Alternative Behavior Choices Program - My Profile

This information will help you set personal goals for the program and help us work with you more productively. Please enter your scores when you enter the program, and then again when you are asked to complete the same questionnaires at the end of the program.

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| **Questionnaire** | **Average**  **Population Score**  **M/F** | **Your Program Entry Score** | **Your Program Exit Score** |
| **Relationship Functioning Self-Assessment**  *Your own rating on how well you are doing in 7 important areas of functioning. Poor ratings are correlated with higher levels of interpersonal aggression.*  Taking personal responsibility  Managing anger  Coping with stress  Communication  Conflict resolution  Tendency to control and dominate others  Willingness and ability to obtain support from others | X  X  X  X  X  X  X | 1= Very Poor  2= Poor  3= Fair  4=Good  5=Excellent  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | 1= Very Poor  2= Poor  3= Fair  4=Good  5=Excellent  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |
| **Controlling/Abusive Tactics Questionnaire (CAT 2-C)**  *Measures how much you engage in emotionally abusive and controlling behaviors with your partner or ex*  Category 1: Derogation and Control  Category 2: Jealous Hypervigilance  Category 3: Threats/Control of Space | 12.57/16.69  4.75/4.47  4.07/1.97 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |
| **Safe at Home Questionnaire**  *Measures “Stages of Growth” - how motivated you are to let go of aggressive attitudes and behaviors, learn alternatives, take responsibility and grow as a person.*  Pre-contemplation Stage (not very motivated)  Contemplation Stage (somewhat motivated)  Preparation/Action Stage (moderately motivated)  Maintenance Stage (highly motivated)  Overall Readiness to Change Score | 2.55/2.43  3.80/3.85  4.05/4.21  4.09/4.21  5.30/5.63 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |
| **Experiences in Close Relationships Questionnaire**  *Measures relationship insecurity in two ways: The extent to which you fear being abandoned by your partner, and the extent to which you avoid intimacy.*  Anxiety over Abandonment  Avoidance of Intimacy | 3.64/3.64  2.88/2.95 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | (Not taken at exit) |
| **Reasons for Violence Scale**  *This questionnaire asks about your reasons, or motives, for physical aggression against you partner or ex-partner.*  Power and Control  Self-Defense  Jealousy  Communication Difficulties  Expression of Negative Emotions  Retaliation  Other | 16.1/17.8  29.4/38.7  18.0/25.1  21.6/29.2  20.8/28.0  18.9/27.4  13.9/15.4 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | (Not taken at exit) |