



How Did I Get This Problem?: Social Responsibility Therapy: Understanding Harmful Behavior Workbook 1 (Paperback)

By James M Yokley Ph D

Social Solutions Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This Social Responsibility Therapy workbook was designed to help individuals who are struggling with harmful behaviors such as problem eating, drinking, drugs and physical or sexual aggression. The focus is on understanding, How did I get this problem? and beginning to do something about it. No one plans a problem. No one got up one morning and said, It s raining outside, I think I ll stay inside and start developing a harmful behavior pattern. In reality, the problem developed over time in three areas; behavior acquisition, behavior maintenance and behavior generalization. In other words, there were risk factors that got it started, a cycle that kept it going and an anatomy of factors that allowed it to spread to other life areas or bounce back and forth between problems. In Social Responsibility Therapy, this is referred to as The Problem Development Triad and is addressed in three harmful behavior workbooks. This workbook focuses on The Risk Factor Chain that led to harmful behaviors. Since positive lifestyle change involves positive lifestyle actions, healthy behavior success skills are provided to help...



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