



Criminal & Addictive Thinking Part II

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General Background of Criminal Thinking

Samuel Yochelson and Stanton Samenow are the originators of the Criminal Thinking approach to change.

- Samuel Yochelson began his exploration into the criminal mind in 1961 at Saint Elizabeth's Hospital in Washington, D.C.
- Joined in 1970 by Stanton E. Samenow a recent graduate student lured into the world of research by Yochelson
- This sixteen year research study would prove to be the longest, in-depth clinical research-treatment study of offenders that has been conducted in North America

General Background of Criminal Thinking

The Result: The Criminal Personality Theory and publication of three books;

- Criminal Personality – A Profile for Change (1971)
- The Criminal Personality: The Change Process (1977)
- The Criminal Personality: The Drug User (1986)

Criminal & Addictive Thinking Are Linked

Criminal Thinking Patterns

- closed channel thinking
- victim stance
- “good person” stance
- “unique person” stance
- fear of exposure
- lack-of-time perspective
- selective effort
- use of power to control
- seek excitement first
- ownership stance

Addictive Thinking Patterns

- closed channel thinking
- self-pity stance
- “good person” stance
- “unique person” stance
- fear of exposure
- lack-of-time perspective
- selective effort
- use of deceit to control
- seek pleasure first
- ownership stance

1. Closed Channel Thinking

- **Not Receptive**
- **Not Self Critical**
- **No Disclosure**



- Good at pointing out, giving feedback on faults of others
- Lies by omission

2. Victim Stance (Self pity)

- **Views self as victim (the criminal will even blame social conditions “I live in the ghetto, what do you expect”)**
- **Blames others (“the cops just keep messing with me”)**



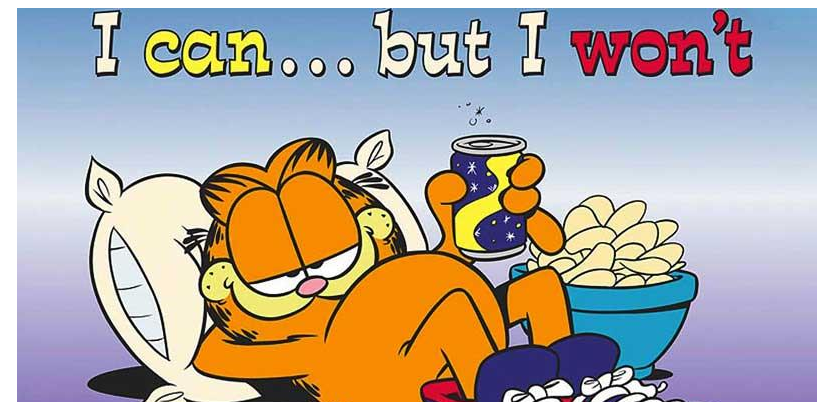
3. Views Self As A Good Person

- Focuses only on his/her positive attributes
- Fails to acknowledge his/her destructive behavior
- Builds self up at others expense



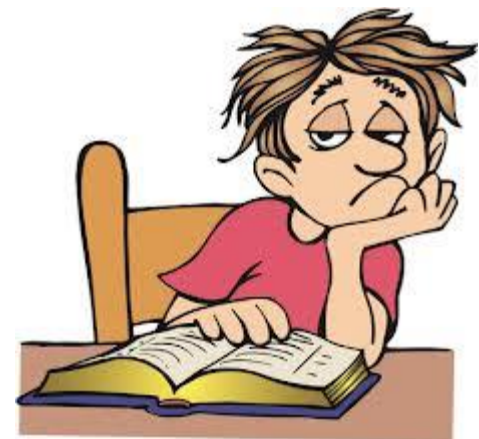
4. Lack Of Effort / Selective Effort

- Unwilling to do anything he/she finds boring or disagreeable
- "I can't" meaning "I won't"
- Doing only the minimum to get by



5. Lack Of Interest In Responsible Performance (Seeks Excitement or Pleasure)

- **Responsible living viewed as unexciting and unsatisfying**
- **No sense of obligation**
- **Will respond only if he/she nets an immediate payoff**



6. Lack Of Time Perspective

- **Does not use past as a learning tool**
- **Expects others to act immediately on his/her/demands**
- **Decisions on assumptions, not facts**



7. Fear Of Fear

- Irrational fears (many) but refuses to admit them
- Fundamental fear of injury or death
- Profound fear of put down
- When held accountable experiences "zero state" feels worthless



8. Power Thrust

- **Compelling need to be in control of every situation**
- **Uses manipulation and deceit**
- **Refuses to be dependant unless he/she can take advantage of the situation**



9. Uniqueness

- **Different and better than others**
- **Expects of others that which he/she fails to meet**
- **Super-Optimism - cuts fear of failure**
- **Quits at the first sign of failure**



10. Ownership Attitude

- **Perceives all things and people as objects to possess**
- **No concept of ownership, rights of others**
- **Sex for power and control - not intimacy**
- **Use drugs/money as a means of controlling people**



They Are Linked, But Wait....

- There are six (6) thinking errors that are identical in both the criminal and addictive thinking patterns.
- The **good person, unique person, fear of exposure, selective effort, lack of time perspective, and ownership** thinking patterns are “self views” or perceptions of one’s situation.
- They all have powerful influences on how these individuals make decisions or take action.
- But, there is one thinking pattern that trumps them all and often not apparent until after the action is taken.

Lack-of-time perspective

“Hindsight is 20-20”



**“It’s better to stay
out of trouble,
than to get out of
trouble”**

Lack of Time Perspective characteristics

- 1. You do not learn from past experiences or plan for the future.**
- 2. You see behaviors as isolated events.**
- 3. Your philosophy is “I want it, and I want it now.”**
- 4. You expect to be a big success with little or no effort.**
- 5. You make choices based on what you *want* to be true, rather than what *is* true.**

When you adopt this addictive thinking pattern, getting high is the *most* important thing in your life; you live only in the present when you are high and only in the near future (“How can I get more soon?”) when you are not high.

Lack-of-time perspective in addictive thinking helps you do that.



When you adopt this criminal thinking pattern, getting what you want is the *most* important thing in your life; you live only in the present and do not consider the consequences (“I want what I want and right now!”).

Lack-of-time perspective in criminal thinking helps you do that.



How do you know?

- *“I didn’t break any rules, but I know I’m going to be revoked”*
- *“I don’t know, it just happened”*
- *“I’ve got plenty of time”*

Poll Question

- **How many have heard of Dr. Stephen Covey?**

Seven Habits of Highly Effective People

Failing to learn from experience is one of the key components of the thinking error, Lack of Time Perspective. If we repeatedly fail to learn from experience we will continually spend our time in 'quadrant one' of Stephen Covey's time management matrix

Urgent

Not Urgent

Important

Q1 Emergencies, crisis, deadlines.

- Running from the law
- Not meeting obligations
- Missed appt. with PO

Q2 Reading something about recovery, relapse prevention, or making amends.

Not Important

Q3 needing to have a cigarette, interruptions from a child, etc.

Q4 day dreaming, random web surfing, play video games.

- **A crisis oriented person will spend most of their time in quadrants one and three (Urgent & Important).**
- **A person not actively pursuing goals or changing distorted thinking patterns can spend a significant amount of time in quadrant four doing many mindless things (Not Urgent & Not Important).**
- **A person actively attempting to change the bad habits and errors in their thinking will purposely make time for activities that are very important, but not necessarily urgent (Quadrant Two).**

Q2 example – Going to support meetings

*Quadrant two is the heart of
recovery and thinking change!*



Learned from
mistakes



For the ex-offender it is critical that they develop a clear sense of time perspective so they don't repeat the same pattern of thinking and behavior that contributed to their incarceration and victimization of others.

So how does that work?
What could I do to start?



Urgent

Not Urgent

Important

Q1 Emergencies, crisis, deadlines.

Q2 Reading something about recovery, relapse prevention, going to meetings, volunteering, etc.

•Not meeting obligations

60%

10%

Not Important

Q3 needing to have a cigarette, interruptions from a child, etc.

Q4 day dreaming, random web surfing, play video games.

20%

30%

Criminal & Addictive Thinking

- A natural deterrent to lack of time perspective is goal orientation.
- Developing goals in various areas of our lives will help us combat lack of time perspective.
- Developing a goal in a single area will often help turn the tide and create a ripple effect of other positive actions.

For example, instead of setting a goal of getting a job, staying sober and paying off all fines, it would be better to set smaller step objectives to achieve those goals.

Criminal & Addictive Thinking

For the job goal, identify smaller steps that will help result in getting a job. Example

1. Meet with a career counselor, probation agent and/or mentor to identify strengths, weaknesses, potential contacts, job goals, references, etc.
2. Create a resume
3. Identify 5 primary sources for locating jobs
4. Send out 5 resumes and/or make 5 inquiries a week
5. Find out about 2 volunteer opportunities that would help me in my chosen field
6. Ask a friend for an introduction to someone who can tell me about jobs in a given field.

Goals need to be SMART

S = specific

M = measurable

A = action-oriented

R = realistic

T = time-bound

- Criminal and Addictive Thinking share six identical stances or “self views” (perceptions).
- “Lack of time perspective” prevents learning from mistakes or planning for the future.
- Unless a person can overcome this thinking error, they will remain in crisis and likely repeat behaviors.
- A natural deterrent to this thinking error is goal orientation (SMART).
- The ideal place to be is working on “what’s important but not urgent” because you have a plan.

Resources

- **National Institute of Corrections**
 - <http://nicic.gov/>
 - Thinking for a Change (T4C)
- **Criminal Thinking Therapy**
 - <http://www.criminalthinking.net>
 - Brian Loebig

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