

Deterrent Thinking Patterns

Deterrent 1 -- Stop -- Think Of The Immediate Consequences

- Before you act, think about the immediate consequences.
- Ask, “What gets me into trouble?”
- Think, “Smoking a joint equals prison.”
- Remember if anything can go wrong, it will.

Deterrent 2 -- Stop And Think About Who Gets Hurt -- Reasoning Process

- Think about all the problems that similar actions have caused yourself and others in the past.
- Use the bad feelings to change yourself.
- Think about the whole picture or ripple effect.

Deterrent 3 -- Plan Ahead, Think Ahead, Make Another Choice

- Use this when you are reminded of exciting past actions and you might want more. Consider this poison.
- Try to predict with who, where, and under what circumstances you might get into trouble. List ahead of time your past thoughts and actions that equal poison.
- Avoid these people and places, and make another choice.

Deterrent 4 -- Examination Of Conscience -- Moral Inventory Daily

- Think, not about the crime itself but that it is wrong.
- Think about the injury you have inflicted upon others.
- Examine your conscience immediately as you think about irresponsible, criminal conduct.
- This is a preventive tool.

Deterrent 5 -- Do Not Dwell On It

- Use responsible thinking patterns to replace the old patterns.
- Do this in advance and practice it.
- Irresponsible thoughts are dismissed fast.