



Washtenaw County Children's Services
Thinking Report

Youth Name: _____ Date: _____ Unit: _____



What happened before you felt or did anything: _____

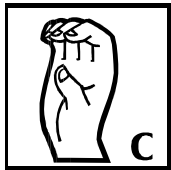


What self-talk (thoughts and feelings) did you have that led to your behavior? _____

What did you do (your behavior)? _____

In what target skills did your behavior not meet the expectations?

- AREA TALK GESTURES COOPERATE IGNORE

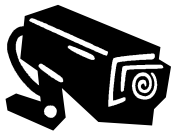


What are the consequences for not meeting the expectations in this category?

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: _____

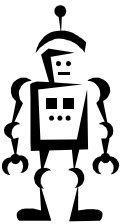
Namby-Pamby I Stink You Stink Doomsday Fairy-tale Robot

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)

