Lifestyles

Participant’s manual
Message to participants

The concepts, language and ideas in this manual have been developed and refined over a period of 14 years. I would like to thank all those whose work, research and ideas helped formulate this program, including those inmates who contributed their feedback and ideas.

You are about to embark on a journey to learn new ideas that will help you to lead a life free of crime. It will not always be easy. Sometimes change is tough and challenging, but the rewards will be worth the effort.

Dr. Barbara Armstrong

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Lifestyle is a name for the way we live.

Basically, we choose to live as we do. We make choices about how to behave, how to get money, who to hang out with, how to treat other people. We choose how to live our LIFESTYLE. Lifestyle has to do with the culture in which we are raised. Some cultures are different but that does not mean one is better than the other. Culture is also something that we learn in our neighbourhood and in our family.

We learn to live the way we do and we can learn to live a different way if we choose to. We make choices because of what we have learned to think. We have learned to think in certain ways about how to handle situations (Outside Me). We have learned to choose what actions to take because of what we have learned to think the consequences will be.

We have learned to make the choices we make and we can learn to choose a different lifestyle.
Pro-Criminal Thinking

How I think controls how I behave.
These skills teach me to think differently.

How I think controls how I behave
Each person thinks, but we can have different thoughts from one another. Some kinds of thinking leads to crime. Those ways of thinking are called PRO-CRIMINAL. People who commit crimes think a lot more of those thoughts than people who don’t commit crimes. Those thoughts are the Tapes that lead you to do crimes. Tough Girl, Ties That Bind, and System Bashing are the 3 main types of PRO-CRIMINAL THINKING.
TOUGH GIRL

Tough Girl is a group of Tapes that support the Attitude, *I Count You Don't Count* (Red).

Put a check beside the Tapes that apply to you.

- If I say it do not question me, believe it.
- I’m better at everything than you.
- I don’t need your OK to do anything.
- I use others to get what I want.
- Screw your punishment. I do what I want.
- I don’t need and won’t accept help.
- I can make you do what I want.
- My kids, they do what I say.
- Things have to go the way I want.
- Do it when I tell you.
- You aren’t perfect, so I’m not listening.
- If it’s not perfect, it’s no good.
- My body has to be perfect.
- You have to be fair and honest, even when I’m not.
- I have to look the way I want.
- I’m not afraid to die.
- I have to get it right the first time and every time.
- I should know how to do everything.
- I should be able to do it by myself.
- My looks are all I have.
- I can out manipulate anyone.
- Fuck you. Fuck them.
- I don’t feel remorse (bad), why should I.
- Don’t think about them being hurt, they’ll get over it.
- They will do the work for me, I do not work.
- Things are win or lose, and I win.
- Image is everything (the right clothes, the right friends, etc.)
- I can break rules and not get caught.
- I can do what I have to, to get what I want.
- I don’t need anyone.
INSTRUCTIONS:
1. Pick 5 Tough Girl Tapes that most apply to you. Write them in the left column. You can make up your own Tapes that are slightly different than the ones listed if they fit you better.

2. In the right column, write Counters for each Tape.
   Remember a Counter has 2 parts:
   a) a change of attitude that is positive and you can believe
   b) phrased as a “to do” behaviour

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TIES THAT BIND

People with this group of Tapes see themselves as having to be part of some sort of relationship. They think they have to do as they are told. They have to follow.

Put a check beside the Tapes that apply to you.

☐ This is the only way. I was taught to do things this way.
☐ My brother was involved and got me in too.
☐ I can’t make it without them.
☐ My family never gave me a chance.
☐ I can’t do it alone, the odds are against me.
☐ I have to provide for the family.
☐ I have got to look good or I will be alone.
☐ I just get drunk/stoned to cope.
☐ I have been put down all my life, what do you expect?
☐ I just snapped.
☐ This is the way you behave where I come from or you don’t survive.
☐ I have never had any control.
☐ I need him and he wants me to do this stuff.
☐ The drugs are always around, I don’t control that.
☐ I got kids to take care of.
☐ They criticize me all the time. I go along to shut them up.
☐ The cops never go after the guys.
☐ He pushes so hard I can’t think.
☐ If he wants to do that shit I can’t say no or I will be alone.
☐ My parents were drunks (abusive), I had to do what they said.
☐ All guys treat you like shit. They deserve what they get.
☐ I can’t think of any other way.
☐ I have to follow along or I will be left alone.
☐ It happens so fast I can’t think.
☐ They guaranteed crime was a quick way to success and it is.
☐ If he wants me to do that shit I can’t say no.
☐ He screws around on me if I step out of line.
☐ I learned how to support myself this way.
**INSTRUCTIONS:**

1. Pick 5 Ties That Bind Tapes that most apply to you. Write them in the left column. You can make up your own Tapes that are slightly different than the ones listed if they fit you better.

2. In the right column, write Counters for each Tape.
   
   Remember a Counter has 2 parts:
   
   a) a change of attitude that is positive and you can believe
   b) phrased as a “to do” behaviour

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SYSTEM BASHING

These Tapes are anti-establishment. The system is no good and not worth being part of.

Put a check beside the Tapes that apply to you.

☐ Screw you and the horse you rode in on.
☐ The rich get away with the same stuff I go to jail for.
☐ The system sucks.
☐ Guys get away with it.
☐ Judges are crooked. They get no respect from me.
☐ Fuck you and anyone else in authority.
☐ The rules/laws are Mickey Mouse.
☐ Sentences are unfair.
☐ Cops are as crooked as the criminals.
☐ Fuck the law.
☐ The law don’t care about me.
☐ No one got hurt so what’s the problem.
☐ What they don’t know won’t hurt them.
☐ You gotta do what you gotta do.
☐ Sometimes you have to break the law to get ahead.
☐ If she gets away with it, good for her.
☐ If she ain’t hurting me, I don’t care what she does.
☐ Most people would commit crimes if they thought they would get away with it.
☐ You’re a fool to work for minimum wage.
☐ My friends are all like me.
☐ We don’t/can’t call the cops.
☐ I had to make my own way.
☐ I like the action.
☐ My friends stand by me, they gave me everything.
☐ I’m solid.
☐ My friends are solid.
☐ Tell no one anything.
☐ Straights look down on me.
☐ You belong or you’re no good.
☐ My friends are all I have.
**INSTRUCTIONS:**

1. **Pick 5** System Bashing Tapes that most apply to you. Write them in the left column. You can make up your own Tapes that are slightly different than the ones listed if they fit you better.

2. **In the right column, write Counters for each Tape.**
   
   Remember a Counter has 2 parts:
   
   a) a change of attitude that is positive and you can believe
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Thinking Errors

I think, therefore I make mistakes.
I need to figure this out. How do I think?

Tapes and Counters are WHAT you think. Now we’ll look at HOW you think. How you think means the pattern that you think in. How we think can be as different from someone else as how we eat, walk, run. How we think refers mostly to how we go about solving problems or dealing with situations.

There are 2 common HOW we think patterns. Most people are a combination of the two patterns, but some have just one pattern. Having just one pattern of thinking leads to THINKING ERRORS. These patterns of thinking are called FRAGMENTATION and CONCRETE.
FRAGMENTATION

In this type of thinking, the mind moves quickly from one thing to another. Plans, if they are made, are not followed. You have trouble keeping it all together. Things don’t get finished. Check off the things on the list that are common to you. Being too fragmented causes Fragmentation Thinking Errors.

Put a check beside all that apply to you.

☐ I give up partway through.
☐ I don’t finish what I start.
☐ I have a bunch of unfinished projects at home.
☐ I plan to do stuff but I never get around to it.
☐ I start doing one thing, but wind up doing another.
☐ I have a hard time getting around to doing what I’m told.
☐ I usually flip back and forth between tasks.
☐ In conversations I drift off to other topics.
☐ I get sidetracked easily.
☐ I am hyper.
☐ I don’t pay attention to all the instructions.
☐ I lose interest fast.
☐ I have trouble concentrating when other things are happening.
☐ I don’t follow plans.
☐ People don’t know what I’m going to do next.
☐ I’m unreliable.
☐ People don’t believe I will get done what I say I will.
☐ I go with the flow.
☐ I react to what is going on around me.
☐ I will take off at the drop of a hat.
☐ I get mood swings.
☐ My decisions change regularly.
☐ Schemes are easier than work.
☐ I don’t read or listen to instructions.

There is nothing wrong with being a Fragmented Thinker, but it can prevent you from focusing on goals or really important tasks.

If you are a Fragmented Thinker, you might want to become a more organized thinker. To become more organized you need some Self Talk.
**CONCRETE THINKING**

In this type of thinking, you have trouble seeing things in more than one way. You get stuck trying to do the same thing over and over, even when it does not get you what you want. You can’t change what method you are using even if it does not solve the problem. You pay attention only to your own way and cannot try things another way or listen to advice from someone else. You also have trouble figuring out how to get to your long-term goals.

Put a check beside all that apply to you.

- I use the same approach to solve all problems.
- I stay with the same approach even when it doesn’t work.
- I make the same mistakes over and over.
- I have trouble understanding or accepting other people’s ideas.
- I can’t figure out what’s wrong.
- I have tunnel vision.
- I can’t figure out how to do things differently.
- I usually don’t remember or don’t know what other people want.
- I talk with others but I usually don’t remember what they say.
- I usually can’t figure out why others are angry with me.
- I have trouble when something new or different happens; I usually just react without thinking.
- I usually do only what I have to, to get what I want.
- I don’t make long-term plans.
- I like it when things move fast.
- I break rules just to break them.
- I just take care of right now.
- I look for excitement.
- I can’t figure out problems as fast as others.
- I can’t figure out how to do things differently.
- I can’t figure out what’s wrong.
- I can’t stay neutral or see both sides.
- I have goals but they are for today.

There is nothing wrong with Concrete Thinking, but it can lock you into repeating the same mistakes. It can stop you from seeing a problem when there is one.

If you are a Concrete Thinker, you might want to become a more flexible thinker. To become more flexible you need some **Self Talk**.
Concrete and Fragmented Thinking Errors interfere with your ability to accomplish what you set out to do. To change your Thinking Errors, you have to learn SELF TALK.

You can give yourself commands to think a different way so that the Thinking Errors are reduced and your ability to get things done is improved. Using Self Talk means that you give yourself a set of instructions that command your thinking through a situation, instructing yourself to avoid making the Thinking Errors that screw you up.

I can talk myself out of those nasty old Thinking Errors! I can even tell myself how to think.

I can talk to myself!!!

And, I can says something useful.
SELF TALK INSTRUCTIONS

- Get all the information before I start.
- Slow down.
- I don’t have to jump into this for someone else. Take my time.
- Look at all the angles.
- I can make my own goal.
- Make my own plan. Memorize the steps. Follow them.
- If it’s not working, I can figure out what is wrong.
- Set my goal. It is okay to have my own goals.
- Think of two ways to do this. Than pick the best one.
- Remember the whole picture.
- There is a way, don’t give up.
- Finish what I am doing before I start something else.
- Think this through.
- What am I trying to say?
- They’re different from me. Ask them . . . and listen.
- If I do this, what will happen next?
- List all the steps between where I am and where I want to be.
- Every action gets a reaction. What reaction will I get?
- Compare what I have to what I want.
- I have the right to my own opinion. Think for me.
- Is this step getting me closer to my goal?
- Is what I’m doing getting me what I want?

There may be other instructions that will work for you. Think carefully and see if you can think of any.

In logical order, write down a set of 5 instructions to guide how you think.

1.
2.
3.
4.
5.

Repeat these to yourself whenever you have to deal with a difficult situation. Write them down on the last page of this workbook.
INSTRUCTIONS:
1. List 2 crimes you have committed and the Thinking Errors that led to them.
2. Write down the Thinking Error.
3. In the 3rd column, write down 5 Self Talk instructions that would have stopped the Thinking Error.

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<th>Thinking Error</th>
<th>5 Self Talk instructions</th>
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Victim Awareness

- We are created.
- We are the people hurt by someone else.
- We can get hurt in a lot of different ways: feelings, financial, physical, psychological, social, and other living problems.

Victimizing behaviour is the use of physical, verbal, or emotional force to frighten, control, put-down, or hurt another, or to deprive them of their property or rights.

You cannot be a victim of your own crime.

Victims are created. Victims are created by other people’s actions. Victims are created when people are hurt or suffer as a result of the words or actions of another person.

A victim is a person who experiences psychological (mental or emotional), physical, social, or financial harm, or problems in daily living as a result of the actions of another person.

Here we will look at victims as people who suffer loss or injury as the result of crime (there does not have to be a crime to create a victim, but in this program victims of crime will be the ones we concentrate on).

Where there is a crime, there are victims.
72 HOURS — CAPITAL CRIME DIARY

A 72 hour glimpse of Ottawa’s dark side.

Article originally published in the Ottawa Citizen, August 1992, by staff writer Ian McLeod.

Friday July 24, 4:40 a.m. near Primrose and Empress Avenues. Male victim walking through park is approached by male he doesn’t know. Second male gropes first man. Charged with assault.

4:24 p.m. Location not given. Man located and arrested for July 8 assault against common-law wife. Man became intoxicated and demanded sex with spouse. Woman refused and was kicked and punched.

6:21 p.m. Hinchey Street. Information received from third-party that man has earlier threatened to shoot wife and 3 year-old child who have since left home. Woman and child found safe in Montreal. Search for suspect started.

8:21 p.m. Lincoln Heights Galleria. Jewelry store owner calls after recognizing person who previously robbed shop. Shopping centre and area searched. Suspect not located.

8:30 p.m. Location not given. Police called after man punches common-law wife. Man arrested and charged.

9:06 p.m. St. Laurent Blvd. Call for break and enter in progress at commercial building. Suspect arrested at scene.

9:07 p.m. William and Rad Streets. Officers on bicycle patrol spot man charged with earlier crime who is in violation of the conditions of his release from custody. When the officers attempt the arrest they are surrounded by several members of the man’s gang. One officer uses a can of pepper mace to hold off gang until more officers arrive.

9:30 a.m. Raven Ave. Under cover drug squad members execute search warrant at home. No drugs found.

10:30 p.m. Tommy’s Doughnuts. Employee asks patron to pay bill. Patron becomes enraged and begins kicking and punching employee. Customer arrested and charged.

10:57 p.m. Hinchey Street. Man wanted for earlier threats against wife and child is located and charged with uttering death threats.

Saturday July 25, 2:00 a.m. Location not given. Man comes home intoxicated. Wife removes his car keys. Man punches wife in mouth. Man arrested and charged with wife assault.

2:40 a.m. Location not given. Intoxicated man hitting 2 women. Man arrested and charged with 2 counts of assault.

2:45 a.m. Charlotte Street. Former boyfriend goes to apartment of ex-girlfriend, hits her in face and assaults third party inside home. Man arrested and charged.

2:48 a.m. Location not given. Man alleged to have previously destroyed the interior of a Nelson Street apartment is located and charged with mischief.

3:08 a.m. East-end Ottawa. Off-duty police officer at home hears sound of breaking glass at adjacent house. Finds man at scene who had thrown rock through window. Officer chases man and arrests him for mischief. Man threatens to come back to do the same thing to officer’s house.

3:25 a.m. Bank and Gilmour Streets. Taxi driver charged with possession of stolen property after being caught stealing items from nearby construction site.

7:45 a.m. Man caught breaking into a commercial building . . .
THE 72 HOUR EXERCISE (for discussion):

- Count the victims.
- Why are they victims.

1. What is the Ripple Effect?

2. Why is the Ripple Effect important to you?
VICTIM AWARENESS

Choose one of your crimes.

1. How did you select your victim?

2. What was your victim’s first name, sex and age? (NOTE: use the victim’s first name throughout this paper and in all discussions from now on to remind yourself that he/she is a person, not an object.).

3. What happened? Where and when did it happen?

4. What was the victims reaction? That is, what did he or she say or do during the victimization or at court or in the victim impact statement?
5. Describe how this affected the victim's life and what “ripple effect” to others, such as the affect on the victim's family and friends, and the effect on your family and friends.

6. How did you “celebrate” after the crime? What did you do after the crime? (what Cookies did you give yourself?)

7. How did you justify your crime to yourself and to others who knew about it (your Neutralizations)? Can you Counter them?

8. Describe how your victim felt and what they thought. If you don't know, put yourself in his or her shoes and try to imagine what they would feel. What would you think?
Stages of Moral Development

Adaptation of Kohberg’s stages

Three different people can do the same action, but do the same action for 3 very different reasons. The REASON that someone decides what they should do is their MORALITY. Action is not the morality. Morality is about the reason you did or will do your action. The action is behaviour. The reason I did it is my morality.
Level 1: Pre-conventional Morality

RIGHT is what gets my needs met.  
WRONG is what gets me punished.  
I OBEY anyone who has the power to give me the Cookies I want. It does not matter how they got the power to give me the Cookies.

People who use Level 1 Morality judge and decide what is right and wrong by how it affects them.

- Moral judgments (decisions about right and wrong) are based on my desire to avoid me getting punishment or me getting Cookies.
- I obey the person with power to give me the Cookies I want. It does not matter why that person is powerful.
- The right thing to do is whatever action is going to get me what I want or meet my needs.
- I will help others if I also get something out of it.
- I follow rules that are to my advantage.
- I think that wrong is what I could get punished for.
- Actions are judged on the physical effects that they have on me, not so much on the emotional and psychological.
- You scratch my back and I will scratch yours.
- It is okay to do something or anything if there is no punishment for doing it.
- I do right when the punishers are around, when I am likely to be punished for doing something wrong.
Level 2: Conventional Morality

RIGHT is obeying the legit rules.
WRONG is what breaks the legit rules.
I OBEY people who are given legit authority, and I obey the accepted rules of society.

People who use Level 2 Morality judge and decide what is right and wrong by what the rules say.

- I obey the person who is given power because he/she represents me (an elected government, an appointed Judge, my commanding officer, etc.).
- Society has fixed certain rules and it is my duty to obey them.
- I am to obey rules to maintain order in society and the rules stay no matter what (they are not flexible).
- If I do not obey the rules, I should be punished.
- Behaviour is judged by what I intended to happen, not just what I did.
- I think I should feel good when I obey the rules.
- I think all people should obey the rules because the rules are right.
- I decide to do something because I want to please others by doing what is right (meaning that my motive is not just to avoid punishment).
- I understand that my action may not be rewarded or punished right away.
- I think that the common interest (something that is good for the majority) is important.
- I think that what the majority want is right.
Level 3: Post-conventional Morality

RIGHT is what is fair and just and equal for everyone.
WRONG is what is unfair and unjust and not equal for everyone.
I OBEY power when it treats everyone with fairness, justice, and equality. When legit power does not do this it should be challenged to bring about fairness, justice, and equality for everyone.

People who use Level 3 Morality judge and decide what is right and wrong by how it affects everyone.

- My decision about what is right and wrong is based on what gives fairness, equality and justice to all individuals and to all of society.
- Wrong is what hurts others or takes away their rights.
- Power is obeyed when it follows the path of fairness and justice for all people.
- Right is what works to get justice and fairness for everyone, not just what the rules are.
- Right is the action that leads to dignity and equality for all people.
- My word is my agreement.
- The right action is to get the greatest good for the most people.
- The law is what all people agree to in free votes.
- If the law is not working for the benefit of people, the person understands that the law may need to be changed in legit ways.
- I would not knowingly harm anyone because it is wrong to do so (it is not about me getting punished or having to obey rules, it is just wrong to hurt others so I don’t do it, even if I am the only one who knows or who will ever know my choice).
- I would not knowingly be unfair to anyone.
**ANALYSIS OF MY MORALITY**

List 2 crimes you have committed and complete the table.

<table>
<thead>
<tr>
<th>Crime</th>
<th>Reason you did it</th>
<th>Moral level of those reasons</th>
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<tbody>
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Neutralization

We don’t like to feel guilty so we look for reasons as an excuse to explain why what we did was not wrong. Neutralizers are excuses people give themselves for committing crimes. These excuses are made after you have done the crime. There are 5 types of Neutralizers.

1. Denial of Responsibility
2. Denial of Injury
3. Denial of Victim
4. Condemning the Condemners
5. Appeal to Higher Loyalties
DENIAL OF RESPONSIBILITY

“No way it was my fault. I’m not responsible because . . . “

Put a check beside all the Tapes that apply to you.

☐ I was drunk so you can’t blame me.

☐ I didn’t mean to hurt anyone. It just happened.

☐ I didn’t start it.

☐ They see the way I look and they judge me for that.

☐ Everyone just wants to look okay, so I have to hide everything inside. Sometimes I just break.

☐ I have family problems, so it’s tough.

☐ If I don’t do what I’m told he makes my life miserable.

☐ He made me do it. It wasn’t my fault.

☐ She suckered me in. I didn’t know what I was doing.

☐ My friend talked me into it.

☐ I didn’t know it wasn’t his car.

☐ I was depressed.

☐ I got left with the kids and no way to provide for them.

☐ I can’t control myself when I get angry.

☐ My boyfriend broke-up with me. I lost it.

☐ I was in the wrong place at the wrong time.
**INSTRUCTIONS:**
Write 3 Tapes that apply to you and then write the Counters. You can make up your own Tapes that are slightly different than the ones listed if they fit better.

Remember that a Counter has:
- a) a change in attitude that is Green, and
- b) a “to do” action.

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DENIAL OF INJURY

“I didn’t hurt anyone. It was okay because no one got hurt.”

Put a check beside all the Tapes that apply to you.

☐ I gave it back so they weren’t hurt.

☐ It was only a couple of dollars.

☐ They have insurance, so they got it back.

☐ I’ve been hit harder than that and it didn’t hurt.

☐ They’re rich, they don’t even miss it.

☐ It was just a scrap, I’m not complaining, why should he.

☐ I only hit her once, it was just a slap, she hit me too.

☐ I only carry the weapon, I don’t use it unless I have to.

☐ Nobody as home, so nobody was hurt.

☐ I didn’t harm them, I just took their stuff.

☐ I only sell drugs to those who want them.

☐ I only carried the stuff, I don’t deal.

☐ I just gave them what they wanted, they gave me money, what’s the harm.
**INSTRUCTIONS:**
Write 3 Tapes that apply to you and then write the Counters. You can make up your own Tapes that are slightly different than the ones listed if they fit better.

Remember that a Counter has:

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**DENIAL OF VICTIM**

"Okay . . . maybe they got hurt, but they’re not really victims."

Offenders claim that the target deserved what happened. Because they deserved it, they’re not really victims. Remember each statement ends with . . . that’s why they’re not victims.

Put a check beside all the Tapes that apply to you.

- I only steal from businesses, not homes. No one gets hurt.
- He’s a rat and rats deserve what they get.
- She mouthed off — she deserved it.
- He’s bigger (stronger, richer) than I am. He deserved it.
- She bitched until I hit boiling.
- He uses people all the time, he deserves everything he got.
- It’s okay to do it if no one get’s physically hurt.
- If they leave their stuff unlocked they deserve it.
- They’ll lie to their insurance anyway.
- He dissed me (my family, girlfriend).
- She talked to my boyfriend.
- He approached me, wanted to pay, why is it my responsibility?
**INSTRUCTIONS:**

Write 3 Tapes that apply to you and then write the Counters. You can make up your own Tapes that are slightly different than the ones listed if they fit better.

Remember that a Counter has:

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CONDEMNING THE CONDEMNERS

“They do the same stuff. They just get away with it! They have no right to judge me.”

Offenders claim that those who condemn them also break the laws and so are no better than them. Remember each statement ends with . . . they have no right to judge me for what I do.

Put a check beside all the Tapes that apply to you.

☐ The cops set me up. I wouldn’t be here otherwise.

☐ THEY all break rules. Only I get punished.

☐ The judge drink and drives, but only I go to jail.

☐ The cops are crooked. They let each other get away with it.

☐ Nobody cares about my kids. They have nothing.

☐ They never leave me alone. They always hassle me.

☐ If the law made him pay for his kids I wouldn’t have to do this.

☐ Cops and Judges pay hookers too.

☐ The Judge who took my kids doesn’t look after his own kids.

☐ At least I work with consenting adults, they go after children.

☐ They put so many rules on me, I couldn’t avoid breaking them.
**INSTRUCTIONS:**
Write 3 Tapes that apply to you and then write the Counters. You can make up your own Tapes that are slightly different than the ones listed if they fit better.

Remember that a Counter has:

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APPEAL TO HIGHER LOYALTIES

“I had to do it . . . for them.”

Offenders claim that responsibilities to family or friends made it necessary to do the crime. Their behaviour is not bad because . . . I had a higher purpose. I was doing it for someone else.

Put a check beside all the Tapes that apply to you.

☐ My family needs the money badly, so I have to steal.

☐ I was only jumping in to protect my blood.

☐ I had to stand by my friends, they would do it for me.

☐ My kids needed it more than they did.

☐ I had to take care of it for my family/friends.

☐ I had to drive my kid to the hospital.

☐ I have to bring home enough to look after my kids.

☐ They did wrong to my friends/family.

☐ I was left alone to take care of them. I get no help.

☐ No one says THAT about my family/friends.

☐ It’s the only way we can survive.

☐ You can’t just say ‘no’, that doesn’t pay the rent.

☐ It’s them or us.

☐ You look at my kids and say ‘no’ to making money anyway you can.
INSTRUCTIONS:
Write 3 Tapes that apply to you and then write the Counters. You can make up your own Tapes that are slightly different than the ones listed if they fit better.

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Your friend gives you a credit card. He said he found it. You give Laura the card and she promises to give you cash for it. Later that day, Laura uses it to buy $1000 worth of merchandise.

Come up with a Tape for each Neutralization that would make it not your fault, or make you not to blame for what you did.

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You’re at a party. You hear a group of people talking about how the CAS have your kids. You walk over to the guy doing the most talking and confront him. He calls you a 'fucking loser.' You punch him.

Come up with a Tape for each Neutralization that would make it not your fault, or make you not to blame for what you did.

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You hear your friends talking about a loading dock full of cigarettes that have been left unguarded. You agree to drive so they can rip them off.

Come up with a Tape for each Neutralization that would make it not your fault, or make you not to blame for what you did.

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You and your friends have been drinking all night. They turn to you and say, “we’re too drunk to drive. You drive us home.” You get in the car and drive.

Come up with a Tape for each Neutralization that would make it not your fault, or make you not to blame for what you did.

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A friend asks you to deliver his drugs to one of his customers. You do it.

Come up with a Tape for each Neutralization that would make it not your fault, or make you not to blame for what you did.

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**NOW, PICK A CRIME YOU HAVE BEEN CONVICTED OF . . .**

1. Name your crime and describe it a little (say if you were alone or with someone).

2. **Tape** that led to that crime  
   **Counter**
   
   a) 
   
   b) 

   Remember that a Neutralization is the reason you give yourself to excuse your crime.

3. **Neutralization Tape** you used  
   **Counter**
   
   a) 
   
   b) 

4. **Thinking Errors** for that crime  
   **Self Talk** that would work
My 5 Counters to a new way of thinking

My 5 Self Talk instructions
# The Plan

What changes do I have to make?

<table>
<thead>
<tr>
<th>Relationships</th>
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