

## CRIMINAL THINKING PATTERNS

**Instructions:** For each of the following criminal thinking patterns write a one paragraph explanation on how each relates to you and the crime you committed.

1. **Entitlement** – If I want it, I need it. I should get everything I want. I deserve as much as someone who has perhaps worked harder than me. People owe me. The world owes me; I have to get my piece before you get yours. I deserve more than others. I deserve things for nothing. The world should suit me, not me suit the world. Things should be my way.
2. **Super-Optimism** – I think that things are a certain way so it must be this way. I can do anything; I won't get caught because I am not like others. I have not got caught after doing many crimes, I am smarter than last time I attempted the crime. I will do it different this time. I don't need treatment anymore; I know what is best for me. I know enough to be done with treatment.
3. **Mollification** – Downplaying the seriousness of a criminal or irresponsible behavior. Blaming, Justifying poor choices, excuse making. Being vague about the specifics of one's actions. Claiming it is okay because others do it or have done worse. Minimizing the effects of the behavior.
4. **Sentimentality** – I am a good person. I have only been in trouble a few times; I love my children and family. I will do great harm to others who victimize my family, claiming to be sentimental toward family, elders, animals, or children while committing criminal acts. Doing good deeds to cover up or justify poor decisions.
5. **Victim Stance** – Poor me. I am a victim of the "System", I was snitched on. I am a victim if I don't get what is coming to me. I am being picked on when others hold me accountable or give me consequences. Avoiding the fact that I am a perpetrator and not a victim. Failing to recognize or acknowledge the true victim of my actions.
6. **Cutoff** – Thinking "Forget It", "F... It", "Who Cares". It's in the past, I can't do anything about it now, and I don't dwell on the past. I forgot. I don't know, I don't remember, eliminating feeling or thoughts through substance use or further acting out. Eliminating feelings by covering them with anger or range due victim stance.
7. **Justifying/Excuse Making** – Criminals make excuses for anything and everything when held accountable for violating rules, laws, and others' basic rights. Criminals state and believe they acted out because of a "Very Good" reason other than the fact that they simply acted out of a lack of empathy or selfishness. When criminals make excuses, they are justifying what they did to make it okay in their mind. This sets them up to be able to do it again.

This completed assignment is due on or before \_\_\_\_\_. You can turn it in person or mail it to the following address:

**Polk County Juvenile Department  
820 SW Church Street, Suite 101  
Dallas, OR 97338**