

# About the Program

Thinking for a Change (T4C) is an integrated, cognitive behavioral change program for offenders that include cognitive restructuring, social skills development and development of problem solving skills.

This program is designed for delivery to small groups in 25 lessons. The T4C program can be expanded to meet the needs of specific participant groups, such as, those currently incarcerated, community corrections, probation and parole



# AZ Common Ground

*A program for offenders that includes cognitive restructuring*



Thinking for a Change



thinking for a change



T4C

THINKING FOR A CHANGE

## Problem Solving Skills

- Skill 1 – Stop and Think
- Skill 2 – State the Problem
- Skill 3 – Set a Goal and Gather Information
- Skill 4 – Think of Choices and Consequences
- Skill 5 – Make a Plan
- Skill 6 – Do and Evaluate



## Understanding the Feelings of Others

1. Watch the other person
2. Listen to what the person is saying
3. Figure out what the person might be feeling
4. Think about ways to show you understand what he/she is feeling
5. Decide on the best way and do it

## Social Skills

- Social Skills are the skills we use when we deal with other people
- Good social skills help get us what we want; maximizing positive responses, and minimizing negative responses from other people



We are committed to fostering positive changes within our community!



**Please contact us to get enrolled now!**

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