



Thinking Errors

Thinking errors are part of the underlying mental process that allows someone to commit crimes. To commit a crime, you have to think and behave in a way that runs counter to your culture's laws and values. What allows this to happen? Mistaken thoughts and beliefs.

Place a check mark next to the thinking errors you've made during your past criminal activities:

- I'm different from everybody else.
- I can do anything I want, and nobody can stop me.
- I tell lies because people let me.
- I depend on others to support my lifestyle.
- I really don't care about anything or anybody.
- I don't think I'm like other people.
- I can commit crimes because other people are stupid, and I can get away with it.
- I was brought up not having anything, so I deserve something in life.
- If someone leaves something out in plain view, they're asking for it to be stolen.
- I sold drugs to support my family and nothing more.
- I didn't force people to use drugs. I just sold them. They're the ones with the problem.
- Other:

1. Do you believe any of the above thoughts and beliefs are wrong? Why or why not?

THINKING ERRORS | *continued*

2. Now that you've identified some of your past thinking errors, let's look at how those thinking patterns were formed.

a. Often our values are shaped by people around us. Do you think your values were influenced by your family or others around you?

___ Yes ___ No Explain:

b. Do you have family members who are involved in criminal activity, or have been in the past?

___ Yes ___ No Explain:

3. What will you do to change your thinking so you can stop criminal activity?

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