



Judicial Bench Card

General Questions

- 1** What types of things did you do or can you do to help maintain sobriety?
- 2** What reconnections or new activities have you built into your life?
- 3** What are some of the community supports you can access?
- 4** What challenges did you face, and how did you handle them?



Other Questions

- 1 What did you do this week to stay sober?
- 2 Describe one of the most important reasons for you to be more honest.
- 3 What does responsibility mean to you?
- 4 What past hobbies or activities are you looking forward to getting re-involved in?
- 5 What are some things in your work or school that are getting in the way of your change efforts?
- 6 What can you tell me about your community that helps support your long-term recovery goals?
- 7 What types of services or resources have you identified that may become a part of meeting other needs that you may have?
- 8 What are your short-/long-term recovery goals, and how are they meaningful in recovery?



Final Phase of the Program Questions

- 1** Who will you use for support once you finish this program?
- 2** If you find yourself suddenly wanting to get high, what do you do about that?
- 3** What's going to be your biggest challenge after you finish this program? After the participant responds, follow up with:
What are you doing now to prepare to meet that challenge?



Relapse Prevention

- 1 What are your main relapse triggers?
- 2 Who are your main relapse risks? Who do you need to avoid?
- 3 What are you doing to manage your triggers?
- 4 Do you have a relapse prevention plan? What is it?
- 5 Do you have a plan for what you'll say to your old using friends/relatives?



Motivational Interviewing / Motivational Enhancement Therapy

- 1** What stage of change are you in?
What does that mean for you?
- 2** What are the motivators for you not to use and to change your life?
- 3** What are the things that might motivate you to use again?
- 4** What changed that helped you move to a different stage?
- 5** What are the benefits for you if you don't use?
- 6** How can treatment court help you with your motivation?



Cognitive Behavioral Therapy

- 1** Can you describe what you are working on in your counseling sessions?
- 2** CBT is about changing your thinking. Can you describe how your thinking has caused problems for you?
- 3** What things have you learned to help change your thinking errors?



Seeking Safety/Trauma Approaches

DON'T ASK WHAT THE SPECIFIC TRAUMA IS

- 1** How have traumas that you have experienced been triggers for use for you?
- 2** Do you have problems dealing with stress?
What helps?
- 3** What things can you do to deal with feelings that your trauma brings up?

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