Washtenaw County Children’s Services
Thinking Report

Youth Name: ___________________________ Date: __________ Unit: ______

What happened before you felt or did anything:__________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

What self-talk (thoughts and feelings) did you have that led to your behavior? _____________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

What did you do (your behavior)? ___________________________________________
___________________________________________________________________
___________________________________________________________________

In what target skills did your behavior not meet the expectations?
AREA TALK GESTURES COOPERATE IGNORE

What are the consequences for not meeting the expectations in this category?
___________________________________________________________________
___________________________________________________________________

What other impact may this behavior have on your life (long-term / relationship consequences)?
___________________________________________________________________
___________________________________________________________________

continued on back...
Do a Camera Check! Describe the situation as a camera would have seen it, in the THIRD PERSON (no “I”, “me”, feelings, or emotions).

Use AFROG to check your thinking (self-talk) from part “B”

A:
F:
R:
O:
G:

Write your thoughts and circle which category of irrational thinking they represent.

Thought #1: __________________________________________________________
Namby-Pamby  I Stink  You Stink  Doomsday  Fairy-tale  Robot

Thought #2: __________________________________________________________
Namby-Pamby  I Stink  You Stink  Doomsday  Fairy-tale  Robot

Thought #3: __________________________________________________________
Namby-Pamby  I Stink  You Stink  Doomsday  Fairy-tale  Robot

Stop-Look-Listen...Can you see this kind of situation coming? What are the warning signs?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

What can you do differently in the future to handle this type of situation better? ____________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

I will try to improve my behavior and thinking in future situations: _____________________
(Signature Here)