

STARR

STRATEGIC TRAINING AIMED AT REDUCING RE-ARREST

Thinking Report

What Happened? (Situation) – The situation should be described in brief and factual terms. (leave out your opinions- just the facts) **Example:** *I showed up late to work and my boss fired me.*

What did you think and how did you feel? –Thoughts, feelings, attitudes, values and beliefs that led to this situation. **Example:** *Being late 5 minutes shouldn't make a difference. Nobody ever gets in trouble for coming in late.*

What did you do? – What did you do in response to the situation, based on what you were thinking, feeling and believing? **Example:** *I showed up late for work.*

What other thoughts/beliefs could you have in future high risk situations? – **Example:** *I've been late before and I might not get another chance. It's important to show up on time. I can't afford to lose my job.*

What are you going to do to if you use your new thinking in similar situations in the future? *Example:* *I'm going to set my alarm to wake me up 15 minutes earlier. I'm going to take a different (bus) that gets there earlier.*
