

BITS Tools Usage Guide

| BITS Tool | Use When... | Likely Key Life Area |
|---------------------------------------|---|--|
| Making a Decision | You see the person is ambivalent about wanting to change and could benefit from examining the pros and cons of changing | Any of the eight areas |
| Overcoming Automatic Responses | You are working with the person around preventing relapse to previous, destructive patterns of thinking and behaving | Any of the eight areas |
| Overcoming Thinking Traps | You suspect that the person had an automatic destructive thought–feeling–action pattern that could be replaced with more prosocial thoughts–feelings–actions | Thoughts and beliefs Coping/self-control skills |
| Problem Solving | You have observed a situation in which the person made decisions that were harmful and could have benefited from a more thoughtful process of analyzing options before acting | Coping/self-control skills |
| 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 | Thoughts and beliefs |
| Who I Spend Time With | You are aware that the person’s peers have had a negative influence, and you believe the person could benefit from examining whether these relationships are helpful or harmful | Friends |