Developed in collaboration with the Department of Justice, Federal Bureau of Prisons, this **cognitive-behavioral series** uses **evidence-based strategies** to assist inmates as they work to make positive changes to their **criminogenic** thoughts and behaviors and patterns of **substance use**.
Why choose the *Breaking the Cycle* series?

- Accommodates varying levels of dose and intensity to offer flexible programming for populations
- Teaches skills for addressing and modifying substance use and criminogenic thoughts and behaviors
- Helps participants identify and set goals, including the development of a recovery maintenance plan
- Provides a comprehensive record of participants’ experiences, thoughts, commitments and strategies for positive change

**Interactive Journals**

**Getting Started** – Participants learn the eight positive attitudes for success, evaluate their substance use history, focus on the process of making positive behavior changes and set goals for their desired behavior change.

*Item #: BCO1 • $4.95 • 32 pages*

**Basic Cognitive Skills** – Participants learn a new way to understand their harmful, self-defeating behaviors. They learn to apply the Five Rules for Rational Thinking and to conduct a Rational Self-analysis to check and challenge their thinking and distorted beliefs.

*Item #: BCO2 • $4.95 • 32 pages*

**Core Skills** – Participants focus on four key skills that will help them make positive changes to the way they think and act. They will work on replacing irrational and criminogenic beliefs, improving self-control, practicing effective communication and building healthy relationships.

*Item #: BCO3 • $7.95 • 56 pages*

**Recovery Maintenance** – Participants learn to apply the skills they have learned in the program. They will identify their strengths, learn about relapse warning signs, and create their own recovery maintenance plan.

*Item #: BCO4 • $5.95 • 36 pages*
Facilitator Guide

The Facilitator Guide was developed to maximize the use of the Interactive Journals. Each Guide features miniature versions of the Interactive Journal pages with facilitation instructions, recommendations and participant activities wrapped around the border of each page. The Guide offers a variety of strategies for facilitation activities and optional homework assignments for flexibility in presenting Journal material according to facilitators’ own schedules and capabilities. The Guide also includes information on the power of Interactive Journaling® and a summary of change research and its application in the Journals.

Facilitator Guide
Item #: BCFG • $85.00 • 194 pages

Participant Check Pads

Rational Self-analysis (RSA) Check Pad

The Rational Self-analysis is a change tool participants learn to use in the Basic Cognitive Skills Interactive Journal. A Rational Self-analysis is available as a tear-off pad for use throughout the Breaking The Cycle series. Participants analyze a situation, including their available options and the resulting consequences, and consider how they can avoid problem behaviors in the future.

Item #: BCP1 • $10.50 • 50 sheets per check pad

Attitude Check Pad

The Attitude Check is a change tool that participants learn how to use in the Getting Started Interactive Journal. An Attitude Check is available as a tear-off pad for use throughout the Breaking The Cycle series. Participants examine the attitudes they currently demonstrate in relation to the eight positive attitudes for success.

Item #: BCP2 • $10.50 • 50 sheets per check pad
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