

Interactive Journaling®

Preparing to Change Your Introduction to Treatment

PREPARING to CHANGE SERIES

Designed in collaboration with the Department of Justice, Federal Bureau of Prisons, the Preparing to Change: Your Introduction to Treatment Interactive Journaling® Series has been created as a preparatory treatment program for convicted sex offenders and serves as a gateway to other sex offender management and treatment programming.

The goals of the Preparing to Change Program include motivational enhancement, engagement in program values and norms, improved self-disclosure and increased openness to new kinds of self-knowledge. The corresponding five-Journal series supports program goals while the Integrity Check helps participants make the guiding principles a consistent part of their daily lives.

A look in the mirror If you are going to make changes in your behavior, it will be helpful to know as much about youtself as possible. Review your responses on page 3. Now return to your mirror. How do you describe the person looking back at you – not just in termer what appears □ I make friends easily. □ I have enough energy for 10 people. Look over your responses and answer the following questions. These are the things I want to change about myself: I'm good at fixing things. My friends and family don't know the real □ I like to exercise. I like to help people. □ I like to be on the I hate being told what to I am easily angered. I am compassionate I'm pretty good at getting people to do what I want them to do. I like to win. □ I follow others. I'm ashamed of many things I've done I complete what I start. I'm happiest when I'm by myself. These are the things people like most I'm fun to be around. I'm loyal to my friends. I like myself. Self-reflection l like my family. I'm creative. eople like me. I keep a lot of secrets about myself. smart. I like to learn new things. ugh a lot These are the things I like most about myself: I'm shy around other people. good care of reatment I tend to put my needs ahead of other people's. I like to be around other people. These are the strengths I can build on in my effort to I'm a good salesman 2 pur Introduction © 2008 The Change Com It is itlegal to duplicate this page in an •

THE SERIES

Pretreatment Journal

Item #: S07 | 44 pages | \$8.09

This Journal helps participants look honestly and openly at their past sexual behavior. They will consider obstacles to positive life changes and learn strategies to overcome them. Upon completion, they will be better prepared for the work and challenges of treatment.

Self-reflection

Item #: S01 | 32 pages | \$6.43

This Journal helps begin the process of eliciting self-disclosure in a nonthreatening manner. Participants are encouraged to challenge myths they may hold about treatment and consider the benefits treatment has to offer in helping them achieve desired life goals.

atment has to offer in helping them achieve des Guiding Principles

Item #: S02 | 16 pages | \$3.47

This Journal introduces a set of four guiding principles that can serve as the foundation for a new way of life. These principles can guide participants' choices and help them get the maximum benefit from treatment. The use of the Integrity Check is introduced.



Pretreatment

Journal



Self-reflection

Challenging Distorted Thinking

Item #: S03 | 24 pages | \$4.95

In this Journal, participants learn how their beliefs and perceptions influence their choices, and specifically how they led to their sexual offending behavior. A set of five distortions or thinking errors is presented to help participants learn to challenge and correct distorted thinking.

Understanding Victim Impact

Item #: S04 | 20 pages | \$4.20

Understanding Victim Impact

This Journal introduces the harmful consequences of illegal sexual behavior. Building on the Challenging Distorted Thinking Journal, participants explore how distortions in thinking prevent sexual offenders from recognizing or acknowledging the impact of their behavior.



My Readiness Statement

Item #: S05 | 20 pages | \$4.20

The exercises in My Readiness Statement help participants decide if they are ready to face the challenges of committing to a new way of life. Participants write a statement of intention that reflects their readiness to move forward in treatment.

Integrity Check Pad Item #: S06 | 50 sheets | \$10.50

Introduced in the Guiding Principles Journal, the Integrity Check helps participants establish new patterns of thinking, attitudes and behaviors that are consistent with guiding principles that promote positive change. This tear sheet exercise is appropriate for use throughout the program and is an effective marker for participants' progress.



ORDER FORM

		Minimum quantity for Participant Journals is 25			
ITEM #	PARTICIPANT JOURNALS	QUANTITY	UNIT PRICE	TOTAL	
S01	Self-reflection		x \$6.43	=	
S02	Guiding Principles		x \$ 3.47	=	
S03	Challenging Distorted Thinking		x \$4.95	=	
S04	Understanding Victim Impact		x \$4.20	=	
S05	My Readiness Statement		x \$4.20	=	
S06	Integrity Check (50 sheets per pad)		x \$10.50	=	
S07	Pretreatment		x \$8.09	=	
SUBTOTAL					
DOMESTIC SHIPPING AND HANDLING 7.5% (MIN. \$7.50)					
TAX (CA, CO, DC, IN, MO, NM, NV, TN, WA)					
TOTAL					

DATE NAME SITE NAME	PO# (IF REQUIRED) PHONE		
ADDRESS			
CITY	STATE	ZIP	
EMAIL Check, Money Order Visa MasterC NAME/COMPANY ON CARD	Packages will be shipped by ground services the same day your order is received.		
BILLING ADDRESS ON CARD	CALL, FAX OR MAIL YOUR ORDER TO:		
CARD #	The Change Companies		
EXP. DATE: / CARD CODE:	5	Toll-free: 888-889-8866 Fax: 775-885-0643 221 Sigstrom Drive • Carson City, NV 89706	

version 1.2