

## **Negative Thinking Patterns that Contribute to Delinquency, Substance Abuse and Early Sexual Activity.**

- Delinquent behaviors are based in negative thinking patterns.
- Most substance abuse and early sexual activity includes delinquency and the thinking patterns that go with it.
- These patterns are also called cognitive distortions, rationalizations, minimizing and thinking errors.
- Common negative thought patterns that are associated with delinquency, substance abuse and early sexual activity are, but not limited to:
  - ⇒ “It’s not my fault! Someone is out to get me.” (victim stance)
  - ⇒ “I want what I want when I want it, and I will do whatever to get it.” (power thrust)
  - ⇒ “I didn’t do it.” (lying, denial)
  - ⇒ “I don’t want to hear what you have to say, I am right.” (closed channel of communication)
  - ⇒ “I don’t feel like doing it” (lack of energy)
- Challenging these patterns can be frustrating and time consuming. The ultimate goal is to get the adolescent to take responsibility for their actions (ownership).