

**Problem
Solving Skills:
Choices &
Consequences**

**Step 1: Brainstorm
choices**

**Step 2: Think about
the consequences**

**Step 3: Pick a
choice to get to
your goal**



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**Thinking
for a
Change**

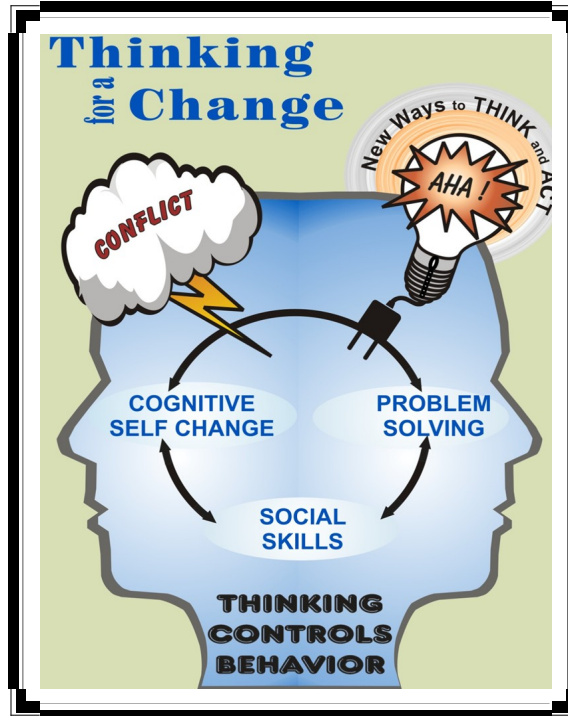


*The Cognitive
Principle-
Thinking
Controls
Behavior*

*“When we think
differently, we act
differently.”*

Thinking For A Change (T4C)

Thinking for a Change is an integrated, cognitive behavioral change program for offenders that includes cognitive restructuring, social skills development, and problem solving skills. Thinking for a Change is the innovative, evidence-based cognitive behavioral curriculum from the National Institute of Corrections (NIC). Studies have shown that, when implemented with integrity, it can reduce recidivism among offenders.



Thinking Check-In

1. Report (briefly) just the facts of the situation.
2. Report of thoughts, feelings, attitudes and beliefs
3. Identify the risk in those thoughts and feelings
4. Find new thinking

3 Key Types of Skills

- **Cognitive Self-Change-** Paying attention to the thoughts and feelings that go on inside of us to avoid the kinds of thoughts and feelings that lead us to trouble
- **Social Skills-** Behaviors or abilities we use in situations that involve other people
- **Problem Solving Skills-** Skills to help us make better choices

There is always more than one way of thinking about a situation.

"Control of thinking results in real power over life."