



Court Resource Center
Seattle Municipal Court
600 - 5th Avenue, 2nd Floor
Seattle, WA 98104

PERSONAL PLAN FOR CHANGE[©]

THEFT AWARENESS WORKSHOP

NAME _____

DATE _____

2011



AGENDA:

- **Develop an understanding about theft and why I steal**
- **Lunch (provided by Operation Sack Lunch)**
- **Take charge of my life and develop a Plan for Change**

OUTCOMES OF SESSION:

- ✓ Develop and increase awareness of the impact of theft and impulsive behavior on your life.
- ✓ Develop an awareness of the economic impacts of theft on the community.
- ✓ Discuss real life examples of alternative behavior and build tools for success in life.
- ✓ Develop a "Personal Plan for Change."

A Seed of Change

"I was on my way to court one morning and a guy stopped me on the street. He asked me if I remembered him and I said yes he was in community court. He said he was mad at me because I had gotten in his head. He said he use to be able to just do whatever he wanted and didn't care about the consequences. Now every time he would get ready to do something wrong he would picture me asking him something like "are you sure this is what you want to do?" or "do you think this is the best thing for you to do?" or "don't you want more out of life?" We laughed about how he didn't realize how significant the court was until after he had completed the program. He told me he was different and it was my fault. I told him change was always hard at first but if he stuck with it he could stop doing wrong altogether. He laughed at the idea but thanked me. I wished him luck and have never seen him again." **-Tuere Sala, Community Court Prosecutor**



Rules for the Workshop:

- **Everyone will participate**
- **No cell phones**
- **Use the bathroom as needed**
- **Be respectful of others**
- **No leaving class early**

Who is here?





MY LIFE MAP:

Start on the year you were born and draw a line to show how you remember your life. Make your line go up for times when things were going well and down when things were not going well for you:

Age



Year

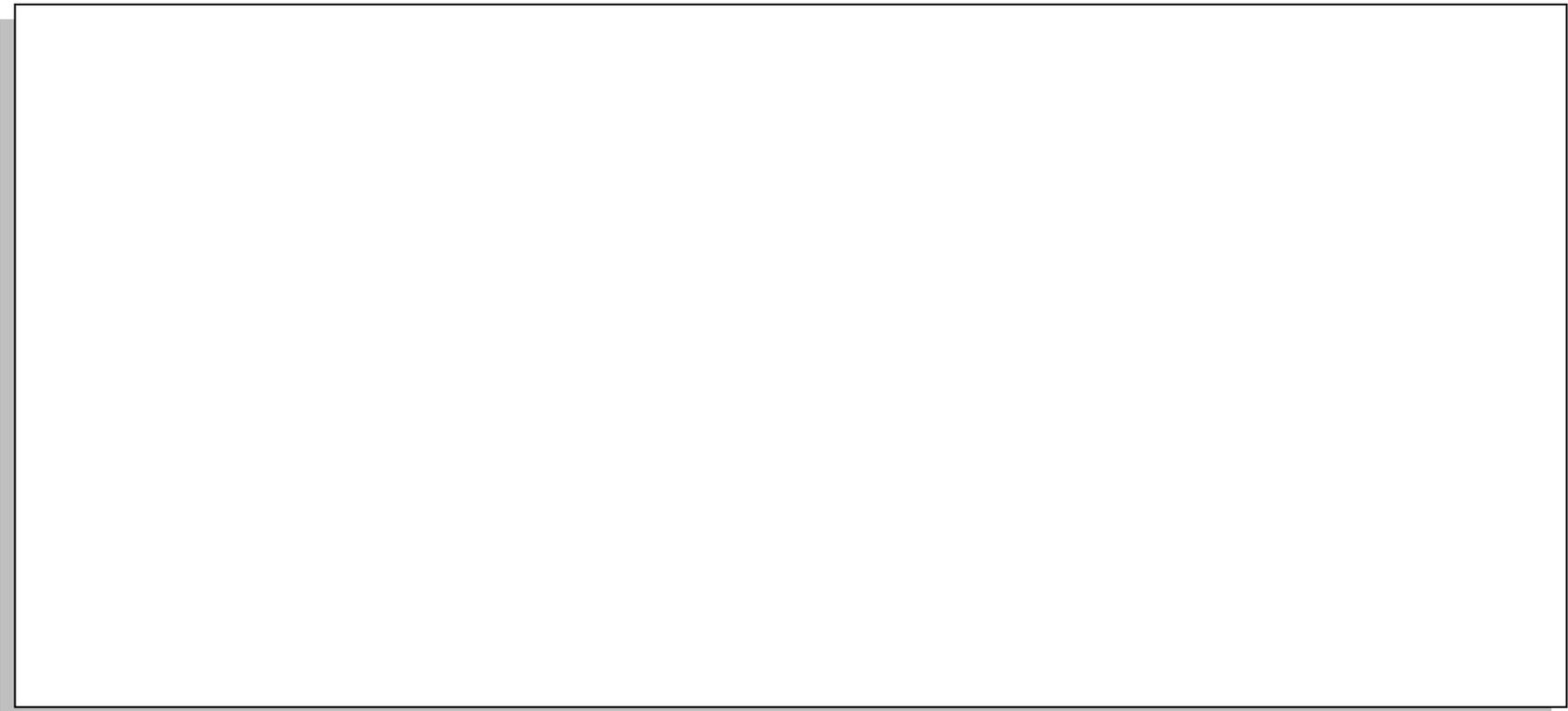


THINGS THAT HELPED ME:

Look at your Life Map:

Circle 3 times in your life when things were going well for you?

What made these times positive for you? What emotions do you associate with these times?





THINGS THAT HURT ME:

Look at your Life Map:

Put a box around 3 times in your life when things were not going well for you?

What made these times harder for you? What emotions do you associate with these times?





FACTS ABOUT THEFT:

DID YOU KNOW?

- **\$13 billion worth of merchandise stolen every year**
- **550,000 thefts per day in the USA**
- **\$2,300 of sales is needed for a store to make up for \$100 of stolen property**
- **1/3 of theft is related specifically to depression**
- **People experience a “high” when stealing and this can lead to an actual addiction to stealing**



COMMUNITY CONSEQUENCES OF THEFT:

DID YOU KNOW?

- **Higher prices for consumers to cover stores losses (Families pay an average of \$208 extra per year)**
- **Inconvenience to customers due to extra security measures**
- **Store closures and resulting job loss**
- **Loss of tax revenue – shrinks government budget for social services e.g. DSHS**
- **Increase public safety costs**



PERSONAL CONSEQUENCES OF THEFT:

DID YOU KNOW?

- **The average sentence for theft is.....**
- **The average amount of time spent waiting for court hearings and other procedures is....**
- **Felony Conviction**
- **Employment consequences – loss of ability to support yourself**
- **Loss of dignity**
- **Loss of independence**



BUILDING AWARENESS: *Why do I Steal?*

Generally people steal for the following reasons:

- ***Need***
- ***Stress***
- ***Make yourself feel better***
- ***Addiction***

Why do/did you steal?

What do you lose by stealing?

What do you gain by stealing?



Common Thinking Mistakes

Listed are harmful ways of thinking that often get us into trouble. Check the box next to the ones that you believe you use. Short notes may also be useful.

- Justifying** – “They all did it, so why can’t I?”

- Blaming** – “The principal had it out for me, that’s why I got kicked out of school.”

- Excuse Making** – “I couldn’t do my chores, because I had so much homework to do.”

- Hopovers** – “Why weren’t you home on time?” “What’s for dinner?”

- Lying**
 - Omission – “Did you go to school today?” “Yes.” (But leaving out that he/she left early.)
 - Commission – “I completed my chores.” (But really didn’t.)
 - Assent – “Yes, I will get my chores done today.” (But really has no intention of doing them.)

- 
- Victim-stance** – “These assignments are too hard for me.”
 - Anger** – “You told me I had to be here, I didn’t have to be happy about it.”
 - Puzzlement** – “I did not know you meant to take *all* the trash out.”
 - Uniqueness** – “The rules don’t apply to me.”
 - Catastrophizing** – “I have a warrant; I might as well quit my job because they will fire me anyway.”
 - Minimizing** – “It was *only* ten minutes late.”
 - Closed Channel** – “There is nothing you can tell me to make me change my mind.”
 - Vagueness** – “Where have you been?” “Out.”
 - Super-Optimism** – “I don’t have to study as I’m going to the NBA.”



TAKING CHARGE OF YOUR LIFE: *Understanding Your Thinking Process*

Imagine that you are back in time; standing in front of the item you stole.

1. Things going on in my life were...

2. I felt...

3. When I stole, I was telling myself...



4. After I stole, my life was worse because...

5. The next time I will think to myself...
(You will use this information when you develop your Plan)

6. The next time I will ...
(You will use this information when you develop your Plan)



VOICE FROM THE COMMUNITY:

Notes from the speaker

What did you hear from the speaker that may have helped them be successful?

Court Resource Center
Seattle Municipal Court, 2nd Floor, Room 235
 Hours: 8:00 AM-4:30 PM

(206) 684-9291

Sound Mental Health

Mental Health
Screening/Referral

Monday-Friday
8:00 AM-4:30 PM

Be sure to check in
at the front desk when you
arrive, and let them know
that you are there to make
**Social Service
Contacts for
Community Court**

**Employment Readiness
Classes**

Monday-Friday
Walk-in appointments available

GED Prep Classes

Monday-Friday 10:00-11:00 AM
and 2:30-3:30 PM

DSHS

Monday, Tuesday & Wednesday
8:30 – 10:30 AM

Apply for
Food Stamp, Medical &
Financial Assistance,
and ADATSA funding

Shelter/Housing Referrals

The Court Resource Center
can provide you with emergency
and long-term housing resources.
Please inquire at the front desk.

**Call 211 to access
information for support
with Emergency Services.**

Court Resource Center Staff

available daily to assist you
with meeting your court-ordered
Social Service Contacts such as:

**Employment, Literacy
DV Victim Info, and any other social
service referrals you may need.**



RESOURCES TO HELP ME MAKE A CHANGE

What help can I get from DSHS?

How do I find work/get a job if I have a record?

What do I do if I want more education/training?

What do I do if I need food or housing NOW?



WAYS TO STAY ON TRACK:

- **Be honest with yourself**
- **Believe in yourself**
- **Find and develop a social support network**

- _____
- _____
- _____



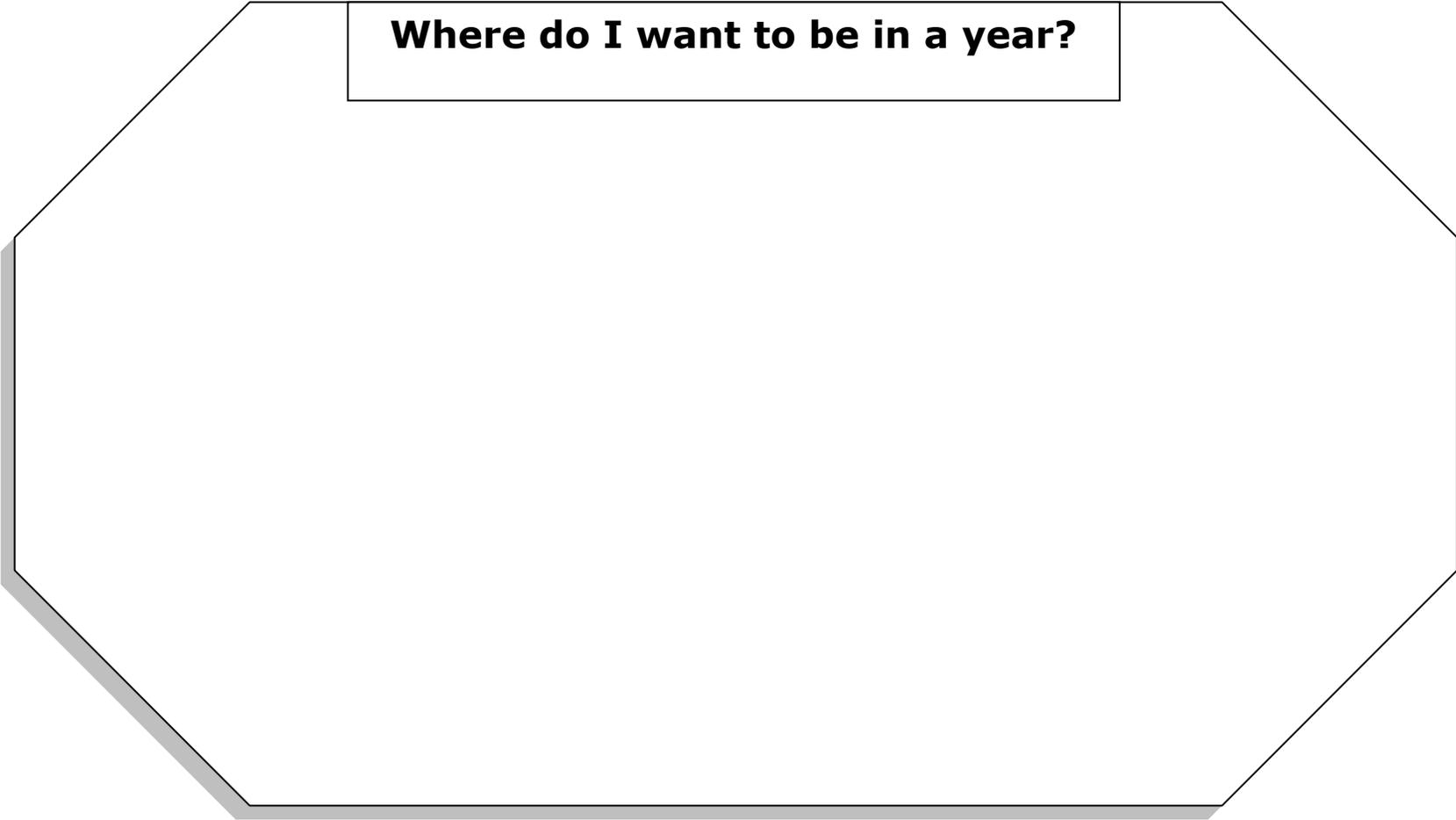
MY PERSONAL PLAN FOR CHANGE: *Step One*

Record the life tools you've used in the past?

Record the life tools you would like to develop?



DEVELOPING MY PERSONAL PLAN FOR CHANGE: *Step Two*



Where do I want to be in a year?



Identifying Obstacles: *Step Three*

What might get in the way of my goals?

What can I do to overcome these obstacles?

MY PERSONAL PLAN FOR CHANGE: Step Four

I want to make a change in the area of _____

If I make this change what will happen for me? _____

Who do I need to help me? _____

First I will _____

***My Commitment to me _____**

****This will be included on the last page of your booklet***

EVALUATION OF WORKSHOP

Circle the rating you would give for the following questions:

1. I know why I steal.

1 2 3 4 5

Not at all A Little Bit Somewhat A Lot A great deal

2. I know how theft affects me and my life.

1 2 3 4 5

Not at all A Little Bit Somewhat A Lot A great deal

3. This workshop gave me information to help me change my behavior.

1 2 3 4 5

Not at all A Little Bit Somewhat A Lot A great deal

4. I have a plan for how to change my life to be more successful.

1 _____ **2** _____ **3** _____ **4** _____ **5** _____
Not at all **A Little Bit** **Somewhat** **A Lot** **A great deal**

My Commitment:

Signature _____ Print Name _____ Date _____

Comments:
