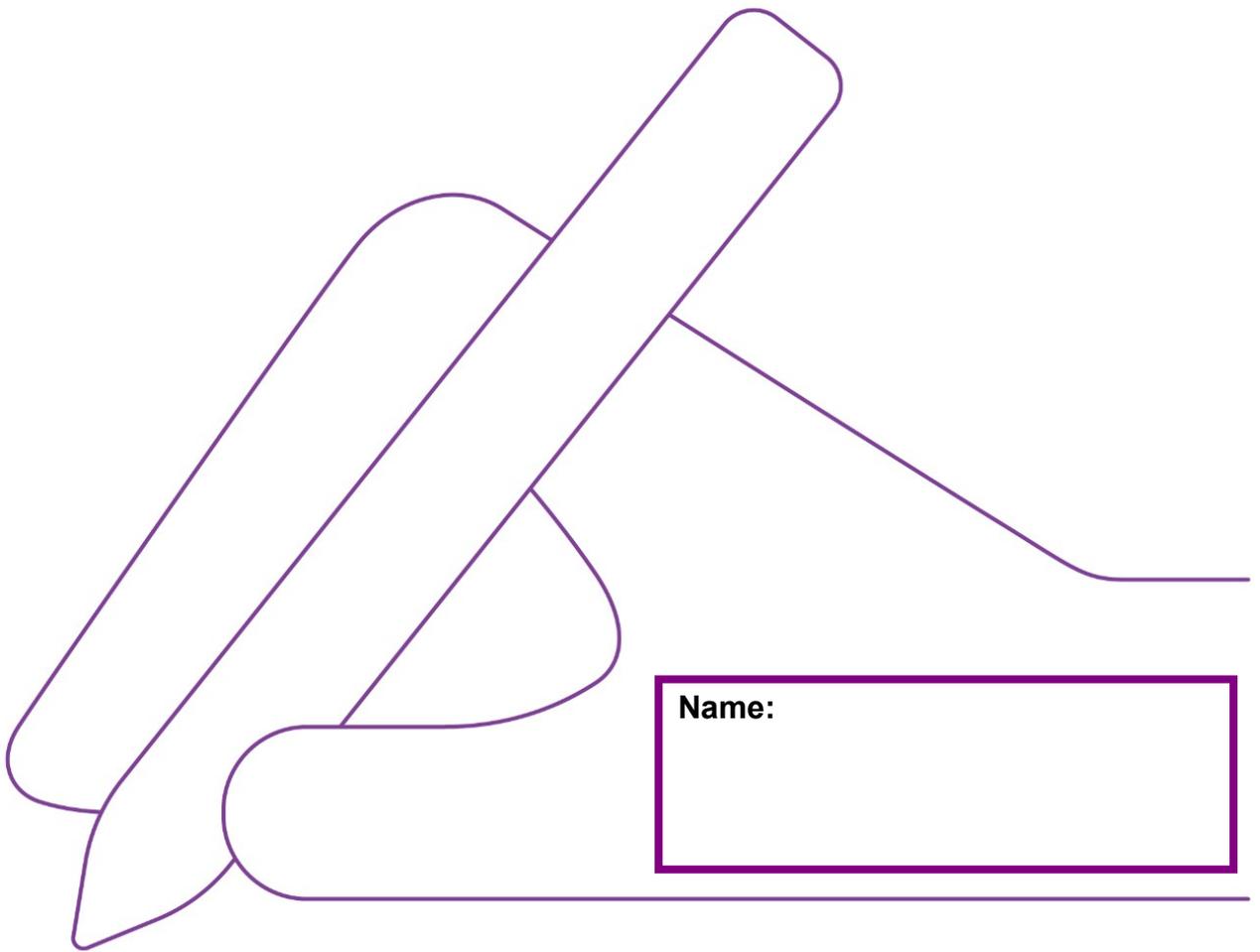




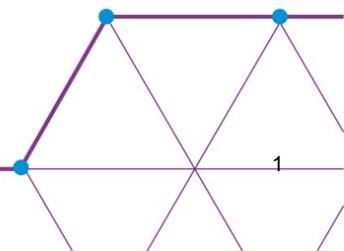
HM Prison &
Probation Service

The Thinking Skills Programme (TSP) – Self-Control Workbook



Name:

May 2019





Contents

Session 1	4
Who is steering your car?	5
Understanding Decisions 1	6
Understanding Decisions 2	7
Red Flag = Warning Sign	8
Outline of an Offence 1	9
Outline of an Offence: Between Session Task	10
Session 2	13
Red Flag Log	14
Personal Decision Chain Worksheet	15
Personal Decision Chain Worksheet: Between Session Task	16
Session 3	19
Finding My Core Goals	20
Mind Map® - Example	21
Mind Map®	22
Future Goals	23
Finding my Core Goals: Between Session Task	24
Future Goals: Between Session Task	25
Session 4	28
Progressive Muscle Relaxation	29
Emotion Management Worksheet: Between Session Task	30
Session 5	33
Getting Ready for My Individual Session	36

Session 1



Self-Control = Control over decision making

Control over decision making = Choice

A
Activating
Event

B
Beliefs

C
Consequences

My partner
came back
very late



I thought



I stole some
things from a
shop to make
me feel better



I got caught
for shop
lifting

Understanding Decisions 2



A
Activating
Event

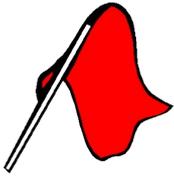


B
Beliefs



C
Consequences



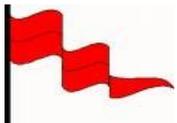


4 types of Red Flag

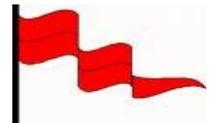
	<p>Situations</p>	<p>e.g. risky places, using alcohol or drugs</p>
	<p>Thoughts</p>	<p>e.g. 'it's dog eat dog', 'I deserve it', 'I've got no choice'</p>
	<p>Emotions</p>	<p>e.g. boredom, despair, anger</p>
	<p>People</p>	<p>e.g. co offenders, people who put pressure on you to offend</p>

Things that happened in the build up to my offence:

Who was there, where were you, what did you do, or what happened to you and why?



Which of these made you more likely to commit the offence?



Put a red circle around these, or draw a red flag next to them.

Outline of an Offence: Between Session Task

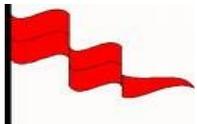
Session 1
Between
Session
Task

Things that happened in the build up to my offence:

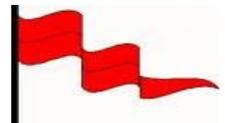
Who was there, where were you, what did you do or what happened to you and why?

Large empty box for writing the outline of an offence.

Which of these made you more likely to commit the offence?



Put a red circle around these, or draw a red flag next to them.



Notepaper

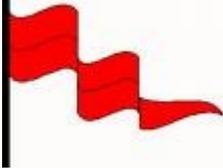
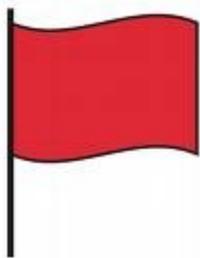
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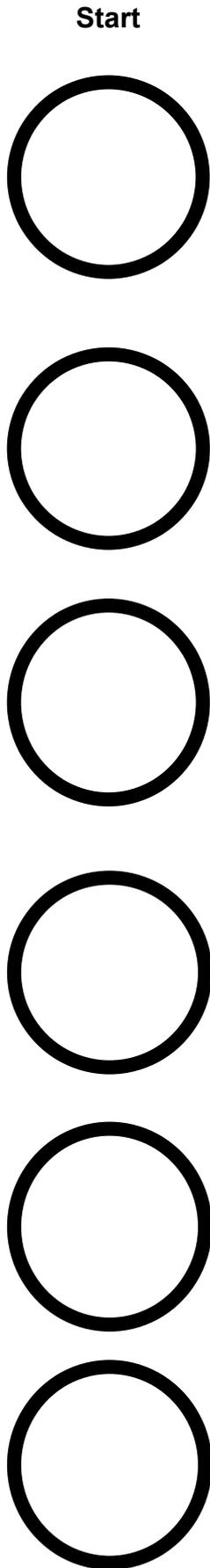
Session 2



	<p>My Red Flag Situations</p>	
	<p>My Red Flag Thoughts</p>	
	<p>My Red Flag Emotions</p>	
	<p>My Red Flag People</p>	

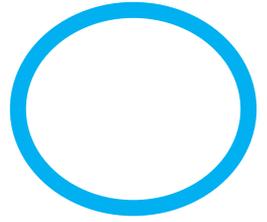
Personal Decision Chain Worksheet

Use the example on the right to get you started 



Activating Event (A)
Situation

Belief (B)
Thoughts
and decision



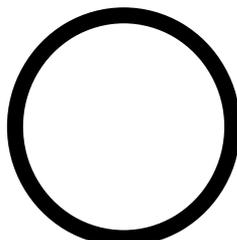
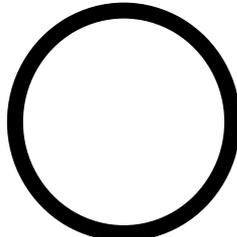
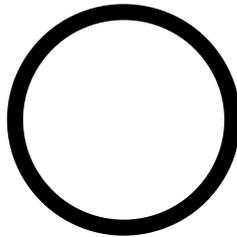
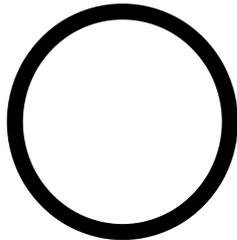
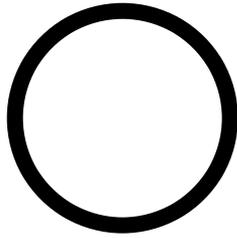
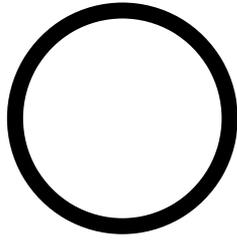
Consequence (C)
New Situation
(What you did or what happened)

Personal Decision Chain Worksheet: Between Session Task

Session 2
Between Session Task

Use the example on the right to get you started

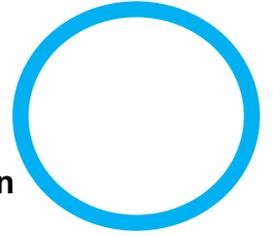
Start



The Offence

Activating Event (A)
Situation

Belief (B)
Thoughts
and decision



Consequence (C)
New Situation
(What you did or
what happened)

Notepaper

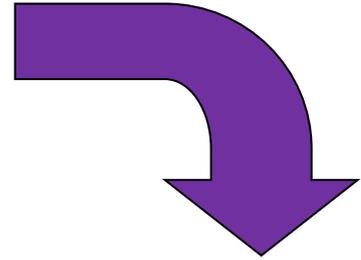
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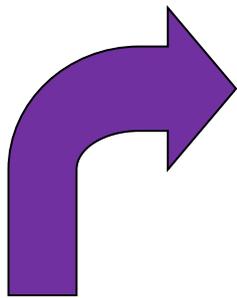
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Session 3

Offence

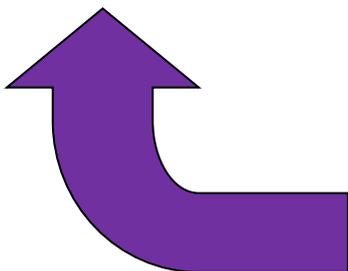


Goal

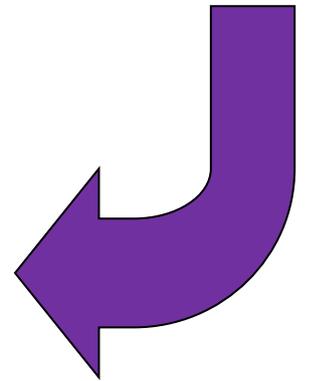


Core Goal

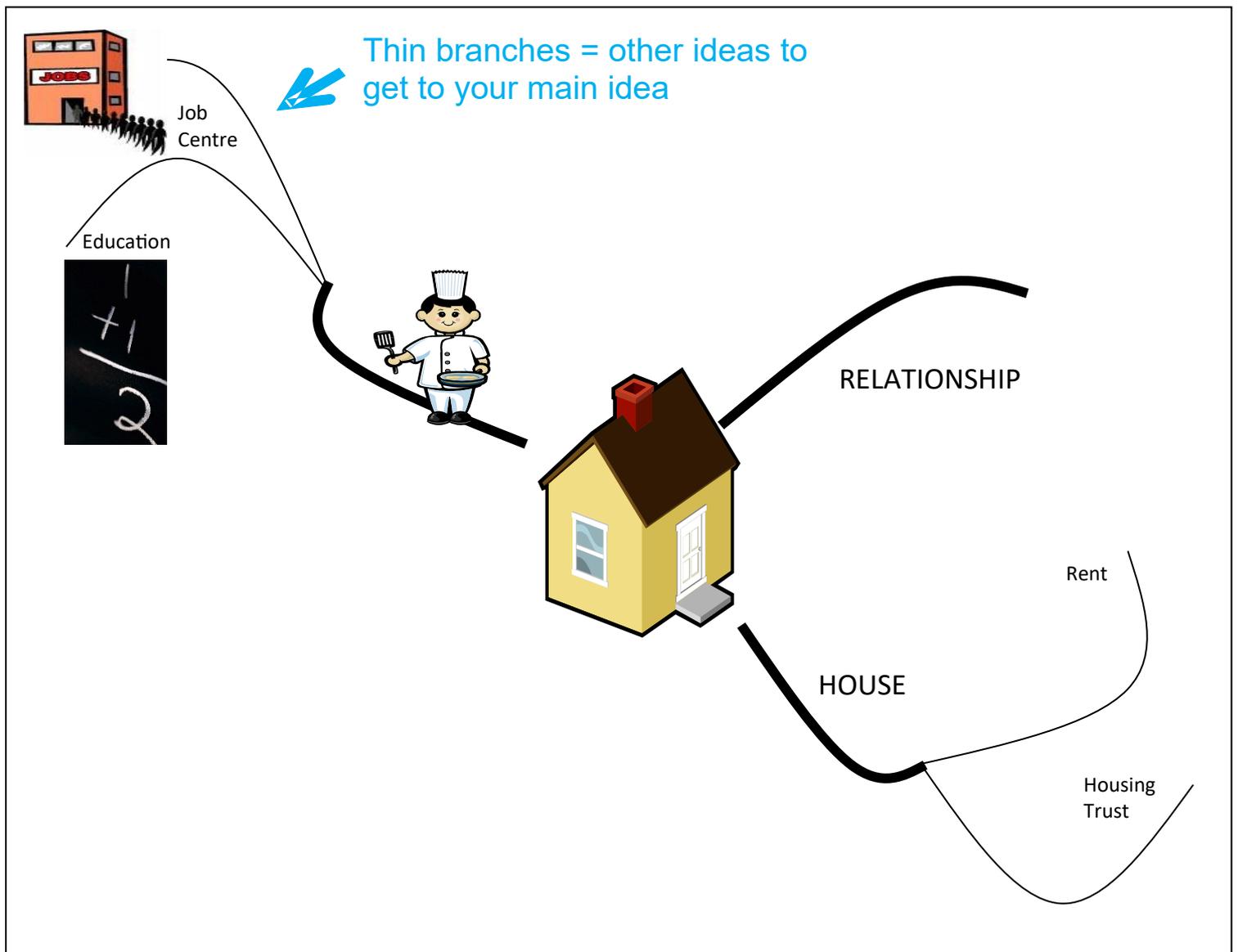
Still Deeper Goal



Deeper Goal

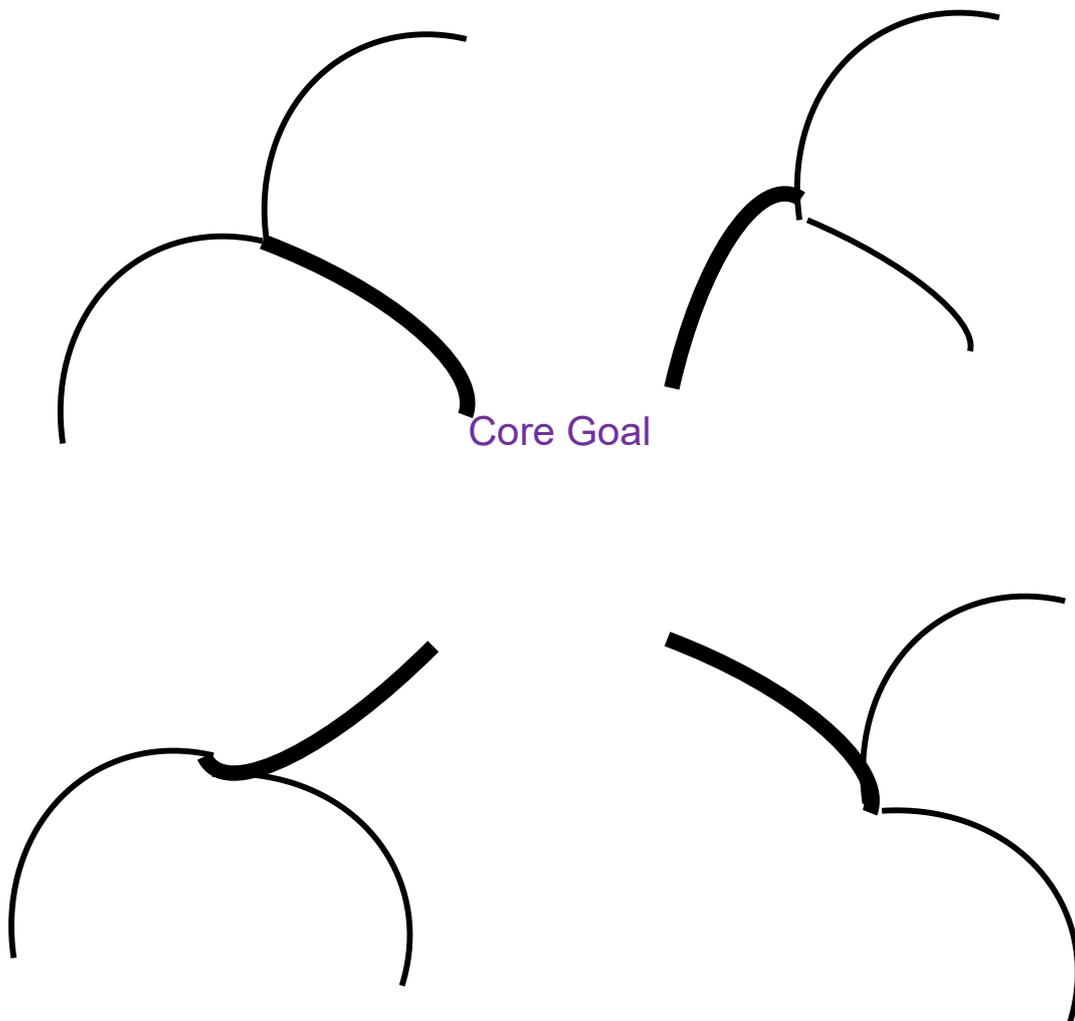


1. Put a picture of your core goal in the middle
2. Be as creative as you can – use pictures and colours
3. Look at the example below to help you get started



Remember:

- Put a picture of your core goal in the centre
- **Thick branches = main ideas (there can be more than four thick branches)**
- **Thin branches = other ideas to get to your main idea (you can add more thin branches if you need to)**
- **Use pictures and colours**

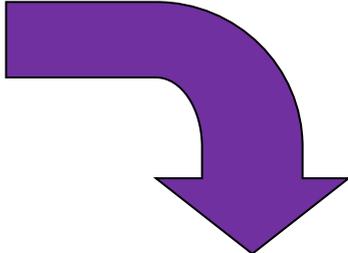


My Decision...		Me in the Future...
	<p data-bbox="587 416 852 674"><i>How will this decision help me reach my future goals? If it won't, why not?</i></p> <p data-bbox="587 1021 831 1111"><i>What could I do instead?</i></p> <p data-bbox="587 1458 906 1547"><i>What would be good about that?</i></p>	

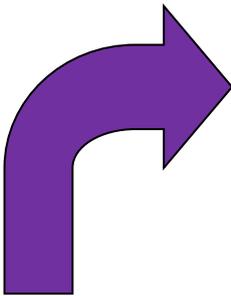
Finding my Core Goals: Between Session Task

Session 3
Between
Session
Task:
Option 1

Offence

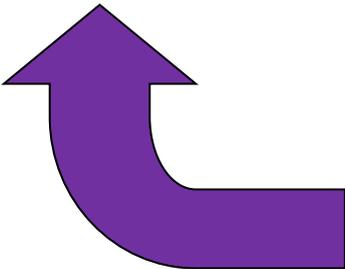


Goal

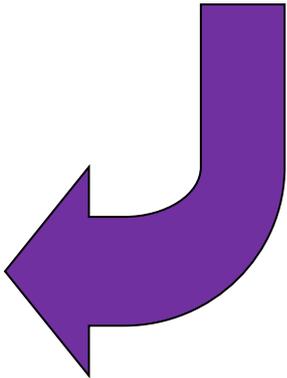


Core Goal

Still Deeper Goal



Deeper Goal



Future Goals: Between Session Task

Session 3

Between
Session
Task:
Option 2

My Decision...		Me in the Future...
	<p data-bbox="608 510 871 763"><i>How will this decision help me reach my future goals? If it won't, why not?</i></p> <p data-bbox="608 1115 847 1200"><i>What could I do instead?</i></p> <p data-bbox="608 1610 927 1695"><i>What would be good about that?</i></p>	

Notepaper

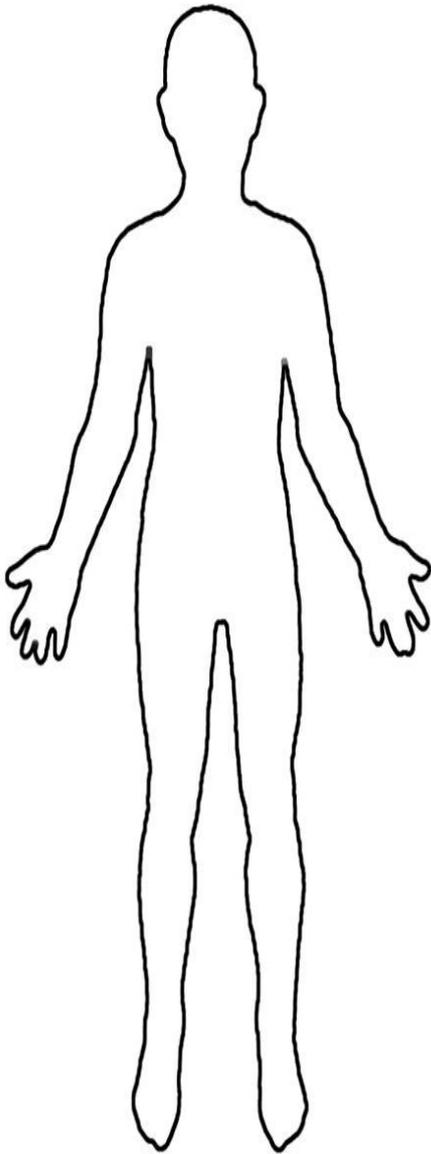
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Session 4

Tighten muscles but do not strain them. As you tighten them, think about the feeling of tension. Count slowly to 5 then relax and count to 10. Think about and try to remember how your muscles feel when you relax them. **Start with your feet.**



8. Whole body – tense your whole body – feet, legs, stomach, back, shoulders, arms and face. Relax and

7. Face – Tense your forehead and jaw. Lower your eyebrows and clench your teeth. Relax and repeat.

6. Shoulders – Shrug your shoulders as hard as you can, bringing them in and up. Relax and repeat.

5. Arms – Tense the muscles in your arms and hands. Relax and repeat.

4. Back – Arch your back. Relax and repeat.

3. Stomach – Tense your stomach muscles by pulling them in and up. Relax and repeat.

2. Legs – Tense the muscles in your legs, and point your feet upwards. Relax and repeat.

1. Feet - Pull your toes up, tense the muscles in your feet. Relax and repeat.

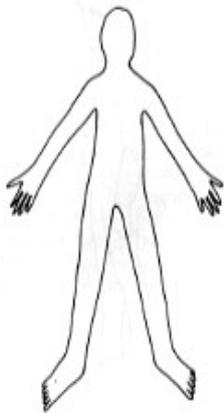
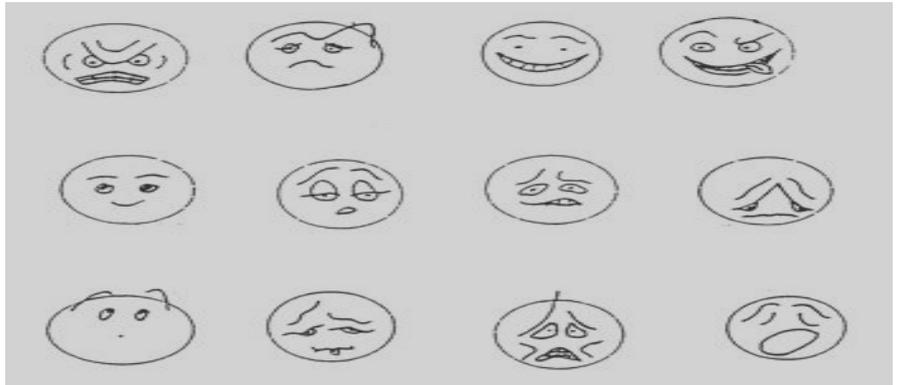
Start here

Emotion Management Worksheet: Between Session Task

Session 4

Between Session Task

Circle and name your red flag emotion(s) from the examples on the right, or draw your own in this space.



When I feel this emotion(s) I notice these signs in my body
e.g. Tight in my shoulders

Which of these skills (safe non-offending sensation seeking, relaxation, thought stopping, distraction) do you use to manage your red flag emotion(s)?

In what situations do you use these skills?

How do these skills help to increase or reduce your emotional arousal?

What other skills do you use to manage your red flag emotions? When do you use these skills? How do these skills increase or reduce your emotional arousal?

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Session 5

Notepaper

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Getting Ready for My Individual Session

Before your Individual Session, it will be useful to have a think about the questions below. There is room for you to make notes if you find it helpful. It might also help you to look at your Personal Plan. Remind yourself what you wanted to gain from the programme. Think about what you have achieved so far.

- **What skills from this module am I good at?**

- **When have I used skills from the module recently? What happened?**

- **What I need to keep practising is...?**

- **When can I use what I have learnt? (think about managing red flags and working towards achieving your goals)**