

STEALING THERAPY WORKSHEET



What did you steal?

How often do you steal things?

What was the first thing you stole?

What are the thoughts on your mind before stealing?

What are the consequences of stealing?

References

[Grant, J. E. \(2006\). Understanding and treating kleptomania: new models and new treatments. *Israel Journal of Psychiatry and Related Sciences*, 43\(2\), 81.](#)

[Grant, J. E., & Odlaug, B. L. \(2008\). Kleptomania: clinical characteristics and treatment. *Brazilian Journal of Psychiatry*, 30, S11-S15.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.