

Phase III: Skills Application

# Journal Log Book

(REVISED 1-10-03)

# Instructions

List your high-risk elements on the page provided.

Fill out (and date) the daily journal pages as honestly as possible. Note that on any one day, you may have more than one journal entry to complete.

At the end of each week, summarize the important events and the effect(s) they had on your ability to maintain a sense of self-control. Include your feelings that were triggered by the event(s). Identify strengths and weaknesses regarding how effectively you have coped, then write down any action that you need to take to assist you in dealing with the situation if it is unresolved.

Date: \_\_\_\_\_

Identifiable Event: I receive a letter from an old friend (Mark)

High-Risk Elements: Maintaining friendships with old friends that have similar deviant interests

Thoughts: It's great to hear from Mark. He and I really had a lot of fun together. I'm glad he introduced me to Johnny (one of my victims).

Feelings: Initially, I felt jealous that he is out in the community having fun and able to do things. Then I began to feel angry that he has started me thinking about my victim again.

Sexual Fantasy (both deviant & non-deviant): Later that night, while I was laying in bed, I started having memories of the things Johnny & I did together (the sex we had).

How did you respond? (include whether you masturbated): I found the memories pleasurable at first and then got angry again. I didn't masturbate.

Coping Responses Utilized: (1) I got up and went to the dayroom to watch TV. (2) I wrote in my journal. (3) I wrote a letter to Mark to tell him that it's high risk for me to have friendships with other sex offenders and that I don't want to continue our relationship.

How Effective were these Coping Responses? (describe): Getting up out of bed helped me stop the thoughts. Once I moved from feeling like a victim and began thinking of what I could do to take control, I felt calmer and more confident that I would not continue to fantasize or place myself in risky situations.

How Effective were these Coping Responses? (rate)

<b>POOR</b>	<b>FAIR</b>	<b>MODERATE</b>	<b>GOOD</b>	<b>EXCELLENT</b>
I didn't feel like I had self control	I had a little self-control	I had more than a little self-control	I was managing & feeling like I had self-control	I felt like I had full self-control

If rated poor, fair, or moderate, what other coping response(s) may have helped reduce the high risks?

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# High-Risk Elements

List your high-risk elements below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

Date: \_\_\_\_\_

Identifiable Event \_\_\_\_\_

High-Risk Elements \_\_\_\_\_

Thoughts \_\_\_\_\_

Feelings \_\_\_\_\_

Sexual Fantasy (both deviant & non-deviant) \_\_\_\_\_

How did you respond? (include whether you masturbated) \_\_\_\_\_

Coping Responses Utilized \_\_\_\_\_

How Effective were these Coping Responses? (describe) \_\_\_\_\_

How Effective were these Coping Responses? (rate)

**POOR**

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Date: \_\_\_\_\_

Identifiable Event

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High-Risk Elements

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Thoughts

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Feelings

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Sexual Fantasy (both deviant & non-deviant)

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How did you respond? (include whether you masturbated)

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Coping Responses Utilized

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How Effective were these Coping Responses? (describe)

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Identifiable Event \_\_\_\_\_

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High-Risk Elements \_\_\_\_\_

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