

BITS Tools Usage Guide

BITS Tool	Use When...	Likely Criminogenic Need
Problem Solving	You have observed a situation in which an offender made decisions that were harmful and could have benefited from a more thoughtful process of analyzing options before acting	Antisocial personality/ temperament
Thinking Traps	You see a pattern of harmful decisions that can be linked to one or more harmful world views and/or you want to establish a case management approach that builds on a cognitive behavioral foundation	Antisocial cognition (attitudes & beliefs)
Overcoming Thinking Traps	You suspect that the offender had an automatic destructive thought–feeling –action pattern that could be replaced with more prosocial thoughts–feelings–actions	Antisocial cognition (thoughts & beliefs) Attitudes personality/ temperament
Who I Spend Time With	You are aware that peers are influencing the offender negatively and you believe the offender could benefit from examining whether these relationships are helpful or harmful	Antisocial associates
Making a Decision	You see the offender is ambivalent about wanting to change and could benefit from examining the pros and cons of changing	Any of the eight needs
Overcoming Automatic Responses	You are working with the offender around preventing relapse to previous, destructive patterns of thinking and behaving	Any of the eight needs