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Nota di contenuto	Cover; Contents; Handout: Introduction to the Manual; Phase 1 - Material; Handout: Introduction to Phase 1; Handout: Learning Control; Exercise: Is Offending Really So Great?; Exercise: Gains and Losses of Reoffending for You; Handout and Exercise: Does it "Just Happen"?; Handout: Cycles of Behavior; Handout: Sex Offending Cycles; Exercise: Your Feelings, Thoughts, and Behaviors Prior to Offending; Exercise: Reminder Card: Your Feelings, Thoughts, and Behaviors Prior to Offending; Exercise: Spot Your Own Pro-Offending Thinking Errors; Exercise: Thinking Errors Prior to Offending Exercise: Thinking Errors in Fantasy about Sexual Abuse Exercise: Reminder Card: Your Pro-Offending Thinking Errors; Handout: Knowing Your Own Sex Offending Cycle; Exercise: Knowing Your Own Sex Offending Cycle; Handout: Making "Breaking the Cycle" Self-Awareness Tapes for Relapse Prevention; Handout: Personal Monitoring and Support Networks; Exercise: My Support Network; Phase 2 - Material; Handout: Introduction to Phase 2; Section A: Your Cycle and Your Routes to Relapse; Exercise: Alert List for Cycle; Handout and Exercise: Lapse and Relapse; Exercise: Recognizing Lapses Exercise: Coping with Lapse Handout: Routes to Relapse; Exercise: Personal Routes to Relapse; Exercise: Planning to Avoid Lapse; Handout: Self-Monitoring and Self-Awareness; Exercise: Urge to Lapse Monitoring Sheet; Exercise: Lapse Monitoring Sheet; Exercise: Personal

Contracts to Deal with Lapse; Section B: Preventing and Dealing with Risky Moods; Handout: The Risky Mood Relapse Process: At-a-Glance Guide; Handout: Effective Coping Strategies for Dealing with the Risky Mood Relapse Process; Exercise: Personal Coping Strategies for Dealing with the Risky Mood Relapse Process
Handout: Changing Your Lifestyle Exercise: What I Want from My Offense-Free Lifestyle; Exercise: Something New to Do; Exercise: Keeping a Diary; Handout and Exercise: Stress Reduction Techniques; Handout: Changing Your Thoughts and Feelings; Exercise: Thoughts and Feelings Diary; Exercise: Self-Fulfilling Prophecies; Exercise: Challenging Automatic Negative Thoughts; Exercise: Finding the Source of Your Thinking; Exercise: Predictions versus Outcomes; Exercise: Feeling Better by Seeing Yourself Succeeding; Handout: Reading List for Feeling Good
Section C: Your Personal Relapse Prevention Collection: Keeping out/Breaking out of Your Cycle Exercise: Relapse Prevention Plan; Exercise: Reminder Card: Maintaining an Offense-Free Lifestyle; Exercise: How to Keep out of Your Cycle; Exercise: On the Edge of the Cycle: Reminder Cue Cards; Exercise: How to Break out of Your Cycle; Exercise: Breaking out of the Cycle: Reminder Cue Cards; Exercise: Last Ditch; Exercise: Last Ditch: Reminder Cue Cards; Handout and Exercise: Building up Your Relapse Prevention Collection; Exercise: Reminder Card: Putting it All Together
Exercise: Personal Monitoring Network: Telephone Numbers

Sommario/riassunto

This user-friendly, step-by-step manual focuses on the notion of control and taking responsibility for one's actions rather than on 'cure'. 'Maintaining Change' addresses the thinking, feeling and behaviour patterns of child sex abuse perpetrators.
