

# CBT Skill Acquisition: Life Skills

## Instructions:

Please circle the number that best describes how much you actually do the following things.  
How much do you do the following right now?

	I don't know what this means.	I don't do this.	I do this a little.	I sometimes do this.	I mostly do this.	I always do this.
1. Plan activities for free time	0	1	2	3	4	5
2. Identify beliefs and behaviors that make my situation worse	0	1	2	3	4	5
3. Identify risk factors that might lead to a return to old behaviors	0	1	2	3	4	5
4. Engage in positive activities instead of behavior that is harmful to me or others	0	1	2	3	4	5
5. Purposefully do fun things that I like when I am feeling badly.	0	1	2	3	4	5
6. Catch myself when I jump to conclusions	0	1	2	3	4	5
7. Notice when I start to feel more distressed	0	1	2	3	4	5
8. Challenge my thoughts	0	1	2	3	4	5
9. Motivate myself by doing things	0	1	2	3	4	5
10. Socialize even though I don't feel like it	0	1	2	3	4	5
11. Plan my time during the week	0	1	2	3	4	5
12. Identify stressors that led to behaviors that are harmful to me or others.	0	1	2	3	4	5
13. Communicate my needs effectively	0	1	2	3	4	5
14. Catch my negative thought patterns at the time I have them	0	1	2	3	4	5
15. Keep track of signs and symptoms of returning to old habits	0	1	2	3	4	5

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16. Find evidence to support my thoughts before buying into them	0	1	2	3	4	5
17. Change my negative self-talk as a way to change the way I feel.	0	1	2	3	4	5
18. Find healthy alternatives I can use when I start to experience a difficult or uncomfortable feeling.	0	1	2	3	4	5
19. Seek support from people when I have unpleasant or negative feelings	0	1	2	3	4	5
20. Share positive experiences with those who are important to me.	0	1	2	3	4	5
21. Nurture healthy relationships through effective communication	0	1	2	3	4	5
22. Show those whom I care about that I can be trusted.	0	1	2	3	4	5
23. Practice strategies that help me better manage stress.	0	1	2	3	4	5
24. Make healthy choices to take care of my body and mind.	0	1	2	3	4	5
25. Manage my time in a way that allows me to meet my daily responsibilities.	0	1	2	3	4	5
26. Take steps to practice and strengthen skills that can help me maintain positive life changes.	0	1	2	3	4	5
27. Focus my time on strengthening skills I believe are in need of the most work.	0	1	2	3	4	5
28. Monitor my progress in strengthening skills that help me make and maintain positive life changes.	0	1	2	3	4	5