



## Thinking Matters!



Maybe I should look for Thinking Errors!!

## **Introduction**

The purpose of these work sheets is to have participants become more skilled at recognizing thinking that leads toward harming other people and getting into trouble. Thinking Errors are a set of automatic thinking patterns that support self centered thinking. They form a nearly impenetrable logic that is difficult to change because they are self validating and self reinforcing.

## **Objectives**

1. Participants will understand what Thinking Errors are.
2. Participants will understand how Thinking Errors function.
3. Participants will practice looking for Thinking Errors in their own thinking patterns.
4. Participants will demonstrate recognition of Thinking Errors in their own thinking patterns.
5. Participants will demonstrate how Thinking Errors combine to form thinking patterns.

## **Instructions:**

1. Each work sheet must be completed without any blank spaces.
2. Each participant must present their work to the group for each group session.
3. All work must be reviewed and approved by the group facilitator.

**Does my thinking sometimes have mistakes in it? How will I know if I never look at my thinking to find out?**

When I make mistakes I sometimes leave out important information. This helps me feel more certain that my decisions are right and just. For example: I get into a fight and think about how someone did something to provoke me. I focus upon how the fight was **their fault**. **IF** I had any responsibility for the fight I might not see it because I am paying attention to **their fault** (instead of my thinking or my responsibility).

**Facilitator note:**

Citation: Comprehensive descriptions can be found in The Criminal Personality, Volume 1, Aronson Press 1976, pages 359-406

*Below is a list of Thinking Errors.*

1. *Have participants read each one aloud and discuss examples of how each might help focus attention and/or responsibility away from them. Ask, “How could this get you or others into trouble”?*
2. *Have participants rate themselves according to how often they think they might use each Thinking Error. (1-not at all, 2-a few times, once in a while, 4-regularly, 5-very often)*
3. *Have participants write something they think a person might say when using this Thinking Error.*
4. *Have participants write something they think a person might do when using this Thinking Error.*

**Thinking Errors**

**Error 1 Energy**



I have high levels of energy. I use this energy and focus on what would make life more fun and exciting for me and not by what others think would be good for me. When I feel “bored” I search around for excitement. When I don’t have excitement I feel lonely and left out.

Score: \_\_\_\_\_

SAY	
DO	

**Error 2 Fear**



I fear anything that interferes with what I want and how I want to feel. Some of the common fears I have are being caught, injured or killed, and being "dogged" by family, friends, or society. I don't usually recognize these feelings as FEAR. Instead I feel anxious and find myself feeling like I'm running away from the troubles in my life. I sometimes wonder why life piles so much on me and not on others.

Score: \_\_\_\_\_

SAY	
DO	

**Error 3 Zero State**



This is the regular feeling of being powerless; "a zero". When I feel this way, I see myself as not having worth or value to others. This helps me feel hopeless-powerless, because people won't do what I want them to do. This state usually does not last very long because I will use other thinking errors to help me feel better and more powerful than a "zero". When this happens I often get nervousness in my stomach, headaches or feel depressed.

Score: \_\_\_\_\_

SAY	
DO	

Error 4 **Anger**



Anger is the most basic part of my life. When I get angry I want people to do what I want, when I want. I will use anger to lift me out of a zero state. Anger is the answer to anything that stands in the way of me getting what I want. Anger is also used to control people and situations. It keeps others out of my "business" and helps me keep secrets so I can have things my way.

Score: \_\_\_\_\_

SAY	
DO	

Error 5 **Pride**



Pride (self-love) is the attitude that I am great, awesome, or cool. I think that I am better than others, even when there are no facts to support it. My pride helps me keep my self-image as powerful and in total control of my life. I am better than almost everyone else. I think insulting things about others who challenge me. I insult them in my mind (even if I don't say it out loud). This helps me feel important and special.

Score: \_\_\_\_\_

SAY	
DO	

**Error 6 Power Thrust**



I desire to feel in control and have the power to do whatever I want. I get my biggest thrill or reward from predicting what others will do to respond to my wants. Breaking the law and/or not getting caught shows me I'm smart and in control. My desire for power, control, and dominance shows in all areas of my life. On occasion when I have an interest in responsible activity, it is usually to use my power and control over others. Pointing out others faults is a way to elevate myself as "better" than they are.

Score: \_\_\_\_\_

SAY	
DO	

**Error 7 Sentimentality**



I am very sentimental about my mother/father, elderly people, (showing tender feelings for) handicapped, animals, babies, girlfriends/boyfriends, wives/husbands, and our plans for the future - when it gets me what I want. I like to tell others that my reasons for doing things are unselfish and wholesome. I defend the weak when it creates the image I desire. I ignore them if nobody is watching that I want to impress. I go to great lengths to tell stories about when I helped others or treated people well.

Score: \_\_\_\_\_

SAY	
DO	

**Error 8 Religion**



I use religion to support my way of thinking and the actions that stem from it. My religious ideas are usually very literal (understood word for word) and real. Religion is used as a self- image support, not as a way to avoid crime. I tell myself that I am a good person because I pray and talk about “God”. My actions often don’t match my words.

Score: \_\_\_\_\_

SAY	
DO	

**Error 9 Concrete Thinking**



I tend to live in the “here and now” and accept as real only what I can see or touch. This is also referred to as “Black and White” thinking and “All or Nothing” thinking. I use this to tell myself there is only one way to do something and that I am justified to do it, no matter what it is. I often support selfish decisions with a snippet of morality or ethical dogma. I see others as “wrong” because my way is “right”.

Score: \_\_\_\_\_

SAY	
DO	

### Error 10 Fragmentation



This refers to the "Slick Willy" mentality, where decisions change over a short period of time. There is a pattern of starting something, then changing my mind; making promises and then breaking them; or feeling love for someone only to turn on them and do what I think is best for me and only me. This kind of thinking is full of "exceptions". It seems like there is always a set of excusing or extenuating circumstances where a narrow or inconsistent "interpretation" is warranted.

Score: \_\_\_\_\_

SAY	
DO	

### Error 11 Uniqueness/Super-optimism



I feel the need to show that I am different, special and awesome. They broke the mold with me. A person like me comes around once in a lifetime. There is no one else like me, I am not like others in jail or prison and I deserve special treatment. I can do anything if I decide to but, no can make me do anything I don't want to. I sometimes think, "I'm all things to all people". This makes me feel larger than life. I would be the best at EVERYTHING if I WANTED to be.

Score: \_\_\_\_\_

SAY	
DO	



### Error 12 Perfectionism



I have very high standards, although I don't always apply them to myself. High standards are a way for me to gain power and control over others. "You did that wrong." (See the thinking error –Power Thrust.) I am always right. Whatever I decide is perfect. If someone points out my "errors" I say that it doesn't matter and ignore the "imperfection".

Score: \_\_\_\_\_

SAY	
DO	

### Error 13 Suggestibility



I can be easily or readily influenced when the behavior will reward me with what I want; however, I do not always want to listen to any suggestion that involves thinking and behaving responsibly. I blame others when someone has an idea that benefits me and it goes wrong because it wasn't "my idea". This thinking error helps me think I'm not responsible when things go wrong.

Score: \_\_\_\_\_

SAY	
DO	

**Error 14 Loner**



I lead a private, secretive life; one against the world (including others like me). I feel myself to be apart from others, even if I am outwardly active and social. I often think about how different I am from the people around me. It seems like I'm engaged to others but, my thinking separates me from the people I'm engaging. It is as if there is a "third person" that nobody else can see or hear.

Score: \_\_\_\_\_

SAY	
DO	

**Error 15 Sexuality**



I have plenty of sexual experience, but don't always enjoy the pleasures of sex. Pleasing my partner often tells me "I'm special and important". Often their pleasure is unimportant unless I am validated by it. Sometimes I feel like my partner is more like property or an object than a real person with their own wants or needs. Often the important or exciting part of sexual activity is the adventure or conquest. This helps me feel powerful and in control. Responsibility toward sexual partners is unappealing and constraining because it is too much "work" and commitment.

Score: \_\_\_\_\_

SAY	
DO	

Error 16 **Lying**



For me, lying is a way of life. Lying becomes so much a part of me that it becomes an instinct, automatic, like a sixth sense. Lying feeds other patterns of thinking errors. The purpose of lying is to define MY reality and not the truth; thus maintaining control over others. Lying can be in the form of omission or secrets. Knowing the “truth” helps me feel smarter and “on top” of relationships and situations. Telling stories that paint a deceptive picture of me is a way for me to lie without actually “telling a lie”. I didn’t actually SPEAK the lie. I can always pretend someone misunderstood what I MEANT.

Score: \_\_\_\_\_

SAY	
DO	

Error 17 **Closed Channel**

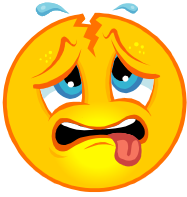


In group work, an open channel of communication requires sharing information, listening, & looking critically at oneself. I will keep secrets and pretend I don’t have a closed mind. I often believe I am “right” & don’t need any more information. I usually gather information and make decisions without open & honest discussion. This keeps me from having to consider other points of view and explaining why my way is the “best” way to see things. I pretend to be thinking about things after I have already made up my mind.

Score: \_\_\_\_\_

SAY	
DO	

Error 18 "I Can't"



Here is an example of opposites in the make-up of a person with thinking errors. On one hand, I believe that I am "special", there's nothing I can't do, but only if I desire it. On the other hand, I will use "I can't" to avoid responsible acts. "I can't do my work because it is Wednesday and it is sunny." If something/someone isn't going to give me EVERYTHING I desire I will abandon them/it and say it's "hopeless". It can't be done.

Score: \_\_\_\_\_

SAY	
DO	

Error 19 Victim Stance



When I am forced into taking responsibility for my actions, I put the blame on society and/or whatever I can blame. I believe the world and everyone in it didn't give me a fair shake, thus my actions are righteous. How can I be held responsible if no one will give me a chance? I victimize others and say they should have treated me better. I use this to avoid responsibility. It's not "my fault" you got hurt you did it to yourself. Others appear to be victimizers when they point out my responsibility. When anyone asks me questions I don't want to answer, I feel like they're "intruding" into my private affairs.

Score: \_\_\_\_\_

SAY	
DO	

**Error 20 Unreasonable About Time**



When I want something I want it NOW. I must be the best, do the best and have the best, NOW. I expect others to give me what I want NOW and on my terms. If they don't, I am likely to get angry (See the thinking error ANGER). I want others to "change" so I don't need to. This must happen immediately. I seldom view things as a progression that leads to a result. I make snap judgments and limit new information so I can avoid uncertainty. I don't have "time" to deal with things. I'm too busy. I often take on too many projects or problems and very little gets "finished".

Score: \_\_\_\_\_

SAY	
DO	

**Error 21 Failure to Put Oneself in Another's Position**



I am a self-centered individual, caring only about things that will directly affect ME. I don't worry about others and how they feel unless I'm trying to prove how "good or "right" I am. I expect people to give ME breaks. I pretend I care if they get hurt by what I do. I often give veiled warnings and then blame other because they should have known better. I don't care if you have something else to do; I want it now, so give it to me. I keep secrets from others and then ask them why they don't trust me. I lie and expect others to overlook my dishonesty because I'm a "good person".

Score: \_\_\_\_\_

SAY	
DO	

**Error 22 Failure to Consider Injury to Others**



My actions often injure those around me in some way. It is as if I'm running a race and will do whatever it takes TO WIN. I do not care about whom I run over to get to the finish line. If held responsible for other's injuries, I am now the victim. "If she would have given me the purse, I wouldn't have had to stab her." I told her I'm a "stud"; she should have known I needed more than one woman. This often happens through viewing others as "unworthy" or deserving of less than me. They are just stupid or selfish. That's why they got hurt. I didn't DO anything to them. They aren't MY responsibility anyway.

Score: \_\_\_\_\_

SAY	
DO	

**Error 23 Failure to Assume Responsibility**



I view myself as "responsible even though I do many irresponsible things. I bought my kids new shoes and took them to the zoo. (And then I did many irresponsible things.) I see responsibility as a tool for others use to get what they want out of me. If forced into responsibilities, I will resist and become angry. If someone tries to hold me accountable I view them as a victimizer and an intruder. They shouldn't put pressure on me. If someone treats me the same way I call them names in my mind and view them as having wronged me.

Score: \_\_\_\_\_

SAY	
DO	

**Error 24 Refuse Assigned Roles**



I will decline to get a job or go to school because these don't reward me with the "high" that I get from "getting over" (rule breaking and other irresponsible activities). There is nothing to get away with if I do what everybody else does and I fear (see thinking error -Fear) that I will look stupid and not succeed.

Score: \_\_\_\_\_

SAY	
DO	

**Error 25 Ownership**



I think that what's **mine** is mine and what's **yours** is mine. I understand about owning things, I just feel that everything that I want belongs to me, which is my reasoning when I take things. I have a "God Complex" and believe that I am the one to call the shots. If I want it, it's mine. I do not have to work to get it, I just take it.

Score: \_\_\_\_\_

SAY	
DO	

**Error 26 Fear of Fear**



I am afraid of fear and also look down on it. When I notice fear in others, I point it out and harass the person that is scared. When I am afraid, I think it is a weakness and I am powerless. I do not like being afraid and will do anything to avoid being afraid or caught.

Score: \_\_\_\_\_

SAY	
DO	

**Error 27 Lack of Trust**



Although I do not really trust others, I demand that others trust ME. There are times when my trust of others is honest, but this does not last. My lack of trust in others is demonstrated by my secretiveness, lying and misleading others. I believe that other will judge me harshly and unfairly if they know the truth. I don't trust them to be fair and I refuse to trust them because I believe they lie just like me.

Score: \_\_\_\_\_

SAY	
DO	



**Error 28 Refusal to be Dependent**



I sometimes need help from others, but refuse to accept that fact. I do not agree that people depend on others as a necessary part of life. To me, dependence is weakness; it would make me weak to ask for help. I would rather manipulate someone with “helplessness” than ask for help. I pretend to be strong and independent so that others won’t see my fear and uncertainty. I wring my hands, cry and tell others how badly the world and people have treated me so they will offer help. This way I don’t owe them anything because I DIDN’T ASK FOR THEIR HELP.

Score: \_\_\_\_\_

SAY	
DO	

**Error 29 Lack of Interest in Responsible Performance**



If something doesn't offer an instant thrill or reward, I am NOT interested. If I feel the excitement of doing something and getting away with it (winning), I will not continue. To me, being responsible is viewed as “losing” and weak.

Score: \_\_\_\_\_

SAY	
DO	

**Error 30 Uniqueness**



My mind is filled with the idea that I am the king/ruler and I am smarter than everyone else, even though I haven't done much to earn that title. I am an expert in everything and always willing to teach, never to learn. I am right and anyone who disagrees with me makes me angry (see thinking error – anger).

Score: \_\_\_\_\_

SAY	
DO	

**Error 31 Give up Easy**



I choose to do only what I want to do. I will not do anything I do not find exciting or that will not give me what I want. When things start to get tough and challenging, I will quit and walk away. When I'm in a relationship and things aren't going my way I find fault and blame the other person. This makes me feel "right" and in control. There is "no sense" in working on something that isn't satisfying me right NOW. I talk about what I am willing to do and going to do but I usually don't follow through and then blame others for the "problems".

Score: \_\_\_\_\_

SAY	
DO	

**Error 32 Poor Decision Making**



In important personal decisions, I will pick the choice that is best for me and only me at the time. I will back down from asking about responsible activities because I'm afraid (fear) I'll be put down because of my ignorance. If I am proven false by the facts, I do not want to hear it as it does not apply to me.

Score: \_\_\_\_\_

SAY	
DO	

**Error 33 Corrosion and Cutoff**

I may be kept from illegal or harmful activity by a sense of what's right and wrong, a sincere wish to change, and by sentimental ("it's my favorite grandma") or religious feelings (eye for an eye) - as well as by the fear of getting caught. I can overcome these thoughts to stop my illegal or harmful activity by the process of corrosion and cutoff.



**Corrosion**- my thoughts block out argument against not doing what I want and then finds reasons FOR committing illegal acts. This is scheming. In this process, I will gradually wear down the reasons holding me back, so that I can do the crime or harmful act.

Score: \_\_\_\_\_

SAY	
DO	



**Cutoff-** the mental process that eliminates arguments against committing illegal or harmful acts from entering my mind. This is done in the blink of an eye and is complete and automatic. The gradual process of corrosion is completed by the final cutoff of fear and other arguments against the crime or harmful acts. I will tell myself things like: “Just do it”; “don’t be a wimp”; “who cares”; “f-it”; etc.

Score: \_\_\_\_\_

SAY	
DO	

**Thinking Errors**

This kind of thinking can lead me toward trouble if I am not careful. I can watch for some of this thinking to practice looking for trouble. If I see myself thinking any of these things I will write down the date, place and situation. Then I can do a Thinking Report later to see if I can find out if this thinking leads me toward trouble.

**That's Stupid** This kind of thinking helps me believe I'm smarter or more important than others. It helps me not listen to what others say. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**That's Unfair** This kind of thinking helps me think someone is trying to get over on me. It helps me think I need to do something to get even or get back at someone. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**I can't stand it** This kind of thinking helps me to take action quickly. It helps me to believe that I have thought about things enough and it is time for action.

Thinking Error	How this works for ME

### Thinking Errors

**MY way is right** This kind of thinking helps me think there is no sense in thinking more about things. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**This will be easier** This kind of thinking helps me make decisions without having to consider others, complex things or different factors. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**I don't have time for that** This helps me to believe that I have thought about things enough and it is time for action. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

### Thinking Errors

**They deserve it**

This kind of thinking helps me decide I'm right & should take action. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**Nobody will know**

This kind of thinking helps me make believe that my actions have no significant effect on others. Which of the Thinking Errors am I using when I think like this?

Thinking Error	How this works for ME

**I need to look out for myself**

This helps me to believe that others only look out for themselves and I should do the same. Which of the Thinking Errors am I using when I think like this?

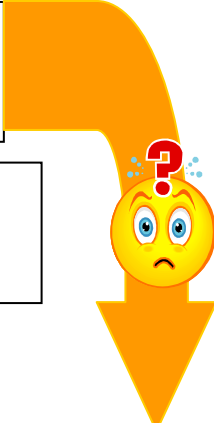
Thinking Error	How this works for ME

First I write down a real situation from my life where I got into trouble. Then I put the Thinking Errors in order as I used them. This will help me see how my Thinking Pattern works. I must start (box 1) at a time **before** I did the behavior that gets me into trouble. The starting point must be with thinking that leads toward the behavior. I do not want to start at a time when I was caught. Then follow the arrows through the situation.

Situation: \_\_\_\_\_  
\_\_\_\_\_



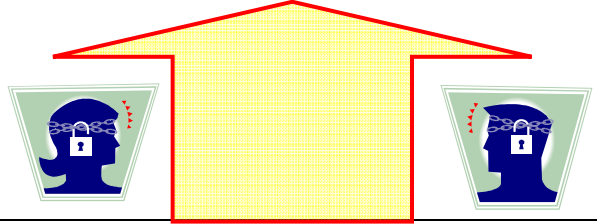
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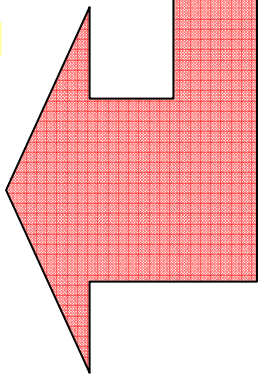
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## **Appendix**

### **Facilitator Reference Sheets & Report**

## Characteristics of Antisocial Thinking Pattern

### 1. Closed Channel Thinking

3 components that create a network

1. *Failure to disclose* (secrecy /censorship /lying )
  2. *Lack of receptivity* (arguing / changing the subject / attempts to confuse)
3. *Lack of self-criticism* (unwilling to consider my part / accepts little responsibility)

#### Example:

When a person is not self-critical they reject criticism from others thus being close- minded. In turn, they will not disclose fully because they don't want to give any information that might continue criticism.

Attitude: You don't have anything important to say.

#### Phases used:

1. "I can't do math."
2. "I can't stay home tonight."
3. "I can't do this kind of work"
4. "I can't be there on time."
5. "I can't save money."
6. "This is the only way I know how to live."
7. "I have my own style of living."
8. "Don't tell me what to do."
9. "That doesn't make sense."

In this example "can't" is equivalent to "don't want to" or "I won't" and indicates refusal to perform on someone else's terms. This is used to avoid accountability.

#### Tactics used:

1. Continually points out staff's inadequacies.
2. Tells others what they want to hear.
3. Pays attention only to what suits him.
4. Lies by omission.
5. Says " I forgot .... "

### 2. Victim Stance

When a person is held accountable for their irresponsible actions and continually blames others while portraying himself or herself as a victim.

#### Example:

A student picks a fight with someone and then blames another party.  
"He started it!"

Attitude: Circumstances control events.

**Phrases used:**

1. "They keep bugging me. They're trying to make me mad."
2. "They don't know how to teach."
3. "If my parents were together this wouldn't have happened."
4. "If she wouldn't have screamed, I wouldn't have had to hit her."
5. "She should have just given me the money. It is her fault she's dead."

When the criminal sets out to victimize someone else and things don't go his way, they portray themselves as a victim of injustice.

**Tactics used:**

1. Continually points out staff's inadequacies.
2. Diverts attention away from self.
3. Introduces irrelevant material; invokes racial issues.
4. Builds himself up by putting others down.
5. Attempts to confuse others.
6. Lies by omission.

**3. Views Self As Good Person**

Antisocial thinkers want to believe that they are basically good people. Performing what they view as acts of kindness enhances the antisocial thinker's view of themselves and reinforces the idea of their own basic goodness.

**Attitude:** I did something right, so I'm right.

**Phrases used:**

1. "I helped the guy out. I'm sure he had insurance. He made out like a bandit."
2. "I gave the most of the money to my sister."
3. "My mother doesn't have to pay rent. I take that responsibility."
4. "He was just a child molester. He deserved it."
5. "I could have hurt him real bad or killed him, but I didn't"

**Attitude:** I'm a, "a good person", they reinforce their license to commit more crime. "I'm just like Robin Hood. I correct injustice."

**Tactics used:**

1. Vagueness
2. Accusing others of misunderstanding.
3. Paying attention only to what suits them.

**4. Lack of Effort**

Effort in this context refers to doing things that go "against the grain" or are contrary to what one prefers. In this sense the antisocial thinker/criminal expends little effort, though they may expend tremendous energy doing what they find fun and/or exciting.

**Attitude:** I don't feel like doing that. If it is boring then it is not a worthwhile activity.

**Phrases used:**

1. "I'm just an impatient person."
2. "This is so boring."
3. "To hell with it."
4. "The teacher didn't explain it right."
5. "I can do that. I just don't want to."
6. "If it were important, I would . . ."
7. "That's impossible."

For the criminal to make efforts in the direction urged by society is to work toward the accomplishment of something that they scorn and reject. Any situation that is viewed as "adversity" is very disagreeable. Throughout life, the criminal has successfully avoided the disagreeable. The criminal endures hardship and overcomes obstacles to continue criminal behavior, but refuses to endure the adversities of responsible living.

**Tactics used:**

1. Total inattention.
2. Agrees or says "yes" without meaning it.
3. Tells others what they believe is required, not the truth.
4. Minimizes the situation.

**5. Lack of Interest in Responsible Performance**

This refers to not being interested in responsible tasks that don't offer immediate excitement. Responsibility is boring. Criminals do not want to wait for rewards; they want a quick and easy avenue to self-gratification.

**Attitude:** Only lames do that.

**Phrases used:**

1. "If I like it, okay. If not, to hell with it."
2. "School is boring."
3. "That doesn't interest me."
4. "That's for you, not me."
5. "I can make more money in 10 minutes than you can in a week."

The criminal degree of "interest" determines whether they will do anything at all and also determines the quality of their performance.

**Tactics used:**

1. Builds self up by putting others down.
2. Diverts attention away from self when being held accountable.
3. Accuses others of misunderstanding.
4. Pays attention only to what suits them.

5. Tells others what they want to hear and not meaning it.

What interests the criminal is high voltage activity yielding excitement. Usually the responsible interests are short lived, especially when if responsible interests no longer enhance the "exciting" objective.

Example: Complete schoolwork only to get parents and teachers "off my back".

6. Lack of Time Perspective

Criminal thinkers do not use life's past experiences as a learning tool for responsible living. Decisions are made on assumptions rather than facts because the facts do not support a criminal lifestyle. Lifestyles are based on that of what's exciting for them. By using manipulation and control demands made upon society are met. A past event is not relevant unless it supplies information to make a current conquest easier or more imminent.

Achievement through using short cuts is a source of pride. Consistently viewing themselves as #1. Work is for boring and/or stupid people.

Attitude: I want, what I want; and I want it now. I don't need to work for it or wait for it.

Phrases used:

1. "I don't need this program."
2. "I've only been caught twice."
3. "I won't get caught next time; I'll be more careful."
4. "Everything will turn out all right."
5. "I want to have fun,(money, fast cars etc.) while I'm young enough to enjoy it."
6. "I'm not working all my life just to have some fun when I get old."

The present is the *all- important* aspect of life. Instant gratification, success and getting away with the forbidden are exciting. They will to wait and work for what is desired is absent or severely lacking.

Tactics used:

1. Point out staff's inadequacies.
2. Diverts attention away from self.
3. Pays attention only to what suits them.
4. Puts off doing something by saying, "I forgot."

7. Fear of Fear

Criminal thinkers are *fearful of fear* and contemptuous of fear. When they discern fear in others, it is pointed out, scorned, and *exploited*. Fear is experienced as a put down, destroying the "I'm #1" perception of self. Fear will be denied and/or ignored.

Attitude: No one (nothing) scares me; only sissies are scared.

Phrases used:

1. "I walked away because I didn't want to hurt him."
2. "If you leave me, I'll kill you."
3. "I'll get even."
4. "Nobody does that to me and gets away with it."

Criminals do not allow fear to guide their behavior along responsible lines. Although they scorn fear, the criminal *admits* to being afraid *if it serves a purpose*. There is no recognition that responsible living is not possible without fear.

**Example:** This person will undertake dangerous and unsafe activities to prove that there is no fear in them.

**Tactics used:**

1. Builds himself up by putting others down.
2. Silence.
3. Lies by omission.

## 8. Power Thrust

This refers to the need for power, control and dominance over others. Power thrust may involve verbal put-downs or intimidation tactics. Some of the greatest power comes from doing the forbidden and getting away with it. Power thrust is exhibited in many forms. Among them are yelling, threats, physical abuse and deceit.

**Phrases used:**

1. "Nobody plays on me."
2. "Don't get in my way."
3. "I'm calling the shots."
4. "Those rules weren't made for me."
5. "My way or the highway."
6. "I don't need any help."

**Attitude:** Power and control. I'm #1. I can do and say as I please. Nobody can/dares stop me.

**Tactics used:**

1. Silence
2. Secrecy
3. Diverts attention away from self.
4. Points out others' inadequacies"
5. Building up self by putting others down

## 9. Uniqueness/Super-optimism

The irresponsible thinkers believe that they are:

1. #1, the greatest.
2. Smarter
3. Shrewder
4. Smoother. . .
5. bolder/stronger . . . . . than everyone else.

Because this view is cherished "I won't get caught" develops into a theme for this lifestyle. Also, allowing for the belief that any assumption made, or idea that occurs is a fact of reality. Self-esteem is not lacking; except when held

accountable or others fail to do what is desired of them. If efforts are made to obstruct this behavior, it is viewed as a put-down. A temporary feeling of worthlessness (zero-state) ensues. Antisocial people bounce between feelings of complete victory or total defeat but seldom settle into a realistic medium.

**Phrases used:**

1. "I never thought it wouldn't work." 2.
- "If I really wanted to, I could, but I'm not interested."
3. "That's for you guys, not me."
4. "You'll never understand me."
5. "You could never survive where I come from."
6. "Those people are so stupid."

**Tactics used:**

1.

Points out staff's inadequacies.

2. Builds himself up by putting others down.
3. Attempts to confuse others.
4. Silence.
5. Accuses others of misunderstanding.

10. Ownership

They perceive all things (including people) as objects to possess.

Has no concept of the ownership *rights of others*.

Sex is for power and control, usually not intimacy.

The antisocial person does not feel obligated to others; instead they see others as owing them. The criminal continues to regard himself as a good person; even while abusing others. Belonging is established in thought in the sense that they are perfectly *justified in getting whatever is desired*. Determination of right or wrong for others is established, but "ownership" will be equivalent to "my desire to possess". The criminal recognizes no social boundaries. Ownership is part of the criminal's view that "his rights" are unlimited.

**Phrases used:**

1. "If I want it, I'll have it."
  2. "You can't deny me. . ."
  3. "It's as good as mine."
  4. "She's dressed that way so . . ."
  5. " They shouldn't have left it there....."
  6. " It was there for the taking..... " 7.
- "He didn't deserve it anyway."

**Tactics used:**

1. Lies by omission, or distorting the truth.
2. Accuses others of misunderstanding.
3. Pays attention only to what suits him.
4. Minimizes the situation.

## **Anti-social Glossary**

<b>CAN'T</b>	<b>I won't; I don't want to; I'm not willing to.</b>
<b>EXCITEMENT</b>	<b>The "high" one gets from doing the forbidden or from exerting power and control over people or situations.</b>
<b>FRIEND</b>	<b>Anyone who will do what the irresponsible person wants or someone with whom he can call to commit criminal acts.</b>
<b>HAPPY</b>	<b>Feeling powerful, in control of others or situations; to be #1.</b>
<b>PUT-DOWNS</b>	<b>Being told to do <i>what one does not want to do</i>; being held accountable or being prevented from acting upon desires.</b>
<b>TRUST</b>	<b>To be able to control in order to gain feelings and images of power. Those who will succumb to desires without interference or restrictions and improper behavior without being held accountable.</b>
<b>UNDERSTAND</b>	<b>Agrees with the irresponsible view point.</b>
<b>RIGHT</b>	<b>The right thing is that which serves the criminal's objective. Whatever allows the criminal to view themselves as unique / #1 and "above the crowd".</b>
<b>RESPECT</b>	<b>To believe a person. Unquestioned loyalty.</b>
<b>ORDINARY</b>	<b>Responsible and interdependent. Being a slave, a sucker, a lame, or weak.</b>
<b>LONELY</b>	<b>Without someone to control. Nobody is letting me know I'm the most important</b>
<b>SUCCEED</b>	<b>Feeling important and in control. Refers to conquest; having a huge impact.</b>



# Cognitive Program

## Participant Report

**Facilitators:**

**Participant:**

Weekly			Skill Requirements					Additional Skill Requirements		
Date	Attendance X=Present E=Excused U=Unexcused	Homework A=Acceptable U=Unacceptable N=Not Assigned	Scoring Errors	Describing Errors	Recognizing Errors	Applying Errors	Demonstrating Logic			

Date	Observations: <i>(This section should include comments regarding behavior. <b>Example:</b> John reported late for class for unknown reasons. Once in class he participated/ volunteered for participation frequently. He asked appropriate questions and did not get involved in side conversations.)</i>

# Thinking Matters!

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