

Hello,

The artwork and documents on the following pages are intended for those who have purchased the CD “Which Thinking Error Is This.”

Thinking Errors List



1- Blaming/Making Excuses Putting your problem off on someone else. Saying things like " But - she made me mad" or "But - he was flirting with me".



2- Smoke Screen (Side Tracking) This Thinking Error is used when someone is trying to talk to you about something you don't want to hear - so you change the subject.



3- Denial Saying "I didn't do it" or "It wasn't me" when you know you did.



4- I'm Slick Thinking you can get away with negative behavior and not get consequences. Many times this involves sneaky behavior and lies.



5- I'm Special When an offender plays the I'm Special game, he thinks rules do not apply to him, or rules are not for him. He also thinks he should not get consequences for his behavior.



6- Playing Dumb Saying "I don't know" when you really do know and don't want to try. Not trying hard enough to find the answer.



7- I've Got A Secret (na-na-na-na boo-boo) Keeping secrets because you think it is fun. Sometimes you might keep a secret because you want to be friends with that person. Making your victim keep a secret.



8- Poor Me (Victim Stance) When you use this Thinking Error, you want people to feel sorry for you. You might do this when you are trying to not get consequences.



9- I Want It Now (Entitlement) Thinking you should get something without working for it. Asking for something over and over again instead of waiting patiently.



10- I don't care about you (No Empathy) Not caring about other people. Only caring about yourself. Not caring about the things you do to other people and how it hurts them.



11- It's no big deal (Minimizing) Thinking like something is not a big deal when it really is. Using words like ONLY or JUST when talking about your behavior.



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Which Thinking Error Is This?

An Audio CD

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This CD is biased on the Thinking Errors chapter in the book Healthy Choices: Creative Ideas For Working With Sex Offenders With Developmental Disabilities. By Tim Horton and Tracey Frugoli. Selections from this chapter may be included with the CD. Although primarily intended for clients with developmental disabilities, this CD may also be suitable for average IQ Juvenile Sex Offenders who seem to have difficulty with mainstream JSO treatment curriculums.

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Which Thinking Error Is This? An Audio CD

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Published by Acme Halo Press.

The authors can be contacted and this CD and publication can be purchased at the Web sites www.acmehalo.com and www.healthychoices4dd.com



Using this CD.

I hope you and your clients enjoy this CD. You will notice that the scenarios are not overtly sexual. In fact, only one of the eleven scenarios involves a non-graphic sexual abuse situation. This is intentional. This CD is meant to be a teaching tool to help clients learn thinking errors and to practice correcting them. Humor and sound effects are used to help facilitate learning and hold the attention of the listener. Given that one use of this CD is for it to be copied and given to clients to use for homework, I did not want clients to be processing auditory sexual information in an uncontrolled environment. In the safety and controlled environment of your office and group room, the information in the CD and written materials can be generalized to sexual abuse situations. Clients should have the Angel/Devil decision poster and the thinking error list when listening to the CD.

I hope you have fun with this! I also hope it contributes to your program.

Tim

Dwight holds a BA degree in drama. He uses his musical and dramatic abilities in theater and church settings. John holds a Ph.D. in communications and is a professor at Illinois State University. His clear and resounding voice is useful for teaching in academic and church settings. Many thanks to Dwight and John for agreeing to work on this project. In the interest of contributing to the effort of preventing victims, they both have shared their talents on this project at a nominal cost.

CD recorded at HP Productions Studio, Danvers Illinois

Credit where it is due: The concept of Thinking Errors was originally introduced by: Samenow, S. & Yowkelson, S. (1977). *The Criminal Personality*. Volumes one and two. Aronson.