

# Using Carey Guide Tools to Address Criminogenic Needs

**Key:**  
**Yes:** Direct link to a criminogenic need  
**•:** Could be used to address a criminogenic need depending on the circumstance

Guide Title	Tool	Cognition	Personality	Peers	Family	Substance Abuse	Employment	Education	Leisure	Responsivity and Stabilization
Anger	Recognizing Physical Signs of Anger		Yes							
	Making Connections		Yes							
	Emotional Triggers		Yes							
	Changing Beliefs, Changing Consequences	•	Yes	•	•	•	•	•	•	
Antisocial Associates	Thinking About Friendships			Yes	•	•			•	
	Changing My Associates			Yes	•	•				
Antisocial Thinking	Thought-Feeling-Action Link	Yes	•	•	•	•	•	•	•	
	Thinking Patterns	Yes								
	Values and Beliefs	Yes	•	•	•	•	•	•	•	
	Defeating Harmful Thoughts, Values, and Beliefs	Yes	•	•	•	•	•	•	•	
Emotional Regulation	How Do I Respond?		Yes							
	Identifying Feelings		Yes	•	•	•				
	Decreasing Emotional Strength		Yes	•	•	•				
	Stop and Think		Yes	•	•	•				
	Feeling Good Without the Thrill		Yes	•	•	•			•	
Empathy	Assess Your Empathy	Yes	Yes		•					
	What Are the Effects?	Yes	Yes							
	Different Perspectives	Yes	Yes		•					
	Letter to the Victim	Yes	Yes		•					
Engaging Prosocial Others	Who Would You Call?		•	Yes	•	•			•	
	Expanding Your Prosocial Network		•	Yes	•	•			•	
Interpersonal Skills	Your Social Network			Yes	•					
	Getting Along with Others		Yes	Yes						
	Expanding Your Social Network		Yes	Yes						
	Using the STOP Method to Resolve Conflicts		Yes	Yes						
Involving Families	Who Is in Your Family?				Yes					
	Asking for Support		•	•	Yes					
Moral Reasoning	Assess Your Moral Reasoning	Yes	Yes							
	Moral Dilemmas	Yes	Yes	•	•					
Overcoming Family Challenges	What's Happening?			•	Yes					
	Changing the Response		•	•	Yes					

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Problem Solving	Stop and Think	•	Yes	•	•	•	•	•	•	
	Brainstorm	•	Yes	•	•	•	•	•	•	
	Evaluate and Choose	•	Yes	•	•	•	•	•	•	
	Plan, Act, Assess, and Adjust	•	Yes	•	•	•	•	•	•	
	Solve On-the-Spot Problems	•	Yes	•	•	•	•	•	•	
Prosocial Leisure Activities	Identifying Prosocial Leisure Activities		•	•	•	Yes			Yes	
	The Benefits of Prosocial Activities		•	•	•	Yes			Yes	
	Time Chart	Yes	•	•	•	Yes	•	•	Yes	
	Making a Plan	•	•	•	•	Yes	•	•	Yes	
Substance Abuse	Understanding Your Drug or Alcohol Use		•	•	•	Yes	•	•	•	
	Moving Toward Change		•	•	•	Yes	•	•	•	
	People, Places, and Feelings		•	•	•	Yes	•	•	•	
	Recovering from a Relapse	•	•	•	•	Yes	•	•	•	
Your Guide to Success	My Life Until Now	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
	Increasing the Odds of My Success	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
	Request for Stabilization Services	•	•	•	•	•	•	•	•	Yes

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Behavioral Techniques	Conducting a Practice Session	•	•	•	•	•	•	•	•	•
	Applying New Skills	•	•	•	•	•	•	•	•	•
Case Planning	Your Influences	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	Working Toward Your Goals	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Co-occurring Disorders	Understanding Your Mental Health and Substance Abuse Conditions					Yes				Yes
	Asking Questions		•			•				Yes
	Getting Organized		•			•				Yes
	Identifying Patterns		•			•				Yes
Dosage and Intensity	Why Does Programming Have to Be So Long?	•	•	•	•	•				•
	Getting the Right Amount of Programming	•	•	•	•	•				•
Drug Dealers	How Lucrative Is the Life?	Yes	•	•	•	•				
	What Needs to Change?	Yes	•	•	•	•				
Female Offenders	Strengths		•	•	•	•	•	•	•	Yes
	Relationships		•	Yes	•	•				Yes
	Setting Goals	•	•	•	•	•	•	•	•	Yes
Impaired Driving	The Cost of an Arrest	•	•	•	•	Yes				
	The 5 Ws	•	•	•	•	Yes				
Intimate Partner Violence	CAT Questionnaire	Yes	Yes	•	Yes	•				
	Labeling Report	Yes	Yes	•	Yes	•				
	Getting the Most Out of My Program	Yes	Yes	•	Yes	•				
Managing Sex Offenders	Time Chart	Yes	Yes	•	•	Yes	•	•	•	Yes
	Treatment Check-In	•	•	•	•	•				•
Maximizing Strengths	Identifying Strengths	•	•	•	•	•	•	•	•	•
	Using Your Strengths to Face Day-to-Day Challenges	•	•	•	•	•	•	•	•	•
Mental Health	Understanding My Symptoms		•		•	•				Yes
	How Do Different Situations Affect My Mental Health?	•	•	•	•	•			•	Yes
	Making a Plan	•	•	•	•	•			•	Yes
Meth Users	Stages of Recovery		•		•	Yes				•
	Surviving the Wall		•	•	•	Yes				•
	Identifying Triggers	•	•	•	•	Yes			•	•
	Planning Your Day	•	•	•	•	Yes			•	•
	How Am I Doing?		•	•	•	Yes	•	•	•	Yes
Motivating Offenders to Change	Making Your Decision	•	•	•	•	•	•	•	•	Yes
	Making Your Commitment	•	•	•	•	•	•	•	•	Yes
	Making Your Change Plan	•	•	•	•	•	•	•	•	Yes
	Renewing Your Commitment	•	•	•	•	•	•	•	•	Yes
Reentry	Short-Term Stability		•	•	•	•	•	•		Yes
	Long-Term Stability		•	•	•	•	•	•		Yes

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Responding to Violations	Preventing Violations	•	Yes	•	•	•	•			•
	Making Choices	•	Yes	•	•	•	•			
	Understanding Violation Behavior	•	Yes	•	•	•	•			•
	Preventing Future Violations	•	Yes	•	•	•	•			•
Responsivity	The Ways I Learn Best	•	•	•	•	•	•	•	•	Yes
	Making Supervision Work for Me	•	•	•	•	•	•	•	•	Yes
Rewards and Sanctions	Identifying Meaningful Rewards	•	•	•	•	•	•	•	•	•
	Linking Behavior with Rewards	•	•	•	•	•	•	•	•	•
Violence and Lethality	STORC	Yes	Yes	•	•	•				•
	Recognizing Relapse Cycles	Yes	Yes	•	•	•				•
What Makes an Effective Corrections Professional?	Comparing Your Personal Beliefs with Your Agency's Views	Not applicable								
	Skill Analysis	Not applicable								
	Professional Development Plan	Not applicable								