



Shoplifting and Theft Awareness Classroom Workbook



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Introduction

Welcome to Shoplifting and Theft Awareness Class. This class is not designed to attack you. It is designed to help you. Our goal is to deliver information that will help you prevent future episodes of theft and shoplifting.

Objectives

- ✓ Understand why you shoplift and steal.
- ✓ Prevent, reduce, and eliminate shoplifting and theft behavior.
- ✓ Help you manage and control your responses to anger and depression.
- ✓ Assist in changing your perceptions, values, thought management, and conditioning.
- ✓ Help improve your self-esteem and personal/professional development.
- ✓ Promote self-awareness, preventative strategies, and social skills.

Shoplifting and Theft

Shoplifting is the crime of taking goods from a store without payment or intent to pay. Theft is a taking of another person's property without that person's permission or consent with the intent to deprive the rightful owner of it.

Shoplifting and Theft Assessment

1. Describe your last shoplifting or theft experience.
2. Why did you do it?
3. Did you get caught? Y or N
4. How did it make you feel afterward? (Put X by any that apply)
Guilty Rush or High Numb Neutral Proud Sly
Intelligent Deceptive Energized Fearful Sneaky Nervous
Thrilled Happy Capable Excited Ashamed Remorseful

Other(s): _____
5. How were you feeling prior to the incident?
6. Was this your first-time shoplifting or stealing?
7. Was this your first time getting caught? If not, how many times have you been caught?
8. How old were you when you first started shoplifting/stealing?
9. Describe your very first shoplifting/theft experience?
10. Why did you do it?

11. Are you able to stop shoplifting or stealing if you want? Y or N
12. Have you ever tried to stop shoplifting or engaging in other acts of theft? If so, how many times and how long did each period last?
13. Do you steal because you need the item(s) or you want the item(s)?
14. Would you say stealing is a habit or addiction? Y or N
15. What rewards do you get from shoplifting or stealing?
16. How would you rank your self-esteem? (Put an X by your choice)
1 = Poor, 2 = Fair, 3 = Good, 4 = Very Good, 5 = Excellent
17. Does shoplifting or stealing help relieve any of the following? (Put an X by any that apply)

Anxiety	Depression	Frustration
Feelings of Deprivation	Anger	Boredom
18. Do you sometimes feel like you need or deserve a reward or a gift to lift your spirits? Y or N
19. Do you sometimes feel anxiety over your financial situation? Y or N
20. Does stealing make you feel in control? Y or N
21. Do you feel you give a lot to others but get nothing in return? Y or N
22. Do you know anyone else who shoplifts or commits acts of theft? Y or N
23. Do you feel like the pull to shoplift or steal is too strong to resist? Why or why not?
24. Do you see your shoplifting or stealing as a problem? Why or why not?
25. Are you experiencing any stressful life circumstances? Y or N
If yes, please explain

26. Would you describe yourself as any of the following? (Put an X by all that apply)

Thrill Seeking	Depressed	Anxious
Influenced by Peers	Frustrated	Angry
Poor Coping Skills	Impulsive	Competitive

27. What are the odds that you will shoplift or steal again?
(Put an X behind your choice)

1 = Will not happen
2 = Might happen
3 = Likely to happen
4 = Very likely to happen
5 = Sure to happen

28. How important is it to you to stop shoplifting or committing acts of theft? (Put an X behind your choice)

1 = Unimportant
2 = Slightly important
3 = Important
4 = Very important
5 = Critical I

Penalties of Shoplifting and Theft

- ✓ Public humiliation
- ✓ Loss of time
- ✓ Loss of respect
- ✓ Loss of relationships
- ✓ Added stress
- ✓ Probation
- ✓ Community Service
- ✓ Loss of freedom
- ✓ Loss of money
- ✓ Lost opportunities
- ✓ Loss of professional licenses
- ✓ Expulsion from school
- ✓ Diminished reputation
- ✓ Loss of property
- ✓ Criminal record
- ✓ Court fees, fines, etc.
- ✓ Employment loss
- ✓ Loss of citizenship/residency
- ✓ Embarrassment
- ✓ Guilt
- ✓ Trauma
- ✓ Mugshots posted online
- ✓ Arrest

Financial Consequences

Fines \$ _____
Income lost from not working \$ _____
Legal Fees (Probation/Court/Lawyer) \$ _____
Evaluation \$ _____
Shoplifting/Theft Classes \$ _____
Childcare \$ _____
Gas \$ _____
Food bought while taking classes \$ _____
Loss of wages \$ _____
Repair bills or restitution \$ _____

TOTAL MONEY LOST \$ _____

Hours in court _____
Hours in probation _____
Hours doing community service _____
Hours in jail _____
Hours in class _____

Other hours lost _____

TOTAL TIME LOST _____

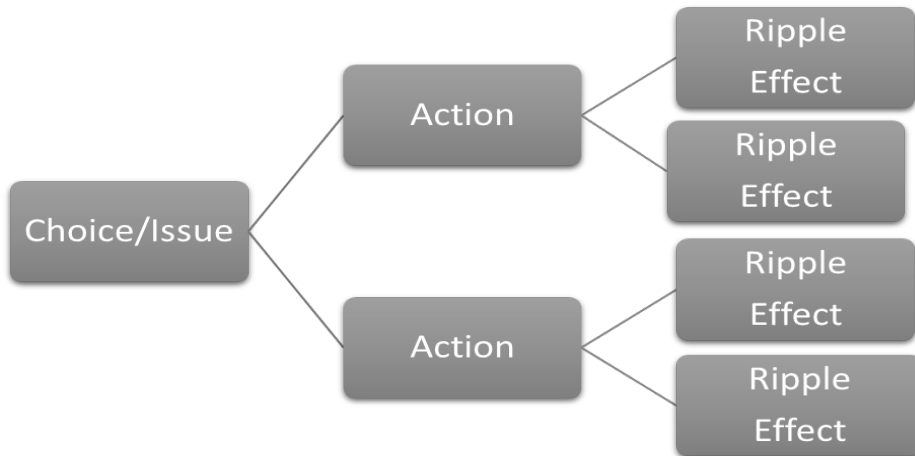
TIME x HOURLY WAGE = VALUE OF TIME LOST

_____ X \$ _____ = \$ _____

Decision Tree

In life, we are required to make a lot of decisions, both big and small. Each choice we make will have a ripple effect on many different aspects of our life that we may have failed to consider. This is why it is very important to evaluate our choices in order to create the best possible outcomes.

Creating a decision tree helps you see the possible ripple effects of your choices.



Create your own decision tree and write down the ripple effects of committing acts of theft.

Sample Decision Tree



Develop a Plan

If you want to be successful in life or recovery, you are going to need to develop a plan. Know what steps you will need to take to get to your goal. Even if you don't write them down, at least know what your plans are. Set deadlines and be actively in pursuit of benchmarks. Check your progress, make adjustments and seek advice to make sure that you are on the right path.

Get organized. Know where everything is. There is nothing worse than scrambling and searching for information when you need it the most. It creates panic and confusion. This can lead to mistakes and wasted time.

One time I had to go dumpster diving because I inadvertently threw away my passport while I was searching for documents in a crisis situation. I ended up frustrated and stressed out. To make things worse, I was anointed with dumpster juice for my lack of organization and preparation. This will never happen again.

I believe that we, as humans, are the most comfortable when we are stable. Most of us find comfort in knowing what is going to happen in the future. Stability gives us a sense of security.

Many children who are moved around from home to home and school to school are known to have behavioral issues. Why is this? They desire stability. Defense mechanisms develop due to fear and emotional instability. Losing friends and leaving a familiar place to move to a strange new environment can be stressful and very scary.

So how do we overcome this sense of instability? We get organized. We bring stability into our lives by developing a schedule and creating a daily regimen. We develop discipline by following our regimen and find comfort in knowing what we are supposed to do and what to expect next. Some of the greatest athletes, military leaders and businessmen of all time were known to follow a regimen. If it helped them, it can help you.

We are groomed to follow a schedule. Most of us have followed a schedule from Kindergarten through the 12th grade. We follow schedules at work, at school and in the military. Prisoners even follow schedules. A schedule gives us structure and stability. We know what to expect and we are mentally prepared for it.

After high school some people begin to experience troubles because they are no longer following a schedule. Some would say that they have lost their structure and discipline. Maybe this is why some people go into the military. They may want to improve their personal development by entering a structured program that provides discipline while they are proudly serving their country.

Throughout life, you have to realize that you are going to have to jump through some hoops to get where you want to be. This journey will not be easy. People and situations are going to try to stop you from reaching your goal. This is where wisdom and

preparation come into play. Always have a backup plan for every scenario. We call this a Relapse Prevention Plan.

Create a desired response or action for every challenging scenario that you may face. The goal is to prevent yourself from going back to your previous undesired behaviors. The prevention plan keeps you on track.

For example, let's say you are trying to sell someone some cookies and they tell you, "I am not interested in buying cookies." Your prevention plan for this response could be to keep a smile on your face and say, "Not a problem, here are some free samples and some coupons just in case you decide to change your mind. Have a good day." And move on to the next person. Having planned responses or actions for different scenarios puts you at an advantage mentally. Rejection becomes more tolerable the more you practice dealing with it. In addition it makes you look powerful when you approach a person without fear and handle rejection well. It gives off the impression that you are confident and have a million options.

Don't go back to your old behaviors or lose your vision or confidence because you get rejected. It happens, and it's a part of life. Remember, rejection can sometimes be a test. People will test you to see how you react to certain situations.

Customer service is a dying art. I appreciate excellent customer service and so do other people. If they see you get an attitude after they turn you down, they will never buy from you in the future. Money is precious these days and no one will want to give their hard-earned money to someone with an attitude problem. This means that you were being phony in the first place.

Small accomplishments build confidence. The more you accomplish, the more confident you become. The more experience you have, the more confident you become. Experience combined with accomplishments builds confidence.

Cravings

Cravings can start from a bad feeling that you want to escape. Anxiety builds and the desire to steal grows. Urges grow and there is a desire to release the anxiety to feel better. Stealing becomes compulsive because it feels good and can satisfy emotional needs and serve as immediate gratification. Here are the phases that one might go through when being tempted to steal.

Phase 1 – Depression, anxiety, stress, anger, grief, etc.

Phase 2 – Desire to release the bad feeling

Phase 3 – Fantasizing about stealing or the emotional lift it may give

Phase 4 – The urge to steal grows

Phase 5 – Rationalizing theft behavior

Phase 6 – Planning to steal

Phase 7 – Committing an act of theft or shoplifting

We want you to take control of your behavior in the early phases before your urges are too strong.

Avoiding Triggers

You may have heard some people that are in recovery say “be smart, not strong.” This implies that we can avoid returning to negative behavior patterns by using better judgment. If we are smart, we do not have to be strong. Certain people, places, or things can trigger negative behavior patterns or relapse. By placing yourself in these situations, it will require you to be strong. Many of us think we are strong, but we are really not. Choose to be smart and avoid your triggers.

In the boxes below, please list the people, places, and things that you need to avoid.

People

Places

Things

What items do you need you need to stop taking to stores with you?

Examples: Big purses, baggy clothes, umbrellas, shoplifting tools, strollers, etc.

Mindset Maintenance

- ✓ Know your triggers and stay away from them.
- ✓ Find alternate ways to cope.
- ✓ Go to counseling for un-resolved issues like grief, depression, anger, anxiety, domestic violence, substance use, or a gambling or sex addiction.
- ✓ Engage in activities that improve your mood (manage your emotions).
- ✓ Do positive things that you used to enjoy that you don't do now (nostalgia, music, hobbies, old television shows).
- ✓ Try something new and gain exposure to exciting things that interest you.
- ✓ Resolve personal issues with family, friends and coworkers.
- ✓ Be assertive and do not be afraid to tell people "no."
- ✓ Be aware and adjust your behavior patterns.
- ✓ Stay away from negative influences.
- ✓ Develop an action plan to improve emotionally, physically, and financially.
- ✓ Understand the long-term consequences of your actions and how it will affect you personally, professionally, and emotionally.
- ✓ Practice delayed gratification.
- ✓ Create a budget for yourself and only buy what you need and save for the future.
- ✓ When you have the urge to engage in negative behaviors, know that you have a choice. You are not on auto-pilot and you can control your behavior.
- ✓ Go to school and improve your marketability by earning a degree, trade, or license in a specialized field. Work on professional goals.
- ✓ Exercise regularly and try to get sunlight as much as possible to increase endorphins.
- ✓ Do positive things and engage in legal experiences that make you happy.
- ✓ Develop a relapse prevention plan. Pre-plan on how you are going to respond to stress, anxiety, failure, and mistakes in a positive manner that lead to long-term success.
- ✓ Get spiritual guidance.

Accountability Partners

Sometimes we need assistance in being accountable for our action or inaction. Accountability partners can help us stay on track with our goals by checking our progress. They tell us what we need to hear, not what we want to hear. Accountability partners tell us the truth and are not enablers. They are invested in our long-term success. They can be friends, family members, or co-workers.

Write down the qualities of a great accountability partner.

Do you feel it is important for someone to hold you accountable?

Write down names of potential accountability partners who you trust to hold you accountable. Be careful in who you choose. Everyone is not meant to be an accountability partner. The person you choose may have great qualities, but may not be great in holding people accountable.

Gratitude

We sometimes forget about our blessings and take them for granted. It is important to appreciate the things that we have. When you think about complaining always remember that things can be worse. Believe it or not, there are people in this world that wish they were in your position.

List the things that you are thankful for.

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<hr/>	<hr/>
<hr/>	<hr/>

People take care of the things that they truly appreciate. For example, if someone appreciates their car, they keep their car clean and make sure that they keep up on the maintenance. Appreciation is more than saying words. It consists of feeling thankful and doing things that show that you are appreciative.

List the things that you can do to show your appreciation.

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Theft and Shoplifting Log

Week 1

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 2

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 3

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 4

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 5

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 6

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 7

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 8

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 9

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 10

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 11

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week

Week 12

Rank your desire to steal or shoplift on scale from one to ten. One being lowest and ten being highest.

1 2 3 4 5 6 7 8 9 10

Please explain your ranking for this week
