "consequence" is the result.



(1) Simply state how you felt. How did the situation make you feel?

Use "I" statements, not "Joe ticked me off" but "I got mad at Joe."
Remember to take ownership of the feelings you felt. You chose to feel that way. Remember you are not a robot.

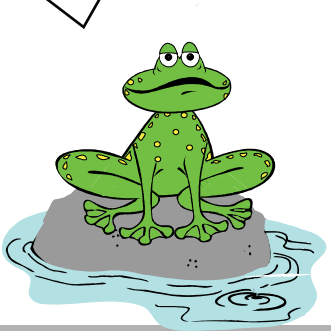
(2) Identify the behavior you took as a result of your self-talk and feelings;
"I got up and yelled at him" or "I hit him."

(3) What happened as the result of your behavior? What did others do?

Look at the example below.

Thinking Report		Name:
A. FACTS AND EVENTS (Situation) Joe rolled his eyes		
B. SELF TALK (Thoughts/Beliefs) 1. Joe rolled his eyes at me. 2. He's disrespecting me. 3. I'll show him!		
C1. FEELINGS angry, disrespected, insulted		
C2. BEHAVIOR Jumped up, punched Joe		
C3. CONSEQUENCES Charges filed, lost friend		

Recall the situation.
How did you feel about what happened?
What did you do? What did others do?





Check your Thinkin'! Is it Stinkin'?



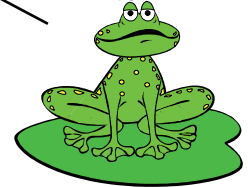
D. DO CAMERA CHECK on (A.) FACTS and EVENTS
(Challenge Beliefs and self-talk)

(1) Do a “camera check” on the situation. This helps show the difference between objective facts and opinions.

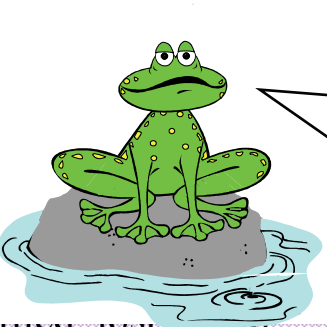
Remember: only the other person knows their own self-talk, beliefs, and motives. Unless they tell you about them, you are only guessing.

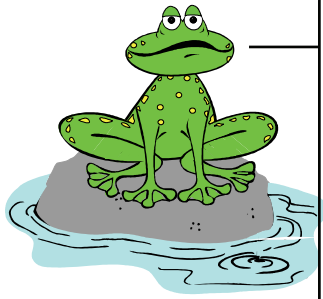
Does each statement meet at least 3 AFROG criteria?

(2) Go to AFROG and check each statement in (B.) “Self Talk.”
Check YES or NO for each statement for each AFROG question.
Are there any missing thoughts you forgot to write down?
See if your thoughts reflect any of the Six Irrational Ideas.



Look at the example below.

Thinking Report		Name:	
A. FACTS AND EVENTS (Situation) Joe rolled his eyes	D1. CAMERA CHECK OF “A” Joe rolled his eyes at someone. He was goofing around.		
B. SELF TALK (Thoughts/Beliefs) 1. Joe rolled his eyes at me. 2. He’s disrespecting me. 3. I’ll show him!	D2. RATIONAL CHALLENGE OF “B” (Use AFROG)	D3. RATIONAL ALTERNATIVE TO “B”	
	Recall the situation. How might the situation have looked to someone else? Was my thinking rational? What else could I have thought?		
C1. FEELINGS angry, di			
C2. BEHAVIOR Jumped			
C3. CONSEQUENCES Charges			

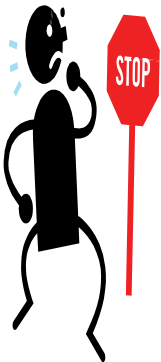


Compare your self talk to AFROG to check for rational thinking. For each statement ask yourself the 5 AFROG questions and check YES or NO for each statement in section “B.”

Here’s an example:

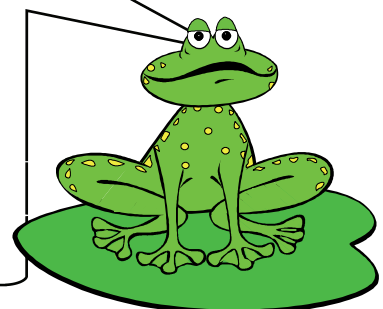
- (B1) Joe rolled his eyes at me.
- A. This thinking doesn’t help to keep me ALIVE.
- F. This statement doesn’t help me FEEL good.
- R. This may not be true (or REALity).
- O. It does not help me get along with OTHERS.
- G. It doesn’t really help me meet my GOALS.

D2. RATIONAL CHALLENGE OF “B” (Use AFROG)	D3. RATIONAL ALTERNATIVE TO “B”
1-A <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 1-F <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 1-R <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 1-O <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 1-G <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	1. Joe rolled his eyes at someone.
2-A <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 2-F <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 2-R <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 2-O <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 2-G <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	2. He’s probably just goofing around.
3-A <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 3-F <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No 3-R <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No 3-O <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No 3-G <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	3. I’ll just ignore it.

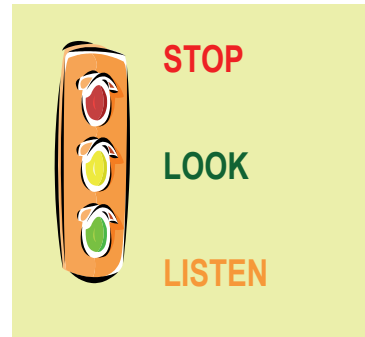


Now, think of things you could have thought instead of your self-talk from “B”.

This will require a little thought and creativity. For example: instead of “Joe rolled his eyes at me” you could have thought “Joe is rolling his eyes at someone.”



E. EXPECTATIONS
(desired feelings and behavior)



EXPECTATIONS has 2 parts.
Both parts deal with the FUTURE.

(1) Describe how you want to feel if something like this ever happens again.

(2) Describe the behavior that will help you feel the way you'd like to feel, and help you reach your goals in the future.

As part of this process you will need to think about questions like:

Look at the example below.

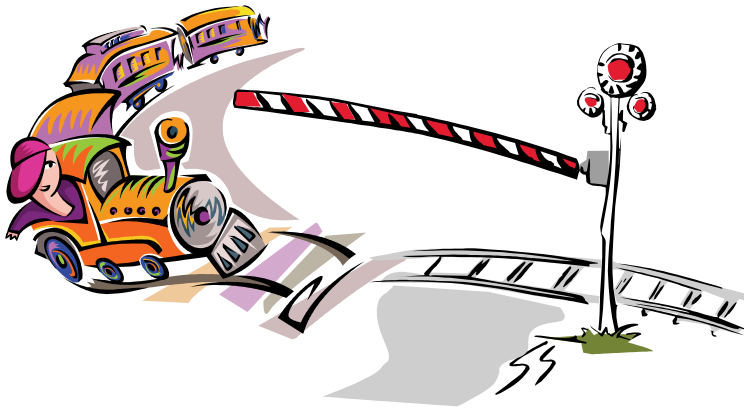
Thinking Report		Name:	
A. FACTS AND EVENTS (Situation) Joe rolled his eyes		Recall the situation.	Joe
B. SELF TALK (Thoughts/Beliefs) 1. Joe rolled his eyes at me. 2. He's disrespecting me. 3. I'll show him!		How do I want to FEEL in similar situations in the future? How do I want to BEHAVE in similar situations in the future?	D3. 1. Joe
C1. FEELINGS angry, dis		Record this information in the boxes labeled "E1 and E2."	
C2. BEHAVIOR Jumped		E1. DESIRED FEELINGS IN SIMILAR SITUATION Respected and cool	
C3. CONSEQUENCES Charges filed, lost friend		E2. DESIRED BEHAVIOR IN SIMILAR SITUATIONS Ignore it, play it off, avoid trouble	

The Thinking Report that you saw completed is another skill you can have as you start to think about changing your life.

Remember that the key to all of this is to understand how we think.
Remember: Positive thinking leads to positive behavior.

To help you think more clearly use

“STOP, LOOK and LISTEN”.



Think of a train — once it gets rolling it takes a lot to stop it. You have to obey the crossing signals to avoid danger and even death.

Like a train, our thoughts are hard to control once a situation is happening. We need to plan ahead and learn to see the warning signals in our thoughts.

“STOP, LOOK and LISTEN” is a crossing signal for your thinking. This means you need to be aware of your situations and listen for irrational thinking. As soon as it starts, you need to stop it by replacing irrational with rational thinking. This will help you avoid trouble and help you achieve your goals.

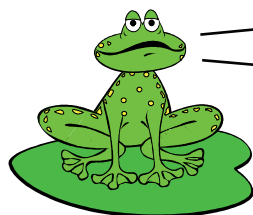
What could have been avoided if you had used “STOP, LOOK, and LISTEN” with your friend Joe?



What could Tom accomplish if he is able to replace his irrational thinking with rational thinking? Isn't successfully completing Probation better than going to DYS?

What goals can Christy reach if she STOPS her negative thoughts towards her manager and instead LOOKS toward her goals and LISTENS to positive self talk?

What do you think?



To improve thinking,
you have to keep on practicing.

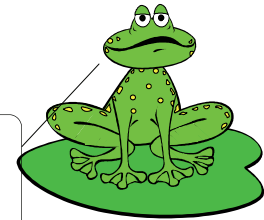


My old fly-catching coach used to always say -
PRACTICE MAKES PERFECT!



Now, what he wants to know is, how this RBT stuff will be used in day to day life around this place?

Good question! RBT will be used in the following kinds of ways.



1. You will use Rational Behavior Training to process your thoughts, feelings and behaviors after a time out.
2. You may use it in journaling projects, where you have an opportunity to think about key situations that put you at risk of getting into trouble.
3. You will use it in Thinking Report assignments. (See the following page.)
4. You will use it in a group to help each other understand how thinking leads to unhealthy feelings and inappropriate behavior. It enables you to get help from others in doing your Thinking Report assignments.
5. The best thing about RBT is that you can take it wherever you go. This becomes a lifelong tool and skill. You will be able to use it to help yourself and others toward

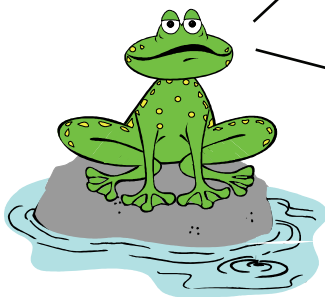
What's this group stuff about?

A group will help you think things through. We need to remember that we are not perfect and all have distorted thinking sometimes. Group will help us see more like the camera and give you a deeper understanding of your behavior.

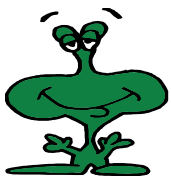
A group will also help you use “STOP, LOOK and LISTEN” to sort out thinking errors and examine consequences.

A group will discuss particular risk areas that many of the groups members share. It will also help to see new rational ways of thinking and encourage use of it in their lives.

This is the end of your introduction to RBT.
As you use it with staff, groups and your peers
you'll soon become an expert!



Don't forget to check out the examples
of Thinking Reports and the glossary!



Lucas County Juvenile Detention Center
Resident Thinking Report

Name: _____ Unit: _____ Date: ____/____/____

A .

What happened and what did you do? (Explain in your own words what happened and what you did).

Would a video camera have seen and heard the same things? ____ Yes ____ No

B .

Now, Recall the situation. What started it and what Self-Talk and thoughts went through your head?

What were your feelings?

What happened to you as a result of your behavior?

What rule did you break?

C .

What are the consequences when you break this rule?

D .

Check your thinking! (Is it Stinking?) Check your RBT Handbook (use SAFER, AFROG, and Irrational Thoughts) to write down the category/s your thoughts represent.



Stop-Look-Listen (Can you see this kind of situation coming? What are the warning signs? How can you talk yourself into doing something different in the future?)

E .

List more Appropriate Behavior in the Future (What can you do different in the future to handle this type of situation better?)

I am willing to work on handling things better in the future. _____
(sign your name)





Welcome to your RBT DICTIONARY.

This dictionary lists words from the handbook that might be new or confusing.

Each word is listed in order by its first letter. Next to the word is the meaning for the word. Under the meaning you will also be able to read a sentence with the word in it. For key words, page numbers are listed so you can find explanations or more detail about the word.

A

AFROG

a series of questions that tests for rational thought
 “I can use **AFROG** to check for errors in my thinking.”

Antecedent

the event that starts things or leads to other things
 “In the Thinking Report, the **Antecedent** is called Facts and Events”

appropriate

right for the situation; it usually refers to behavior or manners
 “**Appropriate** thinking leads to **appropriate** behavior.”

assumption

a guess about what is really going on
 “**Assumptions** about a friend’s thoughts could cause trouble.”

attitude

the way you think and feel about something or someone
 “If you like school you will have a good **attitude** about it.”

B

behavior

the way you act or what you do
 “Positive **behavior** leads to positive consequences.”

belief

something you think is true
 “I will stand up for my **beliefs**.”

Beliefs

the second part of the Thinking Report – thoughts, self-talk
 “My **Belief** was that Joe disrespected me.”

C

camera view trying to see an situation as a camera sees it – without feelings
 “Use **camera check** to see what really happened.”

consequence the results of an action – either good or bad
 “Positive behavior leads to positive **consequences**.”

Consequences the 3rd part of the Thinking Report: feelings, behavior, others
 “My **Consequences** were lost friendship and new charges.”

D

distorted not right
 “The Crazy House mirrors made my body look **distorted**.”

Doomsday one of the 6 Irrational Ideas – it’s the end of the world!
 “Be an optimist, don’t **Doomsday** think.”

E

error a mistake, the way things should not be
 “I had to correct all the **errors** in my homework.”

Expectations the last part of the Thinking Report – the future, the hoped for
 “My **Expectation** is to learn to laugh at difficult things.”

F

Fairy Tale one of 6 Irrational Ideas – this shouldn’t happen to me
 “A **fairy tale** is a story where things end perfectly – it’s not real life.”

feelings emotions, not thoughts
 “Your **feelings** follow your thoughts.”

G

Goals

the positive changes you want to make in your life, what you want to achieve

“Using RBT will help me meet my **goal** of staying out of trouble.”

Group

a number of people who meet together with a leader to work on their behavior and thinking

“Alcoholics Anonymous is a **group** that assists people.”

I

I Stink

one of the 6 Irrational Ideas – dislike of yourself

“**I Stink** because I can’t do this.”

inappropriate

not helpful, not right

“**Inappropriate** behavior can result in yucky consequences.”

infallible

not mistaken, always right, never wrong

“I think of God as being **infallible**.”

irrational

not rational, unhelpful, distorted thinking, tested by AFROG

“**Irrational** thinking results in unhelpful behavior.”

N

Namby-Pamby

one of the 6 Irrational Ideas – cannot stand difficult things

“**Namby-Pamby** always want things her own way.”

need

something that keeps you alive, use SAFER to check

“I **need** air and food, but I want a new Nintendo.”

negative thinking

thinking that is not helpful, doesn’t help you reach goals

“Tom’s **negative thinking** is going to hurt him.”

O

objective

unbiased, rational, separated from emotions

“The camera sees the scene as it is – **objectively**.”

P

Positive Thinking

thinking that is helpful and gets you to your goals

“**Positive thinking** leads to positive consequences.”

R

Rational

thinking that is helpful and helps you meet goals

“Rational thinking is the key to controlling your behavior.”

Rational Behavior Training

a way of helping people control their behavior and solve their problems by using their ability to think (RBT)

“**Rational Behavior Training** could help me avoid jail time.”

reality

the way things are based on facts

“Rational thinking deals with **reality**.”

The Robot

one of the 6 Irrational Ideas – someone else controls you

“Marvin **the Robot** is controlled by Dr. Smith.”

S

SAFER

a test of wants and needs

“**SAFER** helps me keep my priorities straight.”

self-talk

the thoughts in your head, what you are telling yourself

“**Self-talk** is important to maintaining positive behavior.”

situation

what is occurring, an event

“The fight in the lunchroom is a **situation** I wanted to avoid.”

STOP, LOOK and LISTEN

a way of being aware of your thinking and replacing irrational thinking with rational thinking

“**STOP, LOOK and LISTEN** is a way to control self-talk.”

T

thinking your processing of information, ideas in your brain
“**Thinking** is a part of everything we do.”

thinking error when your thinking is based on feelings, not facts
“**Thinking errors** will lead to consequences you don’t want.”

Thinking Report tool used in RBT to process situations
“A **Thinking Report** will help you plan for future situations.”

thoughts self-talk, words in your mind
“Positive **thoughts** lead to more positive feelings about life.”

time out an opportunity to stop and think about behavior, situations
“The **time out** gave me the chance to avoid further problems.”

W

wants something you’d like but don’t need; tested by SAFER
“I really **want** his Pokemon cards.”

Y

You Stink one of the 6 Irrational Beliefs – putting down others
“**You Stink** – you’re so stupid!”



Now I know my RBT
next time won't you
sing with me!

RBT Notes

