

ADULT

Personal Responsibility

A BEHAVIORAL SCIENCE COURSE FOR OVERCOMING
FAULTY THINKING AND SELF-DEFEATING BEHAVIORS



A SELF-DIRECTED LEARNING COURSE



"Life is a choice and those who make the right choices prosper." —ACCI



ACCI Motto

If we keep on **doing** what we have been doing,
we will keep on **getting** what we have been getting.
If we want to **change** what we have been getting, we
will have to **change** what we have been doing.



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Objective

Welcome to ACCI's

PERSONAL RESPONSIBILITY LIFESKILLS COURSE

Welcome to the Personal Responsibility Lifeskills Course. This workbook is for all people who may be experiencing problems in their lives associated with faulty thinking and self-defeating behaviors — which describes almost all of us. This is a self development workbook designed to teach cognitive skills and help people live happier, more productive lives. This workbook can be used for home study or in a group setting or both.

INSTRUCTIONS

This course was designed to be completed either by self-directed learning or as a group.

SELF-DIRECTED LEARNING INSTRUCTIONS

1. If you are to complete this course as a self-directed course, we recommend that you complete it with a “coach.” Your coach can be anyone you choose who is 18 years or older. Your coach can assist by reading or discussing the material in the course.
2. Answer all the questions to the best of your ability. Most answers are based on your life experiences. It is important to discuss and answer the questions with your coach. If a question seems difficult, get some help from a teacher, or counselor.
3. Don't try to complete the entire course in one session. We suggest doing one unit at a time. We have found it beneficial not to rush through the material, but to take time to reflect on sections that are relevant to your life.
4. This course has many years of experience behind it. We are authorities on this type of program. We promise you that it will have a significant impact on your life if you will let it. Be grateful to the agency that referred you to this course.
5. To pass this course, you must answer all the questions in this course. Each course is individually checked and scored. You must score 70% or better on the test at the end of the course. If you did not pass, you will be notified. You will not know your exact score, only that you did or did not pass.
6. Print your full legal name and the name of your school on the affidavit of completion at the back of your course.
7. When you have completed everything in the course, return it to the person who assigned it or as they have instructed.

Note: Do not put off doing this course. It may take 15 or more hours to complete.

GROUP INSTRUCTIONS

If this course is to be completed in a group setting, disregard the above “Self-Directed Learning Instructions” and follow the instructions given by your instructor.

Unit 1: Beginnings

Misty stood frozen in time on her back porch. The view of the orchard and sounds of the farm animals stirring from the darkened night overwhelmed her senses. The sun rising over the green rolling hills bathed hundreds of apple trees in soft sunlight. The fresh spring air was filled with the fragrance of apple blossoms.

She could feel her heart gently beating as she breathed deeply. Her long black hair flowed over her shoulders. For the first seventeen years of her life, she had lived on the 240 acres that her grandfather had homesteaded as one of the early Washington State pioneers.

The soil was black and rich; it grew everything in abundance, and supported the Miller family through hard work and industry. Misty stood as a living example of its nurturing power, blessed with beautiful green eyes, pearly teeth, and a rosy complexion.

The sounds and smells of breakfast, and the gentle licking of her faithful dog, Skip, brought her out of her trance and into the kitchen. She caught her parents wrapped in each other's arms, kissing. Misty delighted in the love they had for each other. She was happy in the way her mother took care of herself, in her cheery disposition, and in her kindness to everyone. Misty, her older brother, and four younger sisters were cared for by those who cared for each other — the result was deep bonds of love that left the Miller children a legacy of peace and security.

For Misty, it was a time of deep reflection on her life as she would soon graduate from school and face an uncertain adult life. It was the weekend, and with her chores done, she headed for her favorite spot with Skip running ahead. Everything was lush and green. The sun had warmed the night's chill. She sat on her favorite log near the rocks over which cascaded the stream that watered the farm.

Suddenly Skip started growling. Then, hearing the words, "Here, Skip boy," he raced excitedly toward the approaching figure, jumping and licking him. Misty caught her breath, and her heart started beating more rapidly as she recognized her first and only love, Jacob. Her mind quickly went back to their last meeting, two years ago, as he kissed her good bye. It was a soft, gentle, but longing kiss that left her breathless and wanting more. Jacob had come to live with his grandparents for the summer. He was a year older, and it was instant attraction for both. Jacob was constantly in Misty's thoughts, especially as she knew he would visit in the summer, but she didn't expect him so soon.

Now he was standing in front of her, tall and handsome, his jet black hair combed back. His boyish appearance had given way to manly muscles. Misty felt like he was a powerful magnet drawing her near. His letters spoke of love. She could stand it no longer and fell into his strong arms.

Every cell in her body was heightened with excitement as their kissing turned to passion and complete joy. Ten days later, he proposed marriage and she readily accepted. Crying and kissing, they both promised their forever commitment to each other. The year was 1902. They both died in the 60's. Misty died in Jacob's arms where she had started so many years before. When Jacob passed away, he was buried by her side, together in death as they had been in life. Although poor in things of the world, they were rich in love for one another, their six children, and twenty-four grandchildren.

1. **Misty** and **Jacob** raised their children with **unconditional** love and caring. It just **flowed** from them without them thinking. It was just who they were; their **personal way of being**. What long term influence do parents have on their children?

2. The **Millers'** genuine love for each other and their children **compelled** their children to love them in turn. Their love **invoked** in their children trust, security, validation, peace, and harmony. What are some of the benefits for children raised in functional loving homes?

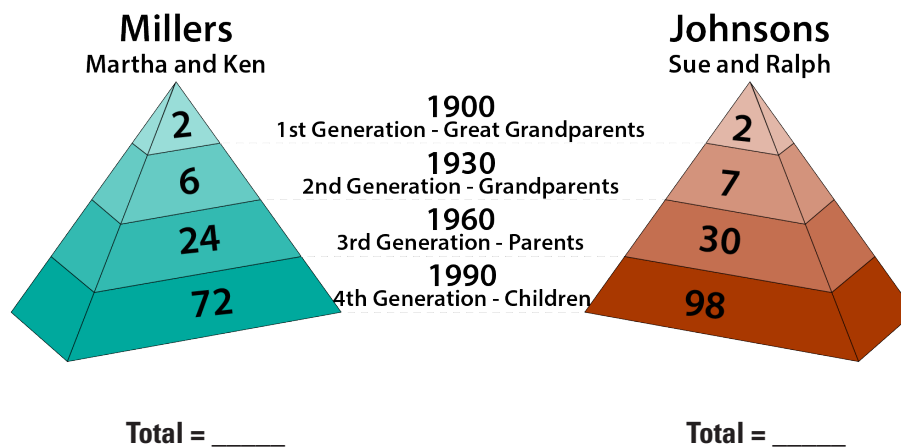


A few miles away in the same county, just the opposite was happening. Whereas Misty and Jacob were creating a positive legacy for their posterity, Ralph Johnson was creating a negative legacy for his. This legacy is still impacting society today. Ralph was raised by an abusive, alcoholic father that would hang him in the barn by the wrists and whip him, while his mother and siblings were forced to watch. When his dad died from stab wounds received in a drunken brawl, Ralph, at age 16, continued the abuse. He hated women, especially his mother for not standing up to his father and protecting him.

Ralph, at age 24, was alone and often drunk. The farm was deteriorating, and he would neglect his animals and often abuse them. He married Sue, age 16, who was running away from an abusive stepfather and poverty. Their marriage, as illustrated below, resulted in seven children, 30 grandchildren, and 98 great-grandchildren. Sue and the children lived in poverty, fear, and worry. They suffered constant abuse from Ralph, and Sue eventually died from complications of childbirth and a broken heart. The children continued the negative legacy by doing the same to their children. In this way, the curse of Ralph continued.

Like Misty, Jacob, Sue, and Ralph, all of us can trace our beginnings back two or three generations and discover both positive and negative patterns (programming) that affect our thinking and behavior today. To begin our quest for self-improvement, we will explore the Johnson and Miller family groups and perhaps find similarities in our own lives. The truth is, most people are many times more capable and worthwhile than they think they are. As we will discover in this workbook, our thinking generates feelings and emotions that result in our behaviors and the consequences of our lives. If we can change our thinking, we can improve our lives.

The two families look like this with the different generations growing up in different societies:



Questions:

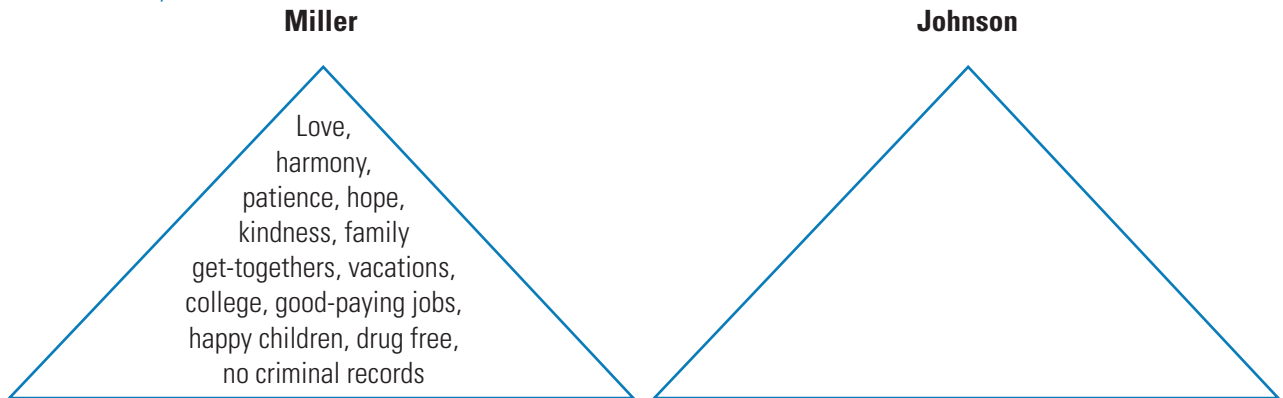
- a) How many people have been born into the **Miller** family group, so far? _____ The **Johnsons**? _____
- b) When you **add** the families together, how many in each generation?
1st _____, 2nd _____, 3rd _____, and 4th _____.
- c) Which of the two family **groups** do you think is doing better? _____
Why? _____
- d) Which family **group** would most likely have the most anger problems? _____

As we will discuss, the subconscious mind doesn't know right from wrong. People can be programmed into believing things that are not true. Such programming can be carried down from one generation to another, even to the third and fourth generation. Thus our ancestors who are now dead could still be influencing our lives.



3. There are powerful natural laws of love and nurturing we can't break. We can only break ourselves against them. If we don't get the love and nurturing we need, we can become **socially** and **emotionally** broken. However, something broken can usually be repaired. **T or F?**
4. Let's look at the **Millers** and **Johnsons** again. **Martha** and **Ken Miller** were poor farmers who worked hard and raised six children. Life wasn't easy, but the children knew that their parents loved them and each other. However, the **Johnson** home was different. **Ralph Johnson** beat his wife, **Sue**, and their children. They lived in constant fear. Many of their kids dropped out of school and also became abusers. **Sue** died early because of stress and a broken heart. What do we know about these two extreme family groups?

Fill in the **Johnson** family.







Scott is from the Miller family group and Jason is from the Johnson family group. Scott is a high school senior. He lives in a stable home, has his own comfortable bedroom with all the things a two-parent income can provide.

5. **Jason's** home is just the opposite. He is the second of five children. His father had an alcohol problem. Seeking a way to cope, Jason's mother turned to drugs, eventually taking up other destructive habits to support her drug use. Jason grew up in an angry, disorganized home. He lived in poverty. He suffered from fear, stress, and depression. He felt abandoned, overwhelmed, devalued, and hopeless. Jason turned to drugs to medicate his hurt. Why do you think drug abuse rates are higher among those from dysfunctional homes?
-
6. As we grow older, we begin to understand that life isn't always fair, that bad things happen to good people. We didn't get to choose our parents, nor the kind of home we were raised in. We don't get to choose our beginnings, but we can choose our endings. **Jason** isn't being punished. It's just the hand he was dealt. Can **Jason** stand between his **past** and his **future** so that he can write a better ending for his life? _____

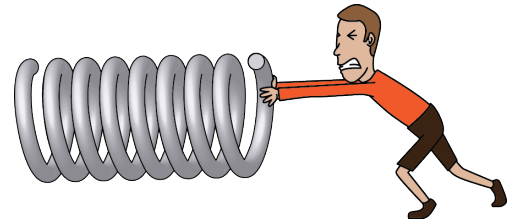
The home people are raised in has a powerful imprint on their adult lives. T or F?

7. Whenever **Scott** made mistakes, his Dad was understanding. Write in what you think **Jason** was told.

Scott's Dad	Scott	Jason's Dad	Jason
 <div style="border: 1px solid blue; padding: 5px; display: inline-block;"> <p>Don't worry about it—no one is perfect. Great job! I sure love you. You're the greatest. I know you can do it. If you need help, let me know. Would you like to go get an ice cream and talk about it?</p> </div>		 <div style="border: 1px solid blue; width: 150px; height: 80px; display: inline-block; margin-left: 10px;"></div>	

8. **Jason** ended up in juvenile detention for **stealing a car**. While there, he took this course. He was tired of living on the streets, doing drugs, being hungry, and being in trouble with the law. His **temper** was a constant problem. He had **nightmares** of **sinking** into a **dark hole** and being all alone. Because he wanted to change, the class had a big effect on him. **Why?** _____
-

9. If people don't want to change, they won't. People—especially teenagers—are like **metal springs**. The more you push the more they resist. You can't force others to change. Change has to come from within, not without. **T or F?**



After Jason was released, he reported to his probation officer. She asked him what he had learned from the life skills class. This is what he said:

- I was going in the same direction as the rest of my family—drugs, jail, anger, and death. My subconscious mind was programmed with the untruth, and I lived on the bottom. I learned that I am many times better than I thought I was. I also learned that coming from an abusive home wasn't my fault.
- I learned that although I didn't have control over my beginning, I do have control over my ending. I am a new person every day and I can block the wrong done to me. I can forgive and forget so that I can go on with my life. My past doesn't have to become my future. I can live life without anger.
- I learned that I can't continue to blame my mom, dad, or others for my problems. Life isn't always fair and I have to make the best of my situation. The only way I can move my life forward is to release the past.
- The life skills class taught me that I am a deserving person with great potential, that life is a free gift full of many new and exciting opportunities, and that I can overcome my drug addiction and anger problems.
- I learned that I am in charge of my own ship. I can steer it where I want. If I don't change course I will keep suffering the negative consequences of my actions. Life will get harder and harder until I either change or die.

Questions:

- 1) **Jason** was a victim; as a child he had no control over his home nor his environment. Now, as an adult, what is his responsibility? _____
- 2) Are there a lot of **men** and **women** in the U. S. who have been **emotionally** damaged from childhood? _____
What are some of the results of childhood abuse? _____
- 3) What do you think? Does **Jason** have a chance to become a successful person? _____ Will it be easy? _____ Will it be worth the effort? _____ How much can one life affect others and society? _____
- 4) Life is reduced to a simple formula. It says, "**If you keep on doing what you have been doing, you will keep on getting what you have been getting.**" If the **Johnson** family keeps on doing drugs and stealing, what will they keep getting? _____
- 5) How can they **change** what they are getting? _____
- 6) If you asked **100 people** the meaning or purpose of life (what it is that they want out of life before they die) how do you think they would respond? _____
- 7) Describe what you think is a **successful person** in life compared to an **unsuccessful person**.
Successful person: _____
Unsuccessful person: _____

JASON AND JENNY

Jason was fortunate. His aunt and uncle took him in. His uncle was an electrician and owned his own business. Jason, in time, became a journeyman electrician and worked for his uncle. On a service call to the county hospital, he saw an extremely attractive nurse who seemed familiar. When he asked what her name was, he was shocked. It was Jenny

Miller, Scott Miller's sister. The very one he went to grade school with, and who came to his aid when he was hurt on the playground.

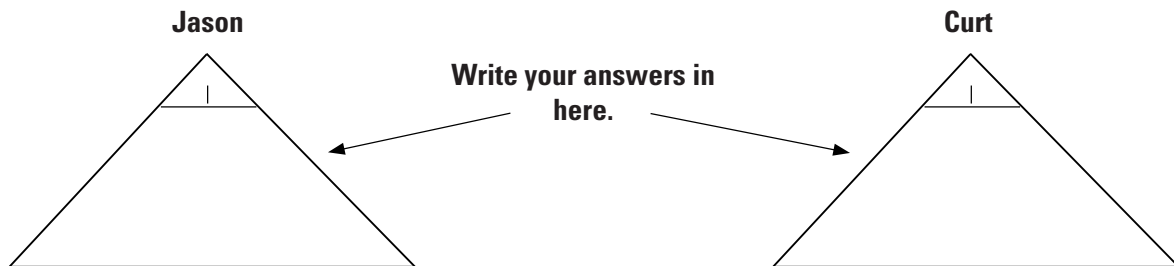
Jason had always had a secret crush on her, and now she was walking towards him. They smiled at each other. Jason stood up against the wall and let her pass. She stopped, turned around and said, "What?" He approached her, and seeing no ring on her finger said, "I've had a crush on you since kindergarten. I'm Jason Johnson and I still have the hankie you used to wipe away the blood on my face." Yes, they got married and this workbook is about them and their cousins, their happiness and sadness, their defeats and victories.

10. Life is what you make of it. **T or F?**

11. Does **Jason** deserve his life? Yes or No? Why? _____

No matter what happened to you as child, as you grow up, you are responsible for your life. No matter how your family pyramid looks, today you are a new person and can create our own pyramid. In the Johnson family group some made it, some didn't. Jason did, his cousin Curt didn't.

12. **Jason Johnson** could have ended up like his cousin **Curt**, with a life full of anger, hate, drugs and violence; but he didn't. If both **Jason** and **Curt** keep on doing what they have been doing, what do you think their **posterity** will look like?



13. Life is like a **mirror**. What rewards will **Jason** get back for choosing to be a kind, loving person?

14. What consequences will **Curt** face for choosing to give in to his angry, out-of-control impulses?

Life is not meant to be all smiles and roses. Life is full of teaching moments and opportunities to learn. Life without problems and challenges would create weak people. If we didn't have opposition, we couldn't enjoy the good.

15. Because **Jason** chose to stand up to life and overcome his anger problems and addictions, he developed a deep, rich character **sensitive** to others' feelings and conditions in life. Why is it good to have people like **Jason** in society?

16. Life is a long road, best walked with friends. **T or F?**

CHOICES

Life comes down to choices. Jason, like all accountable people, had to choose to live the truth or the untruth; to use or not use drugs; to live free and happy, or to be held captive by his negative emotions; to climb the mountain to fresh air, or live in the swamp of despair; to be in control, or allow outside influences to control his life.

Jason learned in his Lifeskills Class how to let go of all the hate, anger, and negative emotional baggage he had been carrying. He had to do it if he wanted to be happy. Happiness is a choice. T or F?

17. **Jason** learned that when he had an **angry, negative thought** he had only **two to three seconds** to turn it away before it took control of him. As time went on, he became more aware of these **negative thoughts** and was, with greater frequency, able to stop his **negative thoughts** and replace them with **positive ones**. Was this easy to do? _____
 However, over a period of time, what happened? _____

18. One of the exercises in **Jason's** class was to come up with a happy, positive thought that can be used to replace the negative. **Jason** used a song from his childhood memories as his positive thought. Every time an angry, negative thought appeared he would **quickly** think of his song. Think about a possible song, poem, or statement you can use as your positive thought. Write it here: _____



IT IS NOT ALL YOU; SOME OF IT IS YOUR PROGRAMMING

One of the important concepts in this workbook is that people who experienced negative childhood programming can separate themselves from it. Their programming is not who they are; they are not their bad memories.

19. People from abusive beginnings, like **Jason**, often have a lifetime of problems such as anxiety, anger, panic attacks, nervous habits, digestion problems, bad dreams and many other physical and emotional ailments. Why?

20. Why is it hard to convince people from homes like **Jason's** that a lot of their problems are a result of the bad programming they received, and are not of their own doing?

PROBLEM SOLVING

Jason changed his life, his personal way of being. However, his cousin Curt didn't. Curt, like many of the Johnsons, was an angry, abusive substance abuser with a violent temper. Put a "J" for Jason or a "C" for Curt

- | | |
|---|---|
| _____ Greatly improved his life | _____ Has no goals, just same old thing |
| _____ Stabbed someone, went to prison | _____ Is happy, excited about life |
| _____ Is depressed and angry | _____ Has little ambition, earns a low wage |
| _____ Has good self-esteem | _____ Is violent and abuses his girlfriend |
| _____ Is lazy and neglects the things he owns | _____ Is independent, mature and making his own way |
| _____ Is dependent, immature and lives off others | _____ Will raise abused, emotionally damaged children |
| _____ Smokes pot and has damaged brain cells | _____ Earns low wages |
| _____ Is a non-producer, takes from others | _____ Is productive, adds to society |
| _____ Just exists | _____ Lacks self-control |

THINGS TO CONSIDER

Set goals and keep them. If you don't know where you are going, you may end up on a dead end road. What happens to people who have no ambitions or goals in life? _____

Every time you rid yourself of an excuse for substance abuse, **your load gets lighter** and your excuses no longer have power over you. **Curt Johnson** is addicted to alcohol and meth. He keeps making excuses for his behavior. Do **Curt's** denials and excuses have power over him? _____

I can put my life in forward by releasing past mistakes, hurts, and pains. What has happened, has happened. I can't change it, but I **can** let it go. I can choose to be a survivor and not a victim. **T or F?**

We don't know all the mysteries in life. **We must press forward into the unknown with faith and hope.** We must accept the problems and tragedies in life and continue with courage. What happens to people who don't stand up to life, and who allow themselves to be overwhelmed by life's tragedies? _____



WHAT SUCCESSFUL PEOPLE DO

Successful people set goals and keep them.

SUMMARY

Life is short. If you don't have goals, you are like a ship at sea without a rudder. You have three choices—you can stay as you are, progress, or regress. You can make yourself your own best friend or your own worst enemy. You can continue your substance abuse or quit. If you fail, that is your responsibility; you can't blame others.

**I HAVE GREAT POWER TO MOVE MY LIFE FORWARD
BY RELEASING MY PAST.**



APPLICATION AND SKILL BUILDING

List **2 qualities** that you would like to be remembered by your friends and family and explain **specific goals** that will ensure this.

1) _____

2) _____

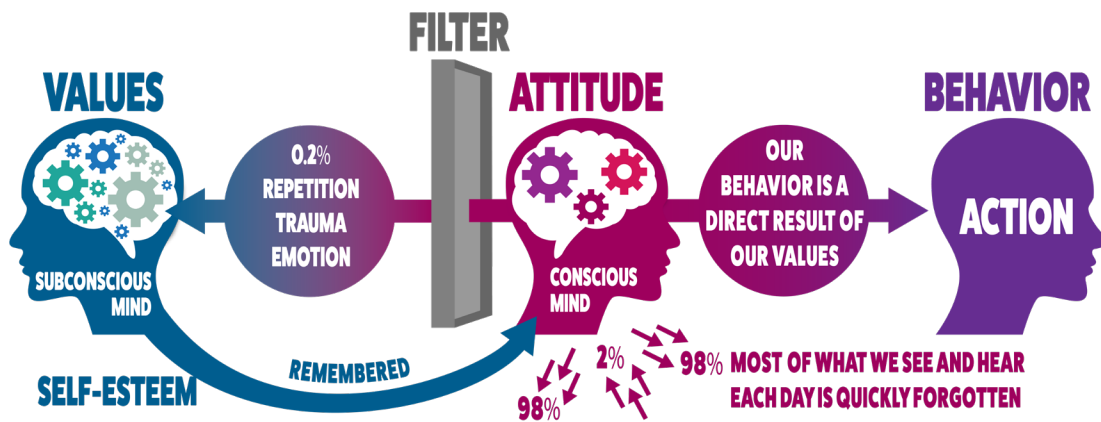
Unit 2: The Subconscious Mind

Right versus Wrong

To understand Jason and the anger in the Johnson family is to understand the subconscious mind. The subconscious mind is like a blank tape at birth. It is soon filled with positive and negative experiences. These experiences then form the basis of a person's value system. This tape is constantly on, playing back subconscious thoughts to the conscious mind, which, in turn, accounts for most of a person's behavior.

In our search to improve ourselves, to change what we do and who we are, to put aside old negative habits and programming, we need to understand our subconscious mind and how we are programmed. To demonstrate how we are programmed, observe the following diagram:

THE SUBCONSCIOUS MIND - VAB CHART



1. Are we **born** with our **values**, or are we **born blank**? _____
2. Where do a person's **values** come from? _____
3. If a person was raised in a **dysfunctional home**, can he or she change that programming as an adult? _____
4. Most of what we take in, we **lose**. For example, can you remember what you had for **lunch**, what you **wore**, or what the **headlines** were five days ago? _____ Why? _____
5. The **subconscious** mind is programmed and remembers information through **repetition, trauma, and emotion**. The harm people receive as children is **retained** in their **subconscious** and they must **deal with it** as adults. **T or F?**

The subconscious mind isn't very smart. It doesn't know right from wrong. It only acts out what has been programmed into it.

6. What happens to **children** who are told over and over again that they are no good? _____
7. What can happen to a **person** after his or her subconscious was exposed to criminal values? _____

People begin acquiring values at birth, and by age ten have most of the values that they will carry with them the rest of their lives.

8. Are **babies** born bad? Blank? Good? Or what? _____

9. What do babies need from the **moment** of birth? _____

The conscious mind quickly forgets. If you can't recall something, you haven't learned it.

10. What usually happens a few days after you **cram** for a test? _____

11. What is 4 X 6? ____ Did your answer come from your **conscious** or **subconscious**? _____

Since the subconscious is just a tape that plays back what was programmed into it, many people may deeply believe in things that are not true.

12. If a person's subconscious was falsely programmed with **untruth**, is his/her life going to have problems? _____

13. **Dave Johnson** dropped out of school and believes he is worth only \$8.50 an hour. If he saw an ad for a job paying \$16 an hour, would he go apply for it? _____ Why or why not? _____

14. As we have learned, the subconscious mind is programmed through **repetition, trauma and emotion**. What children are exposed to today will become part of their thoughts and actions as adults and shape future societies. **T or F?**

SUBCONSCIOUS VALUES

Most people's behavior, good or bad, starts with their deep subconscious values that create conscious thoughts and attitudes. These thoughts and attitudes are then expressed in body language and behavior.

15. **Carl Johnson** sells drugs to young people. What do we know about his values?

16. A **Good Society** is dependent on **good people**. What can we tell about the following people's values?
a) **Krystal Johnson** passes bad checks to support her drug habit. _____
b) **Doug Miller** tutors students at his high school. _____
c) **Brady Johnson** abuses alcohol and often abuses his wife. _____

Is it safe to say a person's long-term behavior is a true indication of who they really are? _____

SCRIPTING

"Scripting" is another word for programming. The powerful influences of our childhood have "written" or "scripted" much of our adult life. We are, in many ways, living a life today that was scripted for us as children. These scripts can be either beautiful and rewarding, or ugly and harmful. How were you scripted? _____

17. We can't fully understand how **powerful** this **scripting** was or how **deeply** we can script others because this **script** is part of us. **It's just who we are.** We don't stop to realize it because it is stored in our subconscious mind and we are not aware of our subconscious. How can people tell if their **scripting** is **good** or **bad**? _____

+ POSITIVE

CONSCIOUS MIND
I am a good person. I can achieve my goals. Life is great!

SUBCONSCIOUS MIND
Yes, you are a good person. Life is fun and rewarding.



- NEGATIVE

CONSCIOUS MIND
I am worthless. I have no talents. Life is depressing.

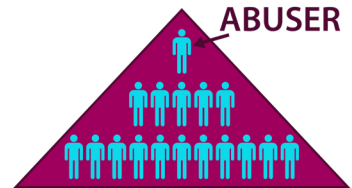
SUBCONSCIOUS MIND
Yes, you're worthless. You can't do anything right. Life is the pits.



18. If we fully realized how powerful this **scripting** is on our future generations, we would be more careful. **T or F?**
19. My **grandparents** and **great grandparents** have **influenced** me by the way they raised my parents. **T or F?**
20. What are some good and bad **scripts** that people have inherited from those who raised them and those who raised their parents? Prior class members have written what they believe to be good **scripting**. Write in some bad **scripts**.

Good Scripts	Bad Scripts
I am worthwhile • I am a good person • I have good skills • People care about me • I am respected by others • I am loved by others • I am accepted and my opinions are valued	

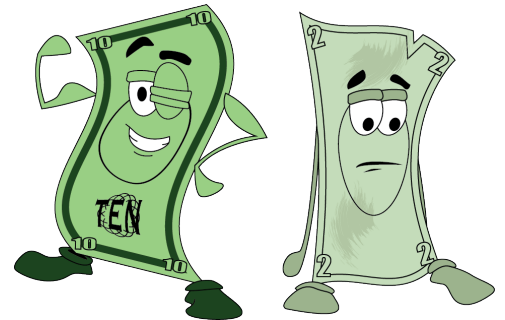
21. Researchers can investigate the family trees of criminals in prison, welfare moms, and drug addicts, for two to three generations, and find emotionally damaged family members (aunts, uncles, cousins, parents, siblings and grandparents). Usually at the top of the pyramid is an abuser who started it all. How can one person cause problems for so many people? _____
- _____
- _____



\$2.00 PEOPLE

The Universal Law says everyone is a \$10.00 person. Yet some people have been programmed or scripted to believe they are \$2.00 people. Will this cause them problems in their lives? _____

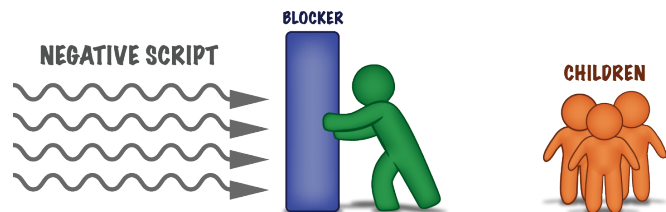
22. **Debbie Johnson** grew up in an abusive home where she was physically and verbally abused. In her desperate need to find love and affection, she sought out \$2.00 men who also abused her. Why did **Debbie** seek out \$2.00 men? _____
- _____
- _____



23. There is a growing subgroup in our society of **emotionally damaged**, "\$2.00 thinking" people who go from one damaged person to another, desperately trying to fulfill their emotional needs. Do you know anyone like this? _____
24. The main difference between happy, **successful** people and unhappy, **unsuccessful** people is their thoughts; "\$2.00 thinking" people are just as good as "\$8.00 thinking" people, but don't know it. **T or F?**
25. Do you know any "\$2.00 thinking" people? _____ How did they get this way? _____
26. Regardless of what happened to us as children, **we are responsible for our lives**. If we let others put us down, hurt our self-esteem, shame us, make us angry and lose control, or abuse us, it is our responsibility. No one can put us down unless we give them our permission. **T or F?**

BLOCKERS

We can be blockers. Instead of transferring our negative scripts to our children and future generations, we have the power to rewrite our scripts and what we pass on. We can reduce the negative we have received. We can stand between the past and the future and rewrite the future.

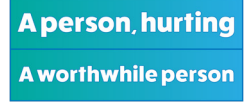


27. If we don't **block** the negative done to us, what will we pass on to the generations that follow? _____

28. How can you **block some of the wrong done to you so you don't pass it on to others**? _____

ACTING OUT

If we could lift the lid and look inside a person who is acting out or behaving in a disruptive way, we would often see a person who is hurting. Underneath, we would find a worthwhile person.



29. Most people who act out are hurting inside. **Jason's** cousin, **Stacy**, sells her body for drugs. She is emotionally out of control. What is going on? _____

30. Do you believe that there are some people so "rotten to the core" by choice that you would not find a **worthwhile** person if you lifted up their lid? _____

A lot of angry or violent people in our society missed the nurturing and companionship of both a mother and father. Caring parents are vital to creating a better society.

31. No matter how **big** or **bad** we appear, we still need love and acceptance in life. **T or F?**

32. Some people's beginnings were so **abusive** and **traumatic** that they **fantasized** and lost touch with reality. They lived in a make-believe world in order to cope. Does this cause them problems in their adult lives? _____
Why? _____

GOOD VERSUS BAD

Now that we know the subconscious mind doesn't know right from wrong, let's discuss and analyze both. Is it easy to do wrong?

33. Is everyone **good** (and some people just do **bad things**) or do **bad people** really exist? What do you think? _____

34. How can you tell if a person is **good (positive)** or **bad (negative)**? _____

People from prior classes were asked to describe positive people with good values. First, read their description of a positive person, then write your description of a negative person below.

Positive person	Negative person
Honest • Dependable • Patient • Forgiving • Loving • Loyal • Responsible • Trustworthy • Generous • Considerate • Faithful • Optimistic • Humorous • Sincere • Helpful • Truthful • Kind • Obedient • Cheerful • Understanding	

35. What is it like living with a **negative person**? _____

36. What is it like living with a **positive person**? _____

37. Can **negative people** become **positive people**? _____ How? _____

38. Not everyone from the **Johnson family** lived positive lives and not everyone from the **Miller family** lived negative ones. Living positive or negative lives is a choice, regardless of your beginnings. Do you agree? _____

DETERMINING RIGHT FROM WRONG

If the subconscious doesn't know right from wrong, how can a person tell what is right or wrong? The secret is to look at the results. Good produces good. Bad produces bad. When prior students were asked what good (truth) produces, they listed the following. Write in what you think bad (untruth) produces.

Right - Good (truth) produces	Wrong - Bad (untruth) produces
Happiness • Peace of mind • Harmony • Hope • Love • Patience Good self-esteem • Strong families • Self-control • Good mental health • Happy children • Good marriages • Good government Less crime • Trust • Respect • Good morals • Independence • Safety • Freedom from addictions	

39. So, how can we tell the difference between **right** or **wrong**? _____

40. How can we tell if a society is doing **right** or **wrong**? _____

41. How is our **current society** doing? _____

42. If most of the people in a **society** were to take drugs or abuse alcohol, would that make it **right**? _____
What would happen to such a **society**? _____

43. Are there people in society who think that they are **right** but in fact are **wrong**? _____
What happens to people who **follow** their advice? _____

WHAT IS THE TRUTH ABOUT ME?

As we have discussed, the subconscious mind doesn't know right from wrong. People who are raised in abusive, dysfunctional homes grow up believing untruths about themselves. They become emotionally handicapped. The following are some of the lies that emotionally damaged people buy into. You should read the untruth, then your coach should read the truth on the same line.

Untruth – Lies	Truth
I am not as good as others.	Yes you are, but you may not know it.
I am not as smart as others.	Wrong! You're just smart in your own way.
I am only worth \$8.00 an hour.	Wrong! You can make twice that and more.
I am me; I can't change.	Wrong! Everyone can change.
It is always someone else's responsibility.	Wrong! It is probably mostly your responsibility.
I can't change others.	Wrong! You can, by changing yourself first.
A little stealing is OK.	Wrong! Stealing is against the law.
Lying is OK.	Wrong! Lying hurts everyone, especially you.
I can't get a job.	Wrong! Anyone can get a job.
I am no good and deserve unhappiness.	_____
I can't control myself.	_____
I can't stop hating the person who abused me.	_____
I don't have any choice about who I am.	_____

44. Why do people **believe** they are **no good** when, in reality, they are **good**? _____

TRUTH VERSUS UNTRUTH

Look at the lives of Scott and Curt. Scott lives the truth. What are the results in his life? Curt lives the untruth. Describe the results of his life in the space below.

Scott Miller - Truth - Good Citizen 😊	Curt Johnson - Untruth - Criminal 😞
Happy - Honest - Peace of mind - Kind - Relaxed Forgiving - Healthy - Loving - Patient - Caring	Unhappy - Dishonest - Anxious - Depressed - Angry Stressed - Sick - Hateful - Suspicious - Vengeful
Scott's Life:	Curt's Life:
Obeys the law • Has self-control • Drug free • Loves and respects his wife and children • Goes on vacation • Works hard • Has a retirement plan • Pays taxes • Votes • Thinks well of himself • Donates time to his community	

45. People like **Curt** who live outside the truth aren't truly happy. They are constantly paying the price for doing wrong because they are out of harmony with the truth. Have you lived outside the **truth**? _____
46. **Curt** stole from his employer for two years and was never caught. Did he win or lose? _____ You can hide from others, but can you hide from yourself? _____ What you do to others you also do to yourself. **T or F?**
47. Life is **tough enough** even when we live the **truth**. But what is life like if we choose to live the **untruth**? _____
48. If we are living the **truth** and venture over to the **untruth**, how does it make us feel? _____
49. People who choose to live the **untruth** are not as successful or happy in life. **T or F?**
50. What do you want to choose in life: **truth** or **untruth**? _____ Why? _____

TRUTH	UNTRUTH
HONESTY	CRIMINAL ACTIVITY
PATIENCE	ANGER
KINDNESS	MEANNESS
LOVE	HATE
SHARING	SELFISHNESS
SELF-CONTROL	DRUGS/ALCOHOL
RELAXATION	STRESS
PRODUCTIVITY	LAZINESS
RESPONSIBILITY	DENIAL
HAPPINESS	SADNESS

BELIEF VERSUS TRUTH

It doesn't matter what people "believe" to be right or wrong; what matters is the truth. There are natural laws regarding right and wrong. Those who do wrong will have to suffer the natural consequences. For example, substance abusers will suffer from added stress, anger, anxiety, and guilt, whether or not they are caught. Being a substance abuser is living the untruth.

51. People who **strongly believe** in something that is actually **false** are deceived. **People who stay in abusive relationships**, for example, have been **subconsciously programmed** to believe that they are unloved and unworthy, when in reality, that is false; they are loved and worthy. Untruth will keep you captive while the truth will set you free. **T or F?**
52. Is it **possible** that something you **strongly believe to be right is actually wrong**? Would your **life** be better if you knew the **truth**? _____ Why? _____

APPLYING WHAT WE HAVE LEARNED

Many from the Johnson and Miller families still live in the same small town. Their kids go to the same schools. Jason's aunt, Debbie, grew up in an abusive home. Because of her subconscious programming, she made negative choices that brought negative consequences. Nearing the end of her life, she wanted to come back home. Debbie's oldest child, Becky, is a freshman in high school.

Becky was sad and depressed. She knew about her mother's condition. Becky worried about what would become of her,

her two younger brothers, and her sister. They had no money and lived off the help they received from relatives. Becky had few clothes, no friends, and was ashamed of her condition. Her first day at school found her eating alone at lunch. Becky tried to hold back the tears, but they welled up and streamed down her cheeks.

Scott's sister, Tammy, a sophomore, grew up caring for wounded animals. She was kind, soft-spoken and couldn't stand to see living things suffer. When she saw Becky crying, she left her friends and went over and introduced herself to Becky, thus starting a special, close friendship which has lasted through the years.

53. **Questions:**

- a. How important was **Tammy's** friendship to **Becky**? _____
- b. What can it feel like to be **lonely** and without friends? _____

- c. **Tammy** was there for **Becky** through her mother's death and the hard times. When **Tammy** hugged **Becky**, what was the message that **Becky** received? _____
- d. **Becky's** mom, **Debbie**, was a "\$2.00 thinking" woman trying desperately to fulfill her emotional needs. If **Debbie** had been brought up in a more loving, functional home, would her life have turned out differently? _____ Why? _____

- e. **Debbie** often cried, not for herself, but for her children. Some **bad choices** have permanent consequences. **T or F?**
- f. The greatest human emotional need is to be **loved**. **Love** brings the **greatest happiness**. However, a lack of it brings the **greatest sadness**. **T or F?**
- g. When human beings are **deprived** of love, nurturing, and **feelings** of security, or are physically abused, they became emotionally **damaged**. Do you know anyone who has been **emotionally damaged**? _____ What has it done to his/her life?

- h. **Becky** loved her mother. She **realized** that life had not been kind to her. Before her mother **died**, the two of them had many **healing** talks. The **bottom line** is: bad things happen! It takes **courage** to face life. **T or F?**
- i. The **sun** sets and brings shades of **night**, but the **sun** also **rises** and brings forth a **new day**. **Each day** is an opportunity to **start anew**. What do you think? _____

PROBLEM SOLVING

Scott Millers's mother, Sharon, was raised just the opposite from Debbie Johnson. The Miller kids left home to go to college, got jobs and dispersed throughout several states. The Johnson kids lacked the self-esteem and emotional confidence to leave home. They got into drug habits, violated laws, and were well-known among the local law enforcement officers and the court. Put a "D" for Debbie or an "S" for Sharon by each statement that best describes each.

- ___ Out of control
- ___ Abuses her children
- ___ Is quick to anger
- ___ Is hostile and violent
- ___ Is nervous and anxious
- ___ Is in denial; always blames others
- ___ Is an immature adult child

- ___ Is organized
- ___ Is loving and kind
- ___ Is pleasant and friendly
- ___ Is emotional, goes into a rage
- ___ Is self centered
- ___ Is energetic and happy
- ___ Has happy, well adjusted children

- ___ Yells at her children
- ___ Is confused and sad
- ___ Is patient
- ___ Lacks empathy
- ___ Has digestive problems
- ___ Is resistant
- ___ Is positive and optimistic

THINGS TO CONSIDER

Just because a person comes from an abusive home doesn't mean he/she will be an abusive person. T or F?

What people do - their behavior - is almost always preceded by thoughts. Bad thoughts equal bad behavior. If we want to change our behavior, we will have to change our thoughts. T or F?

This workbook is based on the principles of cognitive restructuring, which means to change untrue, distorted thoughts. The focus of this workbook is to help individuals overcome bad programming and become happier and more successful in life. However, the workbook will have little effect if the person doesn't have a desire to change. T or F?

The dictionary defines desire as real longing or craving. Unless we have this inner "craving" to change and improve, we won't. If you have a desire to improve, this workbook can be a big help. What do you think? _____

Let's face it – real life is not a bowl of cherries, nor even a box of chocolates. Although it is a mean and dangerous world out there, is it possible to be a good person and still survive? _____

Many people are angry and depressed because of the way others are treating them. List some of the hurts people today have to deal with.

LIFE

When we choose to live the truth or, as explained in the next unit, live above 500, extra good things will come into our lives. This is called the power of attraction. New opportunities and happiness will come to us that we could not have received while dwelling in the untruth. Below 500 people are held captive by their negative thoughts, feelings, emotions, and behaviors.



WHAT SUCCESSFUL PEOPLE DO

Successful people recognize their bad programming and take steps to change it.

SUMMARY

Even though your conscious mind belongs to you, your subconscious mind is a reflection of those who raised you. You could not do much about what was recorded in your long-term tapes. However, contrary to popular belief, you can reprogram your tapes and live both a happy and productive life. This is a powerful statement indeed, because it means you can start to become a new person right this minute; the material in this workbook will show you the way. The door to the dungeon of your mind is never locked. You can push it open anytime you wish and leave.



APPLICATION AND SKILL BUILDING




What are 2 things you can do to protect your subconscious mind from negative and false programming?

1) _____

2) _____

Unit 3: Growth vs Decay

This unit focuses on living in growth (above 500). The Life Scale of Truth ranges from 0 to 1,000 as shown below. Whether a person lives at the 250 or the 750 level is a choice. All people, at one time or another, will descend below 500; it is just part of the human experience. However, more and more people are choosing to be permanent bottom dwellers and, as a result, shut themselves off to human progress and happiness. Observe the following:

- | | | | |
|---|---|--|-------------|
| 1. What does this chart mean to you? _____ |  | <ul style="list-style-type: none"> • Creative • optimistic • teachable • loving • validating • appreciative • understanding • balanced • responsive • open-minded • patient • intimate • helpful • courageous • self-mastered • happy • truthful • harmonious • forgiving • responsible • kind • nurturing • hopeful • affectionate • orderly • disciplined • wise • intelligent • reasonable • humorous | 1000
750 |
| 2. Most of the Millers live above 500 (in light and growth), whereas the Johnson clan are bottom dwellers, living in darkness and decay. For example, most people with serious addictions such as cocaine, pornography, gambling, alcohol, and meth, naturally sink to the bottom with many never getting out. What is life like for a person who lives in decay (at the bottom) who chooses to stay or can't find a way out? _____ |  | <ul style="list-style-type: none"> • Bored • listless • sluggish • shallow • confused • unsure • procrastinating • uncaring • unreliable • melancholy • lazy • follower • existing • user • unaware • random • marginalizing • discouraged • coasting • unmotivated • haphazard • without goals • status quo | 500 |
| 3. What is life like for someone who chooses to be a 750 person, living in growth? _____ |  | <ul style="list-style-type: none"> • Angry • vengeful • addicted • self-deceived • prideful • captive • hateful • use drugs • arrogant • critical • jealous • mean • hostile • violent • abusive • detached • in denial • blaming • demeaning • selfish • self-justifying • abuser • provoking • controlling • worried • fearful • overwhelmed • untruthful • enabler • self-centered • pessimistic | 250
0 |
| 4. People who work with child abuse cases have rated child molesters below 100, near the bottom. Why? _____ | | | |

Where one chooses to live (in growth, stagnation, or decay) has a profound effect on himself/herself and others. A society prospers when its citizens choose to live in growth, and declines as more choose to live in decay.

- The power of the **Life Scale of Truth** depends on how a person chooses to live. Can the **wealthy** and **famous** be “below 500” bottom dwellers? _____ How? _____
- The biggest factors that divide people on the **bottom** from the people on the **top** are how they see **themselves and others**. They may be **self-centered** or **feel sympathy**, have **pride** or **humility**, have **anger** or have **patience**, **reject** others or **accept** them, **objectify** or **feel compassion**, **abuse** others or **love** them. List those in **world history**, or in your life, who you feel lived, or who are living “below 500” or “above 500.”

Below 500 People	Above 500 People

PERCEPTION

People who grew up in “below 500” homes filled with abuse and fear grew up with a distorted perception of themselves and their abilities.

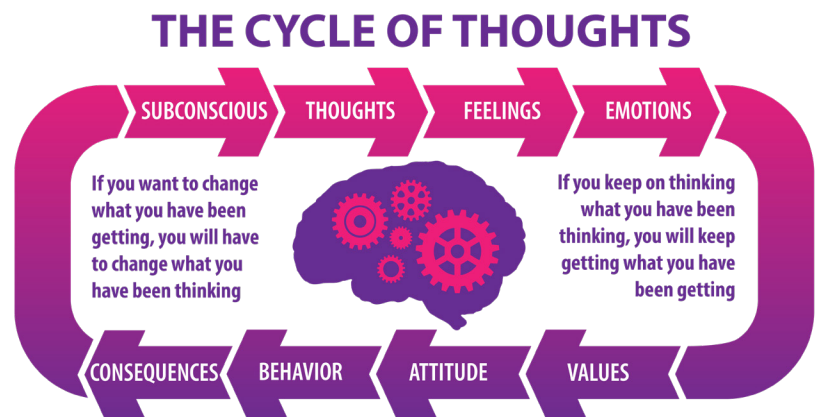
7. Most of the **Miller** children grew up in homes that valued education. What was the result? _____
8. Most of the **Johnsons** grew up in homes that didn't value education. What was the result? _____

THOUGHTS

Major factors that determine people's level of success in life are their subconscious automatic programming, and their ability to **replace old, negative, self-defeating thoughts with positive, empowering, new ones**. In the counseling field this is called **cognitive restructuring**.

9. One of the greatest **cognitive** skills that can be learned from this workbook is to be **aware** and **careful** of what you are thinking because **your thoughts will drive the consequences of your life**. What consequences have some of your bad thoughts brought into your life? _____

The best way to describe the process of going from thoughts to consequences is to observe the following chart.



10. What does the above diagram mean to you? _____
11. Since our **thoughts** drive the consequences of our lives, how do we change what we are getting in life? _____
12. **Jason** was being eaten alive with his strong feelings and emotions of hate, anger, worry, and fear. But what happened when he changed his negative thoughts? _____
13. What is **one thing** you are worried about? _____
 What thoughts (history) are **causing** that worry? _____
 What do you need to do to **get rid of** that worry? _____
14. If you don't like the **consequences** you are currently receiving in life, what must you do to **change**? _____
15. Watching too much **negative media** can **program you** with false beliefs and make you sick. **T or F?**

NOTE: The reinforced message of this workbook is that you can take control of your "below 500" thoughts and change the consequences of your life. You are, in fact, many times more talented and capable than you might have been falsely programmed to believe. You can instantly change your life by changing your thoughts. Don't live the lie. Live the truth, and experience the peace and happiness that is yours for the choosing - as you choose to live "above 500."

SOCIETY

As we can see, the health of a society is dependent on where its citizens choose to live—above or below 500. A society can rise no higher than the thoughts, values, attitudes, and behaviors of its citizens.

16. What are some **positive**, "above 500" behaviors of today's society? _____

17. What are some **negative**, “below 500” behaviors of today’s society? _____

18. What do you think: Is the greatest threat to the **American society** from within or from without? _____
 Why? _____
19. Some people are so **self-centered** that they don’t care about others. **T or F?**

JUDGING OTHERS

Scott Miller’s cousin became a financially successful home builder, owning several apartment buildings. Unfortunately, he chose to live a selfish, self-centered life, surrounding himself with luxury and shallow, self-absorbed people like himself. He became a bottom dweller without compassion, seeing people as objects. He would wrongly judge, discriminate against, take advantage of, or otherwise make fun of others.

20. Little did **Scott’s** cousin realize that he was the **bottom dweller** and that most of the people he made fun of were actually higher on the scale than he was. Resistant, “below **500**” people **judge** others with “stoney hearts” and miss out on true heartfelt relationships with others. **T or F?**
21. **Scott’s** cousin died in a plane crash while surveying land he wanted to purchase, leaving all his riches behind. Write a true **epitaph** for this man, using 20 words or less, that starts: “Here lies a man who _____”

Most of the Johnson clan lives below the poverty level and feel entitled to public assistance. They cheat, lie, and use the system. They illegally use food stamps to purchase alcohol and lottery tickets.

22. Studies show that most people who receive **public assistance** do so on a short term. However, some become **chronic** abusers of the system. What have you learned so far in this workbook that could describe the thoughts and behaviors of chronic welfare recipients?

23. Many people in our society need our **help** and **public assistance**. However, there are those who use and abuse the system. **T or F?**

THOUGHTS DRIVE CONSEQUENCES

As we are learning, our thoughts drive our feelings which, in turn, drive our emotions. When we are experiencing strong emotions, we should ask ourselves, “What feelings are causing these emotions and what good or bad thoughts am I allowing myself to think?” For example, lets go back to Jason’s cousin Becky. When she was seven, she awoke to rats inside her covers eating her stored food. Cold, dirty, and lying on the floor in an empty house, she panicked, screamed uncontrollably and never slept on the floor again.

24. Now, at 52, if she goes back to those **negative**, “below **500**” thoughts, she feels the panic and anger. Her heart rate quickens, muscles tighten, gut churns, and a flood of emotions overwhelms her. If she doesn’t change her negative thoughts, what will she keep getting? _____
25. So it is with each of us. We all have good and bad thoughts from our childhood. What are some **good childhood thoughts** that have helped your adult life? _____

A productive, happy life really requires us to think more good thoughts and less bad, self-destructive thoughts. It is about becoming self-aware (cognizant) of our negative thoughts and diverting them as soon as possible. It has been shown that if we don’t divert negative thoughts within 3 seconds, they grab hold of us and pull us down “below 500.”

26. Think of the **Johnson** cousins who lifted themselves above **500** and ask what thoughts, feelings, and emotions they had to focus on and change. Check "✓" the ones listed below that they may have had to experience.

- | | | |
|--|---|--|
| <input type="checkbox"/> Anger to forgiveness | <input type="checkbox"/> Despair to hope | <input type="checkbox"/> Negative thoughts to positive |
| <input type="checkbox"/> Helplessness to empowerment | <input type="checkbox"/> Loneliness to acceptance | <input type="checkbox"/> Fear to security |
| <input type="checkbox"/> Rejection to validation | <input type="checkbox"/> Sadness to happiness | <input type="checkbox"/> Worry to calm |

27. Have you had to make any **similar changes** in your life? _____ If so, go back and put an "X" next to those you have experienced.

LIVING AND THINKING IN THE PRESENT

One of the most difficult cognitive skills to learn is to live in the present. Doing so requires leaving old, self-defeating, hurtful thoughts behind and not worrying about the future. We can't change the past. It is part of our history. Since we have no control over what happened in our past nor the unexpected problems in the future, why worry about it? Grab the now and live happily from day to day. Each new dawn can bring happiness.

28. One of the great **liberating** cognitive skills **Jason** learned was to live in the **present**. This is how he **accomplished it**:

PAST

When Jason started to think of below 500 negative experiences, he quickly caught himself and played a mind game of thinking of his present blessings. In time, this mind game blocked his past and sent him into the light and peace of the present. Jason's siblings never learned this skill and stayed in the box of self-deception; arguing, blaming and selfishness drove the consequences of their lives.

PRESENT

Each morning when Jason got up, he sat on the edge of his bed, said a silent prayer of thanks and then meditated on the positive things he could do for others. Slowly he sensed a lifting from negative thoughts and feelings to more positive, happier ones. The result was a profound change in his thoughts, feelings, emotions, behaviors, and hence the consequences of his life. He continues to live above 500.

FUTURE

As a result of the positive changes in his thoughts and his living in the present, Jason was no longer pessimistic, worried, or fearful of the future. He lost weight, had more energy, and was fun to be around. New horizons, previously lost to his view, were now visible and attainable. He blocked the wrong done to him, and his children grew up happy and feeling secure.

29. What could happen in your life if you were to change your negative thoughts and live more in the present like **Jason** chose to do?

NOTE:

Jason learned a great secret from his personal experience. The secret is: anyone can change his/her life in an instant by simply changing his/her thoughts. Try it yourself for just one day. Catch your negative, "below 500" thoughts and quickly replace them with positive ones. Repeat in your mind a positive song, poem, or saying; put a rubber band around your wrist to remind you. Welcome to the secret!

INCARCERATION

Most people in prison or jail started out emotionally handicapped, like Jason, by being born into a "below 500" home. However, more and more people who started out "above 500" are descending "below 500", mainly because of drug and pornography addictions.

30. What are some good things about incarceration? _____
31. What are some bad things about incarceration? _____
32. Why are prisons and jails so overcrowded? _____
33. What are some realistic solutions to overcrowding? _____

PROBLEM SOLVING

One of Jason's uncles, who had spent 26 years of his life in and out of prison, had a true change of heart and went to see his son who was serving time. His son had only received one visit in the years since his incarceration. Lonely and discour-



aged, father and son cried and forgave each other. Hearts healed; new words of hope were spoken. The few good memories they had were of camping. So, when the father met the son as he walked out of prison, their old truck and camper was waiting, filled with camping gear. With the permission of their parole officers, they spent a month deep in the forest fishing, bonding, and living on the cheap.

- This experience gave the son the strength to call his ex-wife, who was remarried, to get permission to visit his two children. When you change one person, you can change many. **T or F?**
- True life is unpredictable and can't be duplicated in sitcoms because of deep human feelings and emotions. **T or F?**
- The father died two years later, but left a lifetime of good memories. What kind of memories would you like to leave to your loved ones about your time spent with them? _____

THINGS TO CONSIDER

Another way to live "above 500" is to emotionally detox your home and environment. New scientific studies clearly demonstrate that when you expose yourself to uplifting, "above 500" music, videos, TV, and other positive programming, your feel-good chemicals (such as serotonin and dopamine) increase; your body strengthens, and you feel more relaxed and at peace. Conversely, doing the opposite drops you "below 500" into murkiness. Your negative thoughts, feelings, and emotions (such as sadness, anxiety, fear, worry, anger, and confusion) increase. Determine which statement will put you above or below 500. Put an "A" for above 500 or a "B" for below.

- | | | |
|---|--|---|
| <input type="checkbox"/> Listen to hard rock music | <input type="checkbox"/> See the movie "Singing In the Rain" | <input type="checkbox"/> Watch TV nightly news |
| <input type="checkbox"/> Play violent video games | <input type="checkbox"/> See the movie "Poltergeist" | <input type="checkbox"/> Listen to classical music |
| <input type="checkbox"/> Read the daily newspaper | <input type="checkbox"/> View nature scenes, landscapes | <input type="checkbox"/> Argue, be controlling |
| <input type="checkbox"/> Snorkel in tropical waters | <input type="checkbox"/> View pornography | <input type="checkbox"/> Pet an animal |
| <input type="checkbox"/> Greed, selfishness | <input type="checkbox"/> Bad work environment | <input type="checkbox"/> Go camping |
| <input type="checkbox"/> Help a neighbor | <input type="checkbox"/> Eat comfort food | <input type="checkbox"/> Soak in a hot tub or Jacuzzi |

Jason's wife was tired of contention and noise in the home. She unplugged and then cut the power cords to their three TVs, removed their computers, confiscated the kids' video games, disabled two radios, and shut off the kids' cell phones. What was likely the first reaction? _____

But what probably started to happen after about two weeks? _____

What would be the results if you did the same in your home? _____



WHAT SUCCESSFUL PEOPLE DO

Successful people choose to think and live above 500.

SUMMARY

Life is a gift. There are so many good things we can do with our lives. A wasted life is a tragic thing. We are captains of our own ships. We control the rudder and can steer into troubled or calm waters; it is our choice.



APPLICATION AND SKILL BUILDING

What is your plan to avoid living your life in decay or stagnation? List 2 things you can do this week that will help you live in growth:

- 1) _____
- 2) _____

Unit 4: Responsibility

Curt was living below 500. He spent his days in anger, suspicion, and denial, always blaming others for his short comings and bad choices. Any mention that he might be responsible for his life's problems was met with strong denial, anger, and abuse.

1. Do you know **anyone** like him? ____ If so, what is or was his/her life like? _____
2. In contrast, describe someone you know who lives **above 500** and **accepts responsibility** for his or her life and actions.

Curt was a believable liar and master manipulator. He was always right. He was a "\$2.00 thinking" man who attracted dysfunctional, "\$2.00 thinking" women. Once in his ring of fire, they feared him and dared not leave him. One of the women, Tiffany, was caught driving under the influence. She had no tags, no car insurance, nor a valid driver's license. Her children were not buckled in.

3. **Tiffany's** court fines, her impounded vehicle, and other associated costs zoomed to over \$2800. **Tiffany** was overwhelmed. What do you think she did? _____
4. **Tiffany** never showed up for court. A warrant was issued for her arrest; several months later she was arrested for drug possession. What do you think her attitude was towards the court? _____

And so started a life of shadows and darkness, hiding from the law. She gave up her freedom and spent her days in captivity.

5. Instead of hiding, blaming, and being irresponsible, what would her life have been like if she had **appeared** in court and worked with the judge **responsibly**? _____
6. If people are forthright and **honest** with the judicial system, would they have a **better chance** of having a judge work with them? ____ Why? _____

COURTS AND LAW ENFORCEMENT

A society without laws is a society of confusion and anarchy.

7. Why do we need **law enforcement** officers? _____
8. Why do we need **courts** and **judges**? _____
9. Generally, there are good police officers, judges, prosecutors, probation officers and wardens. But the system is in trouble, what can we do? _____
10. Are **police** and **courts** important? What would happen in your community if the **courts** and **law enforcement** were to close down for six months, and lawbreakers could do what they wanted? _____
11. A society without laws is not a society. **T or F?**



WHAT WE SOW, WE REAP

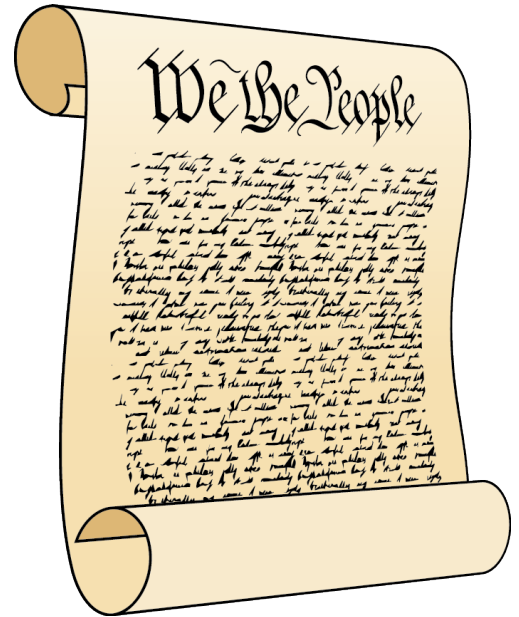
If we sow corn, we reap corn. If we sow anger, we reap anger. If we sow kindness, we reap kindness.

- 12. Do some people live such **negative** lives that they don't know what it is to be **happy**? _____
- 13. Life is a series of **choices**. No one makes the correct **choice** every time. It is just part of life. What is one thing in your life (good or bad) that you sowed that you are now reaping? _____

THE CONSTITUTION OF THE UNITED STATES

The highest law of our land is the Constitution. According to the Preamble, the purpose of the Constitution was to "establish Justice, promote the general welfare, and secure the Blessings of Liberty."

- 14. According to the **Preamble** what was (is) the purpose of the **Constitution**? _____
- 15. A few years after the **Constitution** became law, the original **Amendments or Bill of Rights** was written and made the law of the land. The **Bill of Rights** includes the following:
 - Freedom of religion • Free speech • Freedom of the press • Right to peaceable assembly • Right to petition the government for redress • The right of the people to keep and bear arms • No unlawful search or seizure • Right not to be forced to testify against oneself • Right to a speedy trial • Right of trial by jury
- 16. Do all **governments** give these rights to their people? _____
What does the **Bill of Rights** guarantee us? _____



If we are not united, we are divided. Something divided against itself will fail.

- 17. If we are not **united** as a country, what can happen? _____
- 18. Why was **America** founded? _____
- 19. People are most **happy** when they are **free** and in control of their lives. Is happiness in the U. S. declining because people don't feel as safe and secure as they once felt? _____
- 20. If our ancestors of 200 years ago saw our day, what do you think they would think? _____

REASONS FOR BREAKING THE LAWS

21. **Why did you break the law? Mark one:**

- ___ I did it on purpose. I knew what I was doing. I'm guilty.
- ___ I didn't do it. I am totally innocent. I am not guilty.
- ___ I was asleep. I wasn't aware. I was breaking the law.



22. If you did it on purpose, which of the following may have been your reason:

- | | |
|--|--|
| <input type="checkbox"/> I fit the criminal profile. | <input type="checkbox"/> I didn't have any money. |
| <input type="checkbox"/> I fit the gray area profile. | <input type="checkbox"/> I was pressured by my peers. |
| <input type="checkbox"/> I was "under the influence." | <input type="checkbox"/> I didn't think it through. |
| <input type="checkbox"/> I have a drug/alcohol problem. | <input type="checkbox"/> They deserved it. |
| <input type="checkbox"/> I was angry and lost control. | <input type="checkbox"/> I wanted it. |
| <input type="checkbox"/> I thought I could get away with it. | <input type="checkbox"/> I was mad at my parent(s). |
| <input type="checkbox"/> Everyone else does it. | <input type="checkbox"/> I am suffering from stress or depression. |

CONSEQUENCES OF BREAKING LAWS

People who choose to break society's laws will lose their freedoms, whether or not they are caught. When caught, they may realize that they have, in fact, empowered others to control their lives. Either way, they will experience guilt, sadness, anger, and fear. What consequences do people face who break society's laws? Give three:

Consequence # 1: _____

Consequence # 2: _____

Consequence # 3: _____

When people choose to break laws, they not only harm themselves, but others. When people break laws, what do they do to themselves and others?

	Harm they cause
To themselves	
To society	
To their family	
To their victim(s)	

23. We are learning in this workbook that if people **deny their guilt** and **bad behavior**, they are **condemned** to **repeat** it. They keep on suffering the consequences over and over again. Emotional maturity and progress in life are dependent on accepting responsibility for behavior. **T or F?**

24. People don't suffer from **doing wrong** until they are caught. **T or F?**

SETTING A GOOD EXAMPLE

It is important that parents are good examples. What values would you want to teach your children?

Values for my children	Why:
1)	
2)	
3)	

25. Children learn 90% of their basic values from what they see their parents **do** and only 10% from what they **hear** them say. If you want your children to have the above values, what must you do as a parent? _____

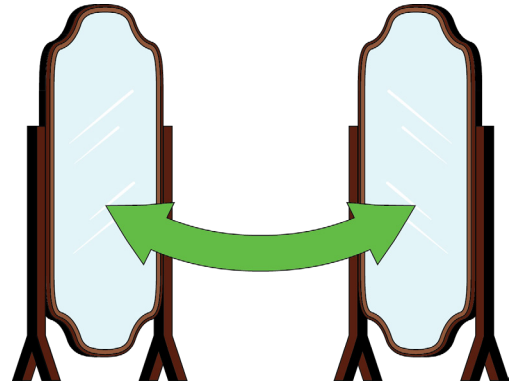
26. What happens if **your children** see you doing things you tell them not to do? _____



27. The most important asset a society has is not its economy/business but its citizens. The future well-being of any society depends on **good homes** producing good citizens who will become producers and raise good children. **T or F?**

LIFE IS A MIRROR

Generally, people treat others as they are themselves. People who are happy and positive treat others in a happy and positive way. People who are angry, hurt and destructive, tend to treat others in a way that is angry, hurt, and destructive. While we cannot control the actions of others, we can control ours. We may not have had a say in our beginnings, but we are responsible for our endings.



28. Mark "T" for true or "F" for false.

- ___ I am not responsible for other people's actions, only my own.
- ___ If I want people to trust me, my actions should be trustworthy
- ___ I cannot control the actions of others, only mine
- ___ If i want people to believe me, I should be honest.
- ___ If I want people to trust me, I should force them.
- ___ I can control other people's actions.
- ___ I can decide what my outcome in life will be.

Life is a mirror. You will get back what you put out. If you are currently having problems with your family and friends, examine your actions. What you do speaks many times louder than what you say.

PROBLEM SOLVING

One of the major forces behind the founding of America was the desire to be free. Many people take their freedoms granted until they lose them.

29. There are two kinds of **freedom**: physical and mental. Describe how a person can lose his/her physical freedom. _____

30. Describe how a person can lose his/her **mental** freedom. _____

31. **Determine whether the following statements bring freedom or prison (mental or physical). Put an "F" for freedom or a "P" for prison.**

- | | | |
|-------------------------------|---------------------------|--------------------------|
| ___ Take drugs | ___ Help others | ___ Obey laws |
| ___ Abuse others | ___ Steal and lie | ___ Loyal |
| ___ Gossip | ___ Trusted | ___ Addicted to gambling |
| ___ Be mature and responsible | ___ Addicted to chocolate | ___ Dependent on others |
| ___ More skills and education | ___ Denial - blame | ___ Fear and worry |
| ___ Addicted to tobacco | ___ Anger | ___ Sense of humor |

32. Both **Melanie Miller** and **Darcey Johnson** are 17. Melanie has a clean driving record and doesn't use drugs or alcohol. Darcey had three speeding tickets and has been the cause of one accident. Melanie is trusted to use the family car; Darcey isn't. Who has more freedom? _____ Why? _____

THINGS TO CONSIDER

If you are not responsible for your life, who is? _____

If we procrastinate and don't take responsibility now, will it get worse later? _____

Has America changed in the past 100 years? Was there more honesty, responsibility and integrity in your grand-parents' day? _____ If so, what has been the results that we can see in our society? _____

Being responsible is like surfing. The only way to take the wave is head on. What happens when we try sideways? _____

Your past will always follow you into the future and make bigger waves unless you deal with them now. T or F?

Court fines help offset the cost of crime. If people don't pay their fines, all of the cost would go to the taxpayers. Is it fair that offenders help pay the cost? _____ Explain: _____

LIFE

What could happen to your life if you changed your below 500 thinking (that got you in trouble) to above 500 thinking? _____

Nelson Mandela, a leader of South Africa, said: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure." What does the quote mean to you? _____



WHAT SUCCESSFUL PEOPLE DO

Successful people take full responsibility for their lives

SUMMARY

Being a responsible person is not always easy. Besides day-to-day living, we sometimes make bad choices or incorrect decisions that dump on us. It is all part of the learning experience. Often our greatest growth comes during our most difficult experiences. Do we tackle each new day with hope and optimism, or lie down and let life roll over us? It is always our decision.



APPLICATION AND SKILL BUILDING

Fill out the chart below. Start by listing two negative consequences you have received in life from breaking the law and then work back wards to fill in the negative behavior that was responsible for the negative consequence and then fill in the negative thinking that is connected to the negative behavior.

Negative Thinking	Negative Behavior	Negative Consequences

Now that you have identified some negative thoughts, **explain how you will take personal responsibility** for the negative thinking.

Unit 5: Human Needs

To understand ourselves and our present condition in life, we must look at our beginnings. Much of what we are today reflects what happened to us as children. In many ways, the paths to today's problems started at birth. Our childhood experiences can stay with us for a lifetime.

1. People who grew up in **abusive** or **dysfunctional** homes can become emotionally handicapped. They have to work harder to be successful in life. Why do you think this is? _____
2. Of primary importance to society are those who raise its children. The **home** can either produce well-adjusted future **good citizens** or **damaged people** and future abusers. Members of prior classes have described what they felt was a **good home** environment. What is a **harmful home** environment?

Functional Home	Dysfunctional Home
Parents with good values • Patience • Love • Respect • Harmony • Humor • Fun • Food • Clean • Abuse-free & drug-free • Safe • Happiness • Discipline • Trips • Vacation • Family get-togethers • Talking and sharing problems	

3. **The welfare and economy of any society depends on its families producing productive children.** People from functional homes usually become **productive citizens** and taxpayers. What happens to **many people** from angry, dysfunctional homes? _____
4. **Emotionally handicapped** people from dysfunctional homes can overcome abuse and become productive citizens. People can change and survive their early **damage**, and many become stronger because of it. **T or F?**

HIERARCHY OF EMOTIONAL NEEDS

There are two separate issues to explore. One is people's emotional damage since birth, and the other is whether they do good or bad. First, let's look at our emotional well-being. There are certain needs that we must have filled in our lives as children in order for us to grow up as whole adults. If some of these powerful needs were not met, we will most likely have problems as adults. Take the following test. Think deeply about each need. Rate your childhood.

My needs while I was growing up . . .

- Need to be loved - Someone deeply loved me; I was not alone.
- Need to be validated - I was made to feel that I was a good person; I counted.
- Need to be affirmed - I was made to feel important; I made a difference.
- Need to be understood - People listened to me; they understood me.
- Need to be appreciated - People appreciated what I did for them.
- Need to be secure - I had a home; I felt safe and secure in my environment.

Yes	Somewhat			No
5	4	3	2	1
TOTAL				

Excellent	Problem	Harmful
30 - 24	23 - 17	16 - 6



5. What was your **score**? _____ Which **bracket** did you fall into? _____
6. If you have a higher score, you are **lucky**; a lower score, **unlucky**. Life isn't always fair. **T or F?**



Most homes are dysfunctional to one extent or another. No parents are perfect.

- 7. Bad memories of **childhood abuses** can stay with us a **lifetime** if we let them. Children are easily victimized. They are not **old enough** to leave or get a job. Parents who abuse their children **reap a bitter harvest**. Why?

- 8. Children from abusive, dysfunctional homes shouldn't be too **quick** to blame their **parents** before understanding their parents' childhood. **T or F?**

It doesn't matter whether you scored high or low on the Emotional Needs Test. If you scored low it wasn't your fault. You were a victim. You weren't a bad person being punished. It was just the luck of the draw. Although the beginning of life is not equal for every one, life does offer opportunities to make up for shortfalls. T or F?

- 9. We spend a lifetime trying to be a **whole person** by fulfilling our six emotional needs. However, there is no such thing as a **perfect home** or **perfect person**. What was your score from the Emotional Needs Test? _____
Fill in the circle. Shade in your damaged area.
- 10. How do you think **Becky** and **Tammy** would score on the **Emotional Needs Test?** (See page 27)
Becky's score: _____ **Tammy's** score: _____
Guess at their scores and then **shade in their circles.**

100% Whole Person	Slightly Damaged Person
Does not exist	
Becky	YOU
	Tammy

NEEDS

As we explore the two families, the Johnsons and Millers, we see the long term results of meeting (or not meeting) the six emotional needs. However, there is also a hierarchy of six physical needs that must be met to help us be complete.

- 11. The hierarchy of physical needs is listed below. Many people from abusive dysfunctional homes end up homeless as a result of their emotional problems. Circle the physical needs that many go without.
1. Air 2. Water 3. Food 4. Clothing 5. Shelter 6. Touch
- 12. What would it be like to be homeless with many of your **emotional** and **physical** needs unmet? _____

POWER OF WORDS

It is easy to find fault with our caregivers - parents, brothers, sisters, extended family - because they are all imperfect humans. If we want to, we can trash and find fault with anyone. To be human is to be imperfect.



Yes, I know I have lots of faults. It would be easy to pick on my shortcomings, but I need understanding and compassion. I also have many good points.

Often the person finding faults with others ignores their own faults. Why do people tend to focus on the weaknesses of others?

- 13. Words have power. There are **dark** words and words that give **light**. What are some examples of **dark**, hurting words?

What happens to others when you use **dark** words on them? _____
- 14. What are some **bright** words that give **light**? _____
What kinds of responses and feelings do **bright** words bring? _____



BECKY JOHNSON

Let's go back to Becky Johnson. She spent her life with her drug addicted mother. As young as five, she had to take charge and fix meals. Her older brother, Curt, was wild, out of control, and never home. She was tall and athletic, an outstanding volleyball player. However, she was often depressed and sick because of her personal problems and the lack of food. She was ashamed of her home life. Becky disappeared for a week during the volleyball season. Her coach went looking for her.

The coach found Becky in an old dilapidated home with the living room full of boxes. Becky's mother had just died. Becky's sisters and brother were going to live with relatives. Becky wasn't sure where to go or what to do. At first, Becky was embarrassed to see her coach, but they embraced and Becky broke down and sobbed.

Becky's coach took her into her home and, along with her husband, loved and nurtured her back to health. The coach's grown children accepted Becky, and for the first time in her life, she felt loved, safe, and secure. She still had bad dreams, but they became fewer and fewer. Tammy, who became her best friend, also gave her great support.

Becky earned a volleyball scholarship to a state college. In her junior year, she met Devon who would soon become her husband. While talking one day, Becky and Devon discovered that their mothers had attended the same rural high school together, the one Devon had graduated from. They also discovered that they had attended the same grade school together. Devon remembered a curly headed girl who had comforted him when he had hurt himself badly on the playground. Becky was that girl; she remembered him. Yes, you might have guessed the rest of the story: Devon's last name is Miller.

15. **Becky** was lost in darkness but emerged in **light**. She refused to give in to the doom and gloom of her situation. In the arms of **Devon**, she found **shelter** and **protection** from the **stormy blasts** of life. Does she deserve her happiness? _____
16. **Becky** was lucky. Later in life, as she was raising her own family, her **older brother** was sent to prison, her **younger brother** developed a serious drug problem, and her **sister** struggled in abusive relationships. Why did **Becky** have a better chance in life?

17. Later in **Becky's** life, her older brother got out of prison and, so far, hasn't gone back. He has a steady job as a heavy equipment operator. **Becky's sister** was able to get the help she needed, and is in an emotionally and mentally healthier place in her life. **Becky's younger brother** is in a rehabilitation program and doing better. They get together often. What do think these siblings learned about life?

18. Life is a **series of choices**. Each person is responsible for his or her own happiness. **T or F?**
19. What important emotional needs did **Becky** get from her new family? _____
20. What rewards in life do you think **Becky's** coach and her husband will receive for taking her into their home?

21. What do you think are the deep, **real meanings of life**? What are people looking for?

22. If **students** completing this course have had some **similar problems** in life, can they move beyond them and make tomorrow a better day? _____ How? _____
23. People have the power to heal or hurt. **Becky** was lucky. She found a **loving husband** who helped her. There are a lot of **good people** in our society. **T or F?**
24. **Becky** chose a kind and loving partner. What could have happened if she had chosen someone who was living "below 500"? _____
_____ How important is the person you marry? _____
25. If you interviewed **Becky** today, what do you think she would say about her life? _____

COOPER JOHNSON, RALPH'S GRANDSON

The hot morning sun penetrated the broken venetian blinds. The night hadn't offered coolness and relief. Cooper's dirty sheet was still sticky from humidity and sweat. Hunger and thirst gripped the seven-year-old as he came to consciousness. The resident rat was scurrying through the ceiling above his head. He panicked and tried to cover himself by hiding his head under his stained pillow. He hated rats.

The house was deadly quiet. A cockroach was hanging on the end of a light string. Cooper's presence startled the bug and it launched itself toward the boy. It was almost more than Cooper could take. He hated the bugs that infested the apartment, he hated living there, and he was sure he hated his life. Cooper soon discovered he was all alone in the house with nothing to eat in the moldy fridge. Tears swelled in his eyes and his thin frame began to shake. Sometimes his drug addicted mother would be away for days, leaving him in the care of his older sister. But on this morning, even his sister was nowhere to be found.

The knock on the door demanded his attention. At the door was the landlord, the one his mother always tried to avoid. Within the hour, Child Protective Services arrived. Cooper was placed in foster care and became a ward of the state. He would learn later that his mother had died from a drug overdose, and his father was never identified. He was not sure where his sister was. Cooper had a hard time expressing his fear and feelings, so instead he acted out and became difficult to place. Cooper felt unloved, abandoned, rejected, helpless, and often hopeless.

Cooper's criminal career started at the age of twelve. He stole bicycles from the school and money from his foster parents. He was in and out of juvenile detention, and when he turned eighteen, he was ill-prepared for independence. He knew of only two relatives, his mother's parents, but he was turned away at their door by his angry grandfather. His grandmother turned away in tears.

Alone and homeless, he turned to theft to pay for drugs to self-medicate and escape his reality. He was arrested while attempting to run away from the police, with stolen property from a warehouse. He was soon in an orange jumpsuit facing a judge. Because he had a knife, he received four years in prison. During his incarceration, no one came to visit, and he never received a letter. He was sure that no one knew or even cared that he existed. Lonely, discouraged, frightened, and with little hope for a better life, he often contemplated suicide.

A life skills class was offered at the facility, and he decided to attend. It was the same county jail and life skills course his cousin Jason had taken two years earlier. The class had a powerful impact upon his thinking and forever changed his perspective. He realized that he could create a new beginning for himself. He had hope that he could succeed, and was eager to get started with his new life.

When released, Cooper had his well-worn life skills workbook with him—underlined, highlighted, and riddled with personal notes. Knowing his grandfather had died and his grandmother would be willing to take him in, he returned to her home. His uncle ran a trucking company and helped him get his license and job as a driver. Cooper's new beginning was taking shape.

At a favorite truck stop, Cooper saw a new waitress. He couldn't take his eyes off her and wished she was waiting on his table. He got her name, and with his heart pounding and his hands a little clammy, he greeted her directly and asked if he could call or e-mail her. With some embarrassment she said, "Yes, that would be nice." And so started a long-distance courtship that evolved into marriage. With his small inheritance and his earnings, he was able to mortgage a small home in the country with six acres of fruit trees. It was an ideal place to raise a growing family. They loved each other, and with the birth of their first child, their love only grew. Holding his baby son next to him, he could sense his breathing and the rhythm of his heart. For the first time, Cooper had joy and peace in a family of his own. He embraced his new roles as a husband and a father, and his wife and children embraced him in return.

26. What can we learn from **Cooper** and the **Johnson cousins** who overcame their adversity? _____

SELF-TALK / POSITIVE AFFIRMATIONS

The things you say to yourself that nobody else hears are the most powerful words in your life. They come right from your subconscious and represent your current thoughts about yourself. Those thoughts might not be true, but they do represent the real you as you are today.

27. What are some **good things** you should say to yourself? _____

28. What are some **destructive things** you shouldn't say to yourself? _____

A positive affirmation is a form of positive self-talk. Positive self-talk can help replace negative, distorted thinking. Positive affirmations put good thoughts in your mind and make you feel better. Let's try some:

- I am a forgiving and loving person.
- I am successful and confident of the future.
- I am not an abuser, but a person in control.
- I am generous and enjoy helping others.
- I am a unique, one-of-a-kind person.
- I have a sense of humor and enjoy laughing.

29. Choose one of the above or make up one of your own and write it on a piece of paper. Next, post it where you will see it often and repeat it **several times** a day. Write your **positive affirmation** here:

SUCCESS IN LIFE

30. **What is success in life? Determine if the following statements are true or false. Put "T" for true or "F" for false.**

- ___ Success in life is not determined by the hand we are dealt, but how we play it.
- ___ Success in life comes when we put the blame on others.
- ___ If we don't value life, we will waste it.
- ___ People can fail many times in life, but they aren't failures unless they give up.
- ___ People can reach a point in life of doing so much wrong that it is too late to change.
- ___ Success in life comes when we pursue wealth, power, and fame.
- ___ True freedom comes when we can control our thoughts, the source of our behavior.
- ___ Men and women should be good because they want to be, not because they have to be.
- ___ It takes two good people to have a successful relationship. If one is bad, the relationship will fail.
- ___ People who choose to live the untruth don't like being confronted with the truth.

31. **In addition to what has been discussed, check the statements below that would help you be a happier person.**

- ___ Be grateful for what you have.
- ___ Give up addictive drugs and habits.
- ___ Don't compare yourself with others.
- ___ Don't want what others have.
- ___ Take more time for rest and relaxation.
- ___ Get away for trips; have fun.
- ___ Stay within your means; avoid debt.
- ___ Avoid doing wrong; obey laws.
- ___ Love your body.
- ___ Do more giving and less taking.
- ___ Don't betray yourself; listen to your feelings.
- ___ Let it go; chill out. Don't hold grudges.
- ___ Find good friends who care and understand.
- ___ Minimize your exposure to violence.
- ___ Learn from your mistakes; don't repeat them.
- ___ Learn more self-control; reduce anger.
- ___ Release the past; focus on the future.
- ___ Improve your communication skills.
- ___ Love and be loved.
- ___ Other: _____

32. Describe a **happy** person. _____

33. We can be a **willow in the wind**, controlled by life's breezes, or we can choose to be a **fence post** and **stand up to life's difficulties**. What are some rewards for being a **fence post**? _____

34. Life is short. The average healthy person will only live 800 to 900 months (70 to 75 years) or about 620,000 hours. Let's say your life will be 900 months long. As of today, how many months would you have left? _____ What could you do in your remaining months before your death to have a happy, successful life? _____

STAND UP TO LIFE

Every 24 hours we have to get up and face life. We can either stand up to life or let it roll over us. We can either look at the positive or focus on the negative. When you look at a rose bush, do you see the roses or the thorns?

35. What happens to **people** who don't stand up to life? _____

36. You are learning from this course that you have vast **potential** to succeed. You are **strong** and **courageous**. You are **talented** and **smart** in the ways of life. You are at a point in your life where you can choose to climb the mountain to **happiness**, or choose to live in the **swamp of despair**. What can keep you from being successful in life? _____

STAND UP TO LIFE



To have the energy and power to stand up to life, you have to avoid the swamp. You can get bogged down and stuck in the muck if you are not careful.

37. Determine which of the following will put you on the **mountain** or in the **swamp**. Put an "**M**" for mountain or an "**S**" for swamp.

- | | | |
|--|---|--|
| <input type="checkbox"/> Rebel against authority | <input type="checkbox"/> Consume illegal drugs | <input type="checkbox"/> Be a fence post |
| <input type="checkbox"/> Have empathy for others | <input type="checkbox"/> Have multiple sex partners | <input type="checkbox"/> Be a true friend |
| <input type="checkbox"/> Be honest and trustworthy | <input type="checkbox"/> Live in past hurts | <input type="checkbox"/> Live in a darkened room |
| <input type="checkbox"/> Abuse others | <input type="checkbox"/> Be optimistic and courageous | <input type="checkbox"/> Whine and complain |
| <input type="checkbox"/> Commit crimes | <input type="checkbox"/> Be mean, selfish and self centered | <input type="checkbox"/> Build others |
| <input type="checkbox"/> Learn how to communicate | <input type="checkbox"/> Keep doing the same wrong | <input type="checkbox"/> Steal and lie |
| <input type="checkbox"/> Have goals in life | <input type="checkbox"/> Be impatient, quick to anger | <input type="checkbox"/> Remain a victim |
| <input type="checkbox"/> Forgive others | <input type="checkbox"/> Try to fix others | <input type="checkbox"/> Sell drugs to friends |
| <input type="checkbox"/> Accept responsibility | <input type="checkbox"/> Deceive your spouse | <input type="checkbox"/> Be resistant, self-deceived |

38. If people can choose to live on the **mountain**, why do so many choose to live in the **swamp**? _____

39. Another important **skill** to help stand up to life is to learn to **resolve conflicts**. Mark some of the **conflicts** in your **life**.

- | | | |
|---|--|--|
| <input type="checkbox"/> Family problems | <input type="checkbox"/> Health problems | <input type="checkbox"/> Relationship problems |
| <input type="checkbox"/> Job problems | <input type="checkbox"/> Money problems | <input type="checkbox"/> Fear / anxiety / stress |
| <input type="checkbox"/> Drug addiction | <input type="checkbox"/> Alcohol abuse | <input type="checkbox"/> Learning disorders |
| <input type="checkbox"/> Anger / Self-control | <input type="checkbox"/> Problems with the law | <input type="checkbox"/> Other: _____ |

40. If you don't deal with the **problems** and **conflicts** in your life, what could happen? _____



WHAT SUCCESSFUL PEOPLE DO

Successful people deal with past hurts and bad choices, and go on with life.

SUMMARY

Most people come from some kind of dysfunctional home. Some people were more emotionally damaged than others. Emotional needs of love, acceptance, and validation are the center of the human experience. People try to fill these needs in many ways. True success and happiness in life are determined in large measure by how successful people are in fulfilling their emotional needs in positive ways.



APPLICATION AND SKILL BUILDING

Which of the 6 Emotional Hierarchy of needs do you need to work on the most? What is your plan to fulfill that need or needs in a positive way?

Here are the 6 emotional hierarchy of needs

Loved * Validated * Affirmed * Understood * Appreciated * Secure

Unit 6: Anger Avoidance

You really can't manage anger because once you let it in, you either have to squelch it or express it — both are bad. This unit isn't about managing anger, but rather – avoiding it. There are four major areas of our life that cause most of our anger.

SOURCES OF ANGER

Anger, and how to get rid of it can be summarized in three theories.

- 1 ABUSE**
When people are abused, they naturally have a tendency to get angry. Abuse is not natural. The universal laws have been broken against him/her, resulting in feelings of hate, mistrust and vengeance. Abuse is one of the major causes of anger in a person's life.
- 2 DOING WRONG**
People who live the untruth are naturally unhappy and angry. Universal laws cannot be broken without consequences. There is no true happiness in doing wrong. We can choose to do wrong, but we cannot choose the consequences. What we do is what we get. Doing wrong causes anger.
- 3 FORCE**
People are like springs. The harder you push, the more they resist and the angrier they get. Each person has free will and resists being forced. Trying to force others to change won't work; you will only experience frustration, anxiety and your own anger. Being forced causes anger.
- 4 THINGS BEYOND OUR CONTROL**
There are many situations in life that we have no control over. Like backed-up traffic, someone pulling in front of us, people taking advantage of us, etc. We can choose to become angry or not; it's our choice.

Theory I: Anger is natural; you have no choice. You need it to protect yourself and to stand up against those who will take advantage of you. It is okay to express your anger. You can do so by yelling, screaming and arguing, but not hitting. What do you think?

Theory II: Feel the anger but sit on it, squelch it, deny and repress it. Is this good?

Theory III: Anger is natural, but can be controlled. It doesn't have to happen. It's not automatic. You can quickly forgive others. You don't have to express or squelch feelings of anger because you don't have to feel them. When you have good self-esteem and feel secure about yourself, you don't respond to others' anger. People who anger you can control you, but if you stay relaxed and cool-headed, you are in control. Is this possible?

1. Which one of the **three theories** is best? _____
Why? _____

CONTROLLING ANGER

Anger is an emotion that can be controlled. As Theory III explains, you don't have to let it in. You can experience peace of mind, relaxation, self-discipline and harmony in your life. You can move forward and leave the anger behind.

2. People who **anger** you can **control** you. When you give in to anger, you are **turning** yourself over to them. It is as if they have a **rope** around your neck, and every time they jerk it, you respond. According to Theory III, how do you **keep** others from controlling you?

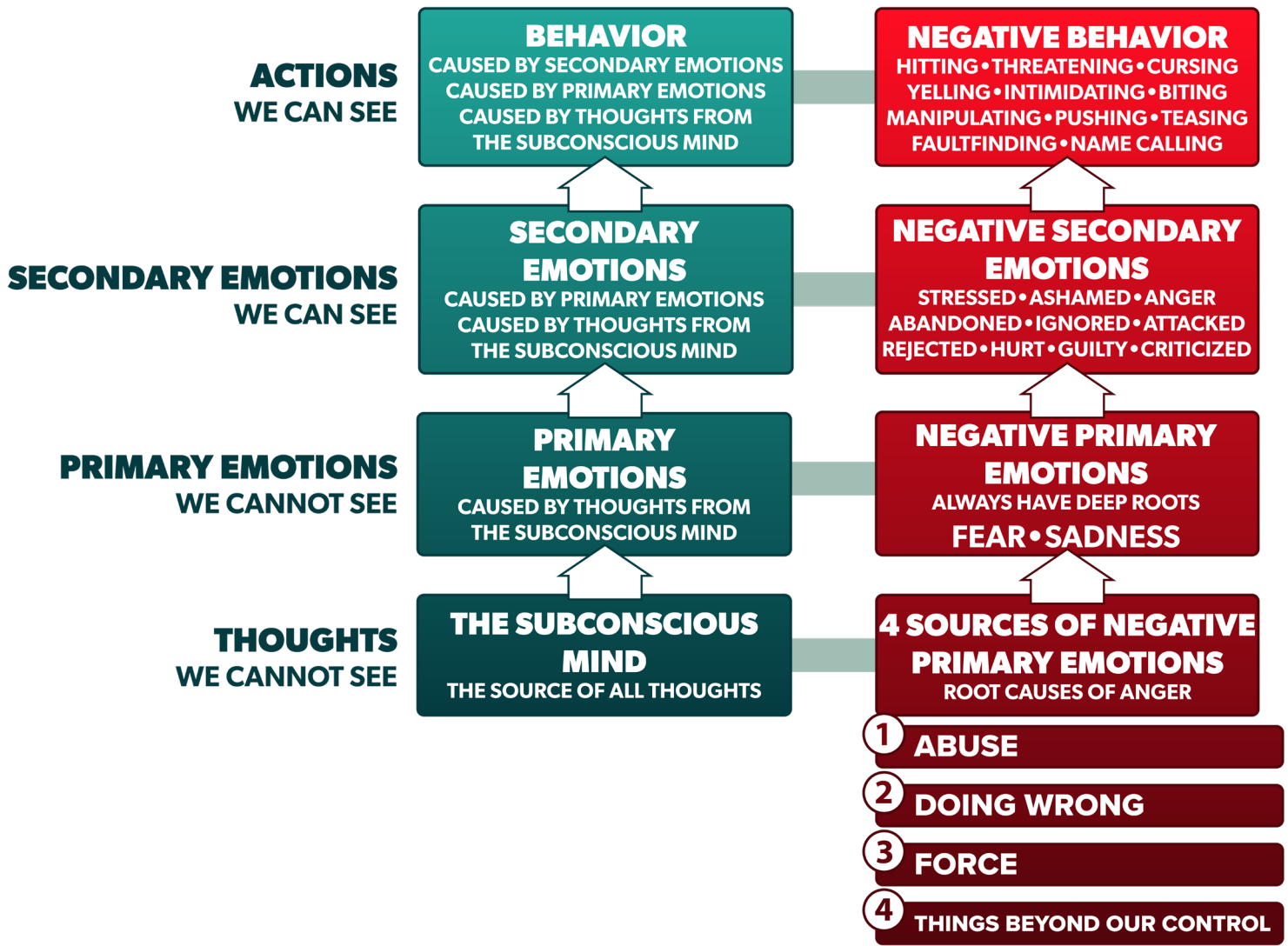
3. New **medical studies** have shown that **anger** is many times more damaging than first thought. Constant **anger** drains our bodies of important vitamins and minerals, leaving them open to **serious** diseases. What are some of the **benefits** of avoiding anger and being a **peaceful, happy** person? _____
4. Have you had a lot of **anger** in your life? _____ Which source(s) did (does) it come from? **1 2 3 4**

AVOID ANGER: Treasure the truth in your life. Ponder your possibilities. See the morning sky when dawn is breaking. Breathe deeply of the cool morning air. Wrap yourself in the warmth of the rising sun. Capture sunbeams as they reflect off the moisture on woodland trees. Be at peace with all you survey.



PRIMARY AND SECONDARY EMOTIONS

Anger is a secondary emotion and is the result of other emotions. These other emotions are, in turn, the results of internal conflicts stored in the subconscious mind. Starting at the bottom, what does this diagram tell us about anger?



5. **Curt, Becky's** brother, as we know, grew up in a very **abusive**, dysfunctional home. His home was filled with drugs, alcohol and violence. His dad **beat** and **verbally** abused him, as well as his mother, and his siblings, and then abandoned them. **Curt** grew up extremely **angry** and **violent**.
- a) Which one of the **four sources** was **Curt's** primary source of anger? _____
 - b) What kind of **primary emotions** could he be feeling? _____
 - c) What kind of **secondary emotions** would this cause? _____
 - d) What kind of **behavior** would we expect him to exhibit? _____
6. Before people can lessen their **anger** they would have to "fix" their source of anger. People who were abused and violated as children seem to have the **greatest anger**. Why? _____
7. **If you want to have less long-term damaging anger in your life, what will you have to do?**
- a) if you came from an **abusive**, dysfunctional home? _____
 - b) if you have been doing **wrong**? _____
 - c) if **force** is part of your life? _____
 - d) if you have lost **control** of your life? _____

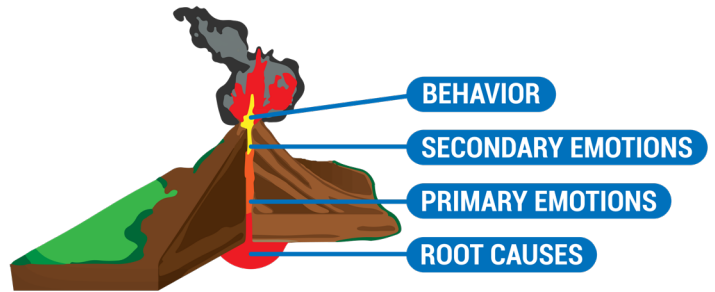
ANGER VOLCANO

Anger is like a volcano. Some people, who have little control, let their volcano erupt several times a day. Others have rid themselves of the root causes of their anger and thereby have more control. They forgive others and dismiss the insensitive jerks who might otherwise upset them. They have chosen to have more peace and happiness in life. How is your current volcano?

8. Questions

- If **angry people don't get rid of the root causes** of their anger, what will they continue to do? _____
- What kind of **primary emotions** do you think **Jason** and his cousins were feeling before they healed? _____
- Are there a lot of people today suffering from the things listed in **primary emotions**? _____ Why? _____
- How can we tell there is a lot more **anger** in people's lives today? _____
- Anger is a **natural emotion** that can be lessened in a person's life by eliminating the root cause. What are the four root causes? _____
- What are some of the **behaviors** (eruptions) you see happening in society? _____
What do you think are the **root causes**? _____
- If **anger** is currently a problem in your life, what are some of **your** root causes? _____
- What kind of **negative primary emotions** have you felt in your life? Go back to the previous page and underline the ones you have experienced. What caused you to feel these emotions? _____
- Jason** no longer has extreme **anger** in his life because he forgave his abusers. He is not doing **wrong**, is not trying to **force** others, and has **control** of his life. Why did **Curt** continue to have extreme **anger** in his life? _____
- Do you think people in society would benefit from information on **anger** management? _____ Would it help lessen some of the eruptions? _____

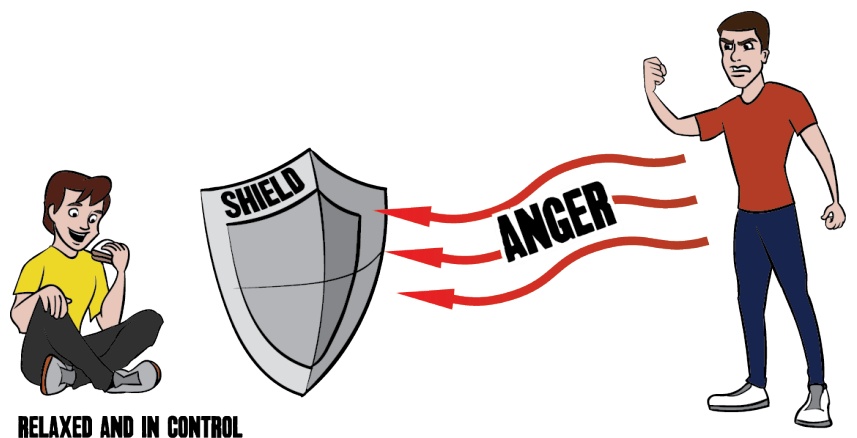
ROOT CAUSES OF ANGER



ANGER SHIELD

Successful anger management is keeping anger out by eliminating the four sources. You can put up a shield and not feel the anger because you don't let it in. Can you learn to do this?

Life is full of people who knowingly or unknowingly hurt your feelings. You can choose to dismiss them or become angered and controlled by them—it's your choice.



RELAXED AND IN CONTROL

LIFE'S STRESSES AND SELF-CONTROL

There seem to be many out-of-control people in today's society. Even if a person really has good control, there are a lot of outside pressures that are hard to deal with.

9. In the list below, check the **stresses** that you have experienced in your life.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Lack of job or money | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drugs | <input type="checkbox"/> Being put down |
| <input type="checkbox"/> Tired / lack of sleep | <input type="checkbox"/> Guilt / shame | <input type="checkbox"/> Anger / fear | <input type="checkbox"/> Family problems |
| <input type="checkbox"/> Pregnancy | <input type="checkbox"/> STD's | <input type="checkbox"/> School problems | <input type="checkbox"/> Trouble with the law |
| <input type="checkbox"/> Peer pressure | <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> Stress / depression | <input type="checkbox"/> Sexual relationships |

10. How many did you check? _____ Have you had a **stressful** life? _____ Why? _____

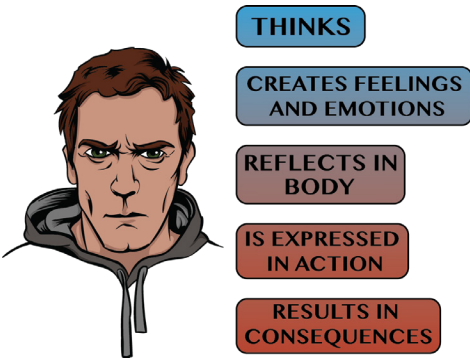
11. There are two types of people: **Actors**, who are in control and have room in their anger flasks, and **Reactors**, who have no room in their flasks. What happens when you **anger** a reactor-type person?

12. What do we see when a person's **flask** spills over?

13. What can we do to **drain** the flask before it gets too full?



Negative thoughts, like hate, jealousy, and suspicion, can be destructive to ourselves and those around us. Our thoughts turn into actions, and our actions can get us into a lot of trouble. For example, let's look again at Curt. Curt has little self-control. He is a jealous, impatient, angry, insecure 30 year-old. He has been abusive towards his girlfriends and is now going with April.



What does this diagram mean?

Example:

- (1) **Curt** thinks his girlfriend, **April**, is seeing another man.
- (2) He becomes angry.
- (3) His body tightens and his breathing increases.
- (4) When he sees her, he slugs her.
- (5) She cries, he leaves. Her arm turns black and blue.

14. **Questions:**

- a) **April** was not seeing another man. Why did Curt hit her? _____
- b) Most people **stop** at #3. But what do we see a lot of today? _____
- c) Once we let **anger** in, what do we have to do with it? _____
- d) **April** left **Curt** and started dating **Jesse**, who is a loving, kind, patient person. Is she safer? _____
- e) What will **Curt** probably continue to do to the women in his life? _____
Can he change? _____

15. It seems our society is **angrier** today than it was 50 years ago. There is more road rage, drug abuse, abuse of others, people losing control at sporting events, at ticket counters, etc. What do you think we can do as a society to reduce anger?

EMPATHY

Empathy is described as the human ability to share the concerns and feelings of others, to be dismayed when others suffer or are hurt. Empathy is the glue that holds a society together. Without it, as seen in some societies today, chaos and slaughter take over.

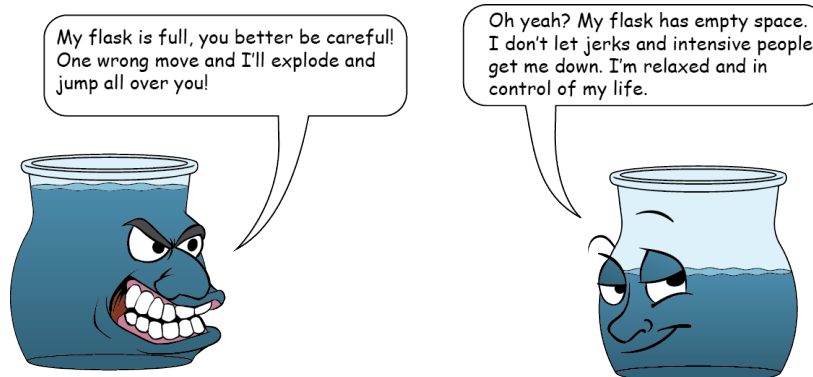
- 16. Studies show that parents who were **affectionate** and **sympathetic**, those who showed **kindness** by **example**, who had **regard** for the **rights of others**, and who tried to **inhibit** or redirect their children's aggressive behavior, were more likely to raise children with **empathy**. Why? _____
- 17. As could be expected, **abusive parents** produce children who have troubled peer relationships. They might have constant conflicts or hit their classmates. **Abused children** are less likely to aid a distressed child. They tend to become more **agitated** and **aggressive** or to withdraw. Why do they exhibit this type of behavior?

THINGS TO CONSIDER

Angry people put themselves into a self-imposed prison. They rob themselves of **physical** and **mental** well being. Freedom only comes to the **degree** they avoid **anger**. Describe the **life** of a patient, forgiving person.

What happens to people with no **coping skills** who walk around with their **flask full**?

Trauma and hurt from the past can keep us from fully living our lives. But all is not lost. We can seek healing and professional help. We can move forward and learn to live in the present. Life offers a new beginning each day. **T or F?**



Forgiveness is the fast track to **enlightenment**. Forgiveness can help people with feelings of resentment, vengeance, self-pity, and anger to rise up and out of the crowded **swamp** of despair. **T or F?**

Forgiveness is self-empowering. Forgiving others and yourself **frees** your inner-self, energizes your body, and strengthens your immune system. It gives you control, whereas before you were being controlled. **T or F?**

Forgiveness frees us and others. To forgive someone means that you **pardon** them without harboring resentment. In the process, you also **free yourself** from **unhealthy** feelings and attachments **T or F?**

List three things that currently make you angry.

Things that anger me

- 1. _____
- 2. _____
- 3. _____

Then list what you can do to lessen that anger.

What I can do to lessen my anger

- _____
- _____
- _____





WHAT SUCCESSFUL PEOPLE DO

Successful people learn how to avoid anger in their lives.

SUMMARY

People who let others and circumstances anger them give up their control. True freedom comes with self-control. With more anger, there is more bondage; with less anger, there is more freedom. Angry people empower others to control their lives. There is no way to “deal” with anger. Once you let it in, you either have to absorb or release it. Both are harmful. One of the great interpersonal skills in life is learning how to avoid anger as much as possible.



APPLICATION AND SKILL BUILDING

Which of the 4 sources of anger has been your biggest source of anger? **List 2 activities** you will participate in this week that can eliminate that source of anger for you.

Unit 7: Life and Addictions

Jason had one older brother, three younger sisters, and many cousins. Two of Jason's cousins lived an hour away in a small town. Austin was handsome, with jet black hair, pearly white teeth, and dark eyes. At 16, he had bulging muscles that he showed off by wearing cutoff T-shirts.

Austin's twin sister, Teresa, was stunningly beautiful, with dark eyes, and a clear complexion. They both had much in common, including being hard core drug addicts. Both had taken a step over the edge and were in a free fall, sliding down into the darkened pit of drug abuse.

The drug monster doesn't care who you are. He doesn't care whether you are male or female, rich or poor. The color of your skin or your nationality doesn't matter. The monster only cares about addicting you and destroying your life.

1. Who can become **addicted** to drugs or alcohol? _____
2. People who rebel and abuse drugs or alcohol, who stay in **denial**, slowly sink into the **swamp** of despair and emotionally drown in the **muck**. **T or F?**

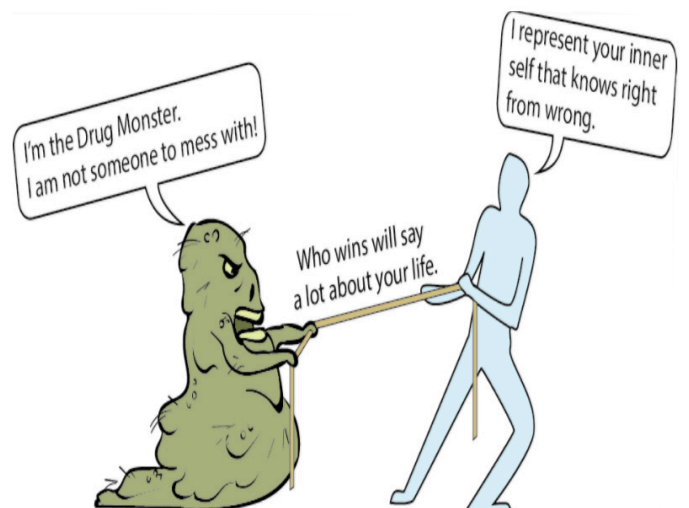
Austin and Teresa lived in despair and felt hopeless and helpless. Their mom and her live-in boyfriends were heroin users. While Austin was falling slowly down into the pit of darkness, he saw his friends moving their lives forward. His one great love in life, Julie, would no longer date him.

Austin loved Julie very much. He longed to see her, and the pain of her absence was more than he could bear. The first time they'd kissed, the sensation was so powerful that it crowded out all his worry and fear. Just for a moment, he felt complete, whole.

Austin's drug use was widely known in his school. When Julie confronted him with "Either me or drugs," he bowed his head and walked away, never to return to school. The pain was almost unbearable and for months he sought comfort in the numbness and false elation of drug use. Austin had first started drinking alcohol at age 10 and taking drugs at age 12. He had lost control of his life and was serving the drug monster.

3. Why was **Austin** so dejected when **Julie** made him choose between her and drugs? _____
4. **Austin** needed **Julie's** companionship. Like millions of teens from dysfunctional homes, he needed to be validated, understood, and accepted. Did **Julie** do the right thing? _____

Teresa fled the house after being brutally raped by one of her mother's boyfriends. She disappeared into the darkness of drug addiction and prostitution. Austin was luckier. His aunt rescued him and for five years helped him fight his drug addiction. He finished school and with the help of his uncle started his own drywall business.



It can be emotionally and physically dangerous to be raised in a dysfunctional home, especially when the primary care-giver is addicted to drugs. A home like Teresa and Austin's often becomes a magnet for people who bring with them their addictions, anger, selfishness, immaturity, and violence.

5. What do you think it was like growing up in **Austin** and **Teresa's** home? _____
6. **Austin, Teresa**, and their siblings were emotionally damaged by their addicted mother. She lived with many men but never married. Why did she choose drugs over her children? _____

For many years after his recovery, Austin dreamed of Julie. He married a woman with mental health problems; the marriage didn't last long. He hadn't remarried by the time he heard that his high school was having their 20 year class reunion. He entered a side door into the gym that was decorated with stars; a band was playing. The dance floor was packed. He stayed hidden in the shadows.

Suddenly, while searching in the dim light, he spotted her. Oh, how beautiful and mature she looked! He knew her husband had died in a motorcycle accident and that she was raising her two children with great difficulty. His heart started to race and his eyes moistened as powerful memories and feelings flooded his mind.

Soon the distance between them disappeared as he felt himself being drawn to her. He hoped she wouldn't recognize him as he approached her in the dim light, wearing slightly shaded glasses. He wasn't aware of the crowd or the noise as she accepted his invitation to dance. She didn't recognize him and tried to make polite conversation. He could hardly control his emotions. With teary eyes, he took off his glasses and said, "Julie, it's me, Austin."

With a shriek of joy, she was in his arms hugging him. They had grown up in the same neighborhood. Later that night, after much conversation and an outpouring of emotions, they both melted into each others arms and once again he was kissing her. For the second time in his life, he felt complete and whole. Six weeks later they were married. He loved her two children, and they later had one of their own.

At one point in his life, Austin felt like giving up and contemplated suicide. What can we learn from Austin's life?

DISCOURAGEMENT

The addicted live in barren wastelands covered by murky skies. Far in the distance, on a hill, lies the city of light. Great multitudes of the addicted push forward toward the city that represents freedom from addiction. However, many become weary in their journey and fall by the wayside or turn into dead end roads.

7. It is a **false belief** that those addicted no longer have the ability to quit. However, unless you have been there, you won't understand how difficult it is to stop. It is easy to get discouraged and give up. **T or F?**
8. Why is it easy for **substance abusers** to become discouraged and give up?
- _____
- _____
9. **Austin**, like almost all drug addicts and alcoholics, became **depressed** and didn't see a way out. But the **truth is**, no matter what has happened in the past, or how hopeless life seems, the **city of light** can be reached, and happiness can be found. **T or F?**

TERESA

Austin often mourned his sister. He felt the spiritual bonding twins often have. Growing up, they hugged and cried during the bad times. Austin was Teresa's hero, always there, always a friend and protector.

It had been over eight years since Teresa had disappeared; all assumed she was dead. However, police records never revealed her death.

Unknown to Austin or the rest of the Johnson family, Teresa had been sold as a slave into the sex industry. Because of her stunning beauty, she was always reserved for special, wealthy clients. After six months of bondage, the wealthy son of a wine grower fell in love with Teresa and helped her escape.

Teresa had lived in the fog of drug addiction since she was 13. It took almost two years of drug rehabilitation before she could accept that she was really free, that this man truly loved her, and that she lived in a beautiful home overlooking acres of grape vines and olive trees. It was hard for her to trust others. She knew she was lucky to be alive, having fought several bouts of pneumonia, hepatitis, deep chest coughs, sexually transmitted diseases, and a host of other ailments caused by injections of heroin and other hard drugs.

Teresa had given up many times. Being sober and straight was too painful. It was times like that when thoughts of Austin and her early life became too unbearable. She had tried to commit suicide twice, but a new dawn was breaking; despair was turning into hope, sadness into happiness, helplessness into control.

10. Substance abusers and addicts have to make a choice, **life** or **death**! Even if the physical self is alive, the mental/emotional self is dying. **T or F?**
11. People who use drugs have a **dimmer switch** attached to their bodies. Each year of chemical abuse turns down the light until it finally goes out. What is life like for **chemical abusers**, from the time of taking their first drug until the time of their death?

12. **Teresa** is no different from millions of other humans who voluntarily take harmful chemicals into their bodies. What decisions did **Teresa** have to make? _____
13. When you find yourself in the **pit**, you can quit digging and get out. **T or F?**

Happiness cannot be found in the darkness of substance abuse. The addicted are held captive by heavy chains, forged link by link with their own hands. No one can set them free except themselves, one link at a time.

14. The choice seems easy: **life** or **death**. Consuming chemicals is a form of living death. Drugs destroy all aspects of a person's life. Substance abusers voluntarily give up their freedom and become slaves to the chemical(s) of their choice. They **bow down** and obediently follow the path to their **destruction**. What chemicals have you bowed down to? _____
15. It would take **thousands of dump trucks** filled with dead carcasses to equal the number of people killed because of drug and/or alcohol related accidents, murders, diseases and overdoses each year in the world. Let's pretend that for some reason you became one of those in the dump truck. What would you miss most out of life? _____

You can't force substance abusers to change. As many of their partners have found out, you don't have the power to "fix" them. The more you push, the more they resist. The more you try to force others to change, the more you ruin yourself.

16. Substance abusers can go through a workbook like this or take other drug or alcohol rehabilitation programs, but to no avail if they don't **want** to change. **T or F?** If you don't **want** to change, you won't. You will just keep on abusing chemicals and destroying your life until it ends. **T or F?** What does it take for chemically addicted people to overcome their addictions? _____

17. Mark “**T**” for true or “**F**” for false.

- Drug users have more fun in life.
- People who are intoxicated make better drivers.
- People who abuse their bodies through drugs or alcohol lack intelligence and wisdom.
- Most substance users are like sheep that blindly follow their peers.
- A goat has more sense than a drug user because it won’t eat weeds that are toxic.
- Drugs give short-term thrills and long-term sadness.
- It is easy to overcome drug or alcohol addiction.

FAMILY

Out of the human tragedy and chaos of the Johnson family came Grandma Johnson who lived to age 84. She was a survivor—and strong—offering genuine love and caring to everyone. She lived off in the country on 200 acres she and her husband had farmed before his death.

Austin and Julie got together often with Jason and his wife Jenny. In addition to being cousins, they were also best friends. They felt a need to get the Johnson clan together at Grandma’s each summer for a family reunion. It became a family tradition and a time for healing, bonding, and family support. All agreed to leave their drugs, weapons, and cutting remarks at home.

Grandma Johnson’s husband (see page 3) was one of Sue and Ralph’s seven children (the 2nd generation). The five cousins (Becky, Jason, Cooper, Austin and Teresa) were part of the 3rd generation and only a few others really had happy lives. Many dysfunctional children in the family (into the 4th generation) are now involved in alcohol and drug addiction, crimes, incarceration, anger, despair, divorce, domestic violence and so on.

Teresa and her husband, Edwardo, whom she deeply loved, had two beautiful children. Teresa was joyously happy, except for missing Austin and her roots. She was ashamed and afraid to try to make contact, believing Austin was dead, and other family members were scattered or destroyed.

Finally, nervous and fearful, Teresa called an old family friend and learned of the annual reunion at Grandma Johnson’s. It was six weeks away, and with the urging of her loving husband, they began preparations for the four of them to travel to the US to the reunion.

As the rental car wound through the country roads, their two Italian-speaking children kept asking, “Are we there yet?” The small white-painted house with huge trees came into view. Teresa’s heart was pounding, her hands sweating, while she listened to her husband’s supportive words.

The field in front of the house was full of tents, cars, and campers. Everyone was in the backyard, where smoke rose from the barbecues. Teresa felt weak in the knees as the kids bolted out of the car. Slowly they walked together around to the back of the house and came into view of everyone.

Suddenly everyone stopped talking and cooking. Here was a handsome family, smartly dressed. Teresa had her long, black hair pulled back into a bun and was wearing sunglasses. She always wore long-sleeved blouses to cover the scars of the infected heroin tracks on her arms.

No one dared say anything. All wondered. Then Austin stood and she instantly recognized him. Her slow walk forward turned into a run as she took off her glasses and cried, “Austin, it’s me, Teresa.” Austin ran forward and collapsed into her arms, while gasps of joy and wonderment came from all who were there.

For a moment they both stood there sobbing and hugging tightly as years of pain seemed to melt away, replaced by joy and excitement. Soon the whole clan was there with introductions, tears, and hugs. Edwardo and the children stood observing with tears of understanding as they viewed their wife and mother crying and healing. Soon, the three were included and it all became a wondrous scene of love and joy.

18. **Teresa** was lucky. She had no idea that her extended family was intact. Other substance abusers might not be as lucky. Remember, no matter how bad others' situations are, individuals have the power (just like **Jason, Becky, Cooper, Austin, and Teresa**) to build their own pyramid and be the beginning of a loving, functional family. **T or F?**
19. Although **Teresa** has been straight for several years with no relapses, she still has to fight the drug monster on a daily basis. Because of her drug addiction, she damaged her brain cells. She has to take **anti-depressants** the rest of her life. The chemicals she consumed damaged her ability to produce enough brain chemicals called **serotonin** and **dopamine**. The drug monster has no mercy. **T or F?**

COURAGE

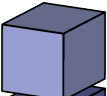





Recovering from chemical abuse is really about courage. The dictionary defines courage as “ a positive quality of mind or spirit that enables one to face danger with self confidence, resolution, or bravery.”

20. How did the five **Johnson** cousins (**Jason, Becky, Cooper, Austin, and Teresa**) show courage?

21. The opposite of courage is cowardice. How did **Curt** and other **Johnsons** demonstrate their cowardice?

22. Besides chemical addiction, what are some other handicaps people face that take **courage** to overcome?

There are different levels of addiction from non-user to hard-core user. Mark below your worst level.

0		Non User	Level 1: No cravings, use drugs occasionally for social or other reasons.
1		Occasional User	Level 2: Use drugs on a weekly or monthly basis. Have serious cravings. Drugs have become a big part of your life.
2		Frequent User	Level 3: You are now addicted to drugs and can't stop. You will steal, lie, or skip school to satisfy your cravings. You are in danger.
3		Loss of Control	Level 4: You are angry and in open rebellion. You are out of control. You feel hopeless and helpless. Your relationship with family has soured.
4		Serious User	Level 5: Drugs are the most important things in your life. You won't quit. You relapse when you try to quit. You serve the drug monster and your light is growing dimmer.
5		Hard Core User	

LIFE

There are many other things our bodies and minds can become addicted to besides alcohol and drugs. The cycle of addiction is going high, then going low and crashing with an overwhelming craving to go high again. This process can repeat itself for a lifetime, gripping the hapless victim in the web of addiction.

23. Mark with a check (✓) the ones below that have had a negative effect on your life.

- | | | | |
|--------------------------------------|--|---|---------------------------------------|
| <input type="checkbox"/> Nicotine | <input type="checkbox"/> Prescriptions | <input type="checkbox"/> Inhalants | <input type="checkbox"/> Donuts |
| <input type="checkbox"/> Food | <input type="checkbox"/> PCP | <input type="checkbox"/> LSD | <input type="checkbox"/> Cocaine |
| <input type="checkbox"/> Marijuana | <input type="checkbox"/> Caffeine | <input type="checkbox"/> Pain relievers | <input type="checkbox"/> Ecstasy |
| <input type="checkbox"/> Codeine | <input type="checkbox"/> Alcohol | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Heroin |
| <input type="checkbox"/> Depressants | <input type="checkbox"/> Meth | <input type="checkbox"/> Speed (uppers) | <input type="checkbox"/> Other: _____ |



24. Which of those listed above have been most **addictive** for your body? _____
25. Your **physical** and **mental** selves are intertwined. If your **physical self** is sick, it can cause your **mental self** to become sick, and vice versa. True freedom in life comes to those who can learn to control their **physical selves**. **T or F?**
26. What problems, if any, have addictions had on your life? _____



WHAT SUCCESSFUL PEOPLE DO

Successful people use their intelligence and wisdom to avoid substance abuse.

NOTE:

If you have a life-controlling addiction of any kind, get in the open by seeking help. Secrecy is the enemy of sobriety.

SUMMARY

Substance abusers live in a world of shadows and darkness between life and death. However, no matter how dark and hopeless life seems, there are always options. There is always hope of a better day. It takes strength and courage to overcome the drug monster.



APPLICATION AND SKILL BUILDING

List **2 sources** for your strongest temptations to use drugs and explain what you can do to remove the temptations.

- 1) _____
- 2) _____
- _____
- _____

.....

**AVOID THE ABYSS OF SUBSTANCE ABUSE
AND SEEK THE ABUNDANCE YOU DESERVE**

.....



Unit 8: Humanity

Amy Miller sat rigid and frozen with fearful anticipation of the moment when the courtroom doors would open and her soon-to-be ex would enter. He was her husband of 15 years and the father of their four children. This man, to whom she had so unconditionally given her faithful love, had wounded her ever so deeply. Tears swelled in her eyes and ran down her cheeks as she grieved for the marriage and life that could have been.

Steve Miller was Amy's soon-to-be ex-husband. He had been raised in a nurturing home. Amy was sure he was her lifelong companion, but something went wrong, painfully wrong. Steve went from a loving, considerate person to an angry, controlling, manipulating, abusive tyrant.

Steve altered his "inner way of being" from a kind, considerate responsive person to a mean, uncaring, resistant person. This descent into the swamp of misery was slow, with many opportunities to change, but he chose not to change.

Amy, at first, had no clue about Steve's long-term infidelity and deep addiction to pornography, but she slowly realized he had changed. She resisted his sexual demands that violated her boundaries and then suffered his unrelenting verbal abuse that turned into physical abuse.

1. **Steve** was past feeling. He was deceiving himself. At his death, he left a legacy of broken lives and shattered dreams. Why do some people choose to do wrong, when there is so much good they can do? _____
2. **Amy** left their marriage hurt and saddened, but determined not to let Steve's decisions control her life. She wouldn't allow herself to be **dragged down** to his level. During times of **great loss**, stress, and deep hurts, people are stronger than they think they are. **T or F?** Where does this **strength** come from? _____

Three years after their divorce, Amy was broke, trying to feed her children and meet other pressing demands. While checking out her groceries at the supermarket, she found her money had been taken by her son with a drug problem. Embarrassed and saddened, she apologized and was about to leave when the man behind her swiped his debit card and insisted, despite her protests, on paying for her groceries.

Little did Amy realize as he walked her to her car that this man would become her husband. Their relationship was filled with adoring respect, love, and stability, things that Amy had only ever dreamed of.

3. Life is a **precious commodity** that is best lived in the hope of a better day. **T or F?**
4. If you are **suffering** from anger and other **self-defeating emotions** from **broken relationships**, how can you best survive and be the person you want to be? _____
5. Hopeful and bright thoughts **attract abundance** while dark thoughts keep abundance at bay. **Darkness** cannot exist in the presence of **light**. **T or F?**
6. We have an option to be like a **dry, stony creek bed** or a gentle stream of pure water **nourishing** all with whom we come in contact. **T or F?**

NOTE:

At this point in the course you could be saying to yourself, "This is a good fairy tale, but doesn't represent real life." On the contrary, although all descriptions are not 100% accurate, the people in this course are based on real life situations. They were gleaned from years of conducting life skills classes. This course is a work of historical fiction that demonstrates the struggles, trauma, and successes of human relationships.

7. Mark "T" for true or "F" for false.
- People respond primarily to the way we feel toward them.
 - If we change, we can always expect others to change.
 - As a person, I know what it is like to be a person.
 - Self-focused people marginalize others while inflating themselves.
 - Steve's true self was not only evident at home but at work and in all aspects of his life.
 - If a person's heart is wrong, everything else will also be wrong.
 - Once you are self-deceived you can never change.
 - The best way to get more is to give more.
 - Successful communication takes place when we express our true, deep feelings.
 - Who we are is what we do, and what we do is who we are. Actions speak louder than words.

Our inner way of being is just who we are without thinking who we are. It is our deep self on automatic. Whether good (responsive) or bad (resistant), it just flows naturally out of the essence of who we are. On the graph below are some characteristics of a resistant person. Write in the characteristics of a responsive person.

SELF-FOCUSED (RESISTANT)	OTHERS-FOCUSED (RESPONSIVE)
Self-deceived • Objectifying • Prideful • Arrogant • Critical • Insecure • Jealous • Mean • Hostile • Violent • Abusive • Phony • Manipulative • Detached • In denial • Blaming • Demeaning • Marginalizing • Shallow • Selfish • Self-justifying • User • Provoking • Controlling	

8. Have you had an **ex** in your life? If so, underline the **characteristics** above, if any, that describe your ex. Mark any below which apply.
- My ex had some of the above named traits before I met/married him/her, but I didn't know the extent of it.
 - My ex has developed most of the above named traits during the course of our marriage/relationship.
 - I wasn't the most perfect partner, either. Some of the above named traits also describe my behavior.
9. The problem with people that are self-focused is that they don't think they are self-focused. They are self-deceived and don't believe they are wrong; therefore, others must be wrong. Steve lived and died as a self-focused person. What kept him there? _____
-

SELF-DECEPTION

As mentioned, to be self-focused or others-focused is a choice. Even the most responsive person will sometimes step into step into a self-centered view and "lose it." However, a growing number of people are rooted deeply in the box. They are self deceived. These people are the ones in society who are causing problems such as domestic violence, road rage, assault, fraud, theft, child molestation, murder, etc.

10. If most of the **people** you know are causing you **problems**, you may be the problem. **T or F?**
11. Self-deceived people like **Steve** have a **distorted view** of life, always justifying themselves, criticizing and blaming others while denying they are the problem. Do you think **self-deception** is a major cause of domestic violence? _____ Do a lot of **abusive, resistant** people see their mates as their **property**? _____ If you were regarded as someone's property, what could happen to you? _____
-
12. Determine which statement best describes Jason or Steve. Put a "**J**" for **Jason** or an "**S**" for **Steve**.
- | | | |
|--|--|--|
| <input type="checkbox"/> Repels others | <input type="checkbox"/> Inflates others' faults | <input type="checkbox"/> Inflates his own virtues |
| <input type="checkbox"/> Has empathy for others | <input type="checkbox"/> Is quick to anger | <input type="checkbox"/> Always blames others |
| <input type="checkbox"/> Treats people as people | <input type="checkbox"/> Treats people as objects | <input type="checkbox"/> Is a loving father & husband |
| <input type="checkbox"/> Judges others wrongly | <input type="checkbox"/> Marginalizes others | <input type="checkbox"/> Paranoid and suspicious of others |
| <input type="checkbox"/> Shallow and phony | <input type="checkbox"/> Gives insincere apologies | <input type="checkbox"/> Deeply resistant to change |

___ Sees the best in others
___ Is closed-minded

___ Doesn't progress
___ Is self-empowered

___ Discovers the treasures of life
___ His children love him

Self-deception is so pervasive that it affects all areas of our lives. It determines our success and the level of happiness in our relationships with others. A resistant person acts as a repelling force, keeping deep affections at bay. A frozen, hardened heart resists the sweet things of life and instead focuses on self-gratification. You can detect resistant people by understanding the following:

Self-deceived, resistant people . . .

- Instill in others the very behavior they dislike so they can justify their actions against them.
- Communicate disdain with the briefest glance.
- Don't make good supervisors, managers, or owners because of their focus on self.
- Commit violence in their heart long before their hands do.
- See themselves as superior, entitled to correct and manage others.
- Justify their wrongdoing and inhabit a world that makes wrong seem right.
- See people as objects so they can mistreat them without compassion or guilt.
- Are deaf and blind to the solution that can correct their condition.
- Portray themselves in a way that justifies their behavior and in so doing, provoke others to resistance.

As we have discussed, Steve, like many others who permanently sink into the abyss of self, became arrogant, selfish, mean, abusive, and self-centered.

13. What kind of **people** do you think you would find at the bottom of the **abyss**? _____

14. Do you know of any **resistant** relationships that led to divorce? ___ What **behaviors** did you observe?

As we mentioned before, the most important things in a relationship are the people in that relationship. If one or both are resistant people, the relationship is doomed.

LIFE IS FULL OF PEOPLE WHO KNOWINGLY OR UNKNOWINGLY HURT YOUR FEELINGS. YOU CAN CHOOSE TO DISMISS THEM OR BECOME ANGERED AND CONTROLLED BY THEM—IT'S YOUR CHOICE.

15. To be human is to have **shortcomings**. It is so easy to find fault because everyone is **imperfect**. What is it like to live with someone who is always **focusing** on your imperfections? _____

16. On the other hand, what would it be like to be **married** to a person who saw you through the eyes of love, someone who loved you more than they **loved themselves**, and who **dismissed your imperfections** and focused on your good qualities?

The worst disaster that can happen to spouses is that their partner sinks so low into the abyss of self that they relegate their partner to the status of an object.

17. Has this happened in any of **your** relationships? ___
If yes, check which one(s).
___ I was used to get the other person's way.
___ My feelings were diminished; they were not important to the other person.
___ I felt ignored.

18. If yes, how did this **treatment** make you feel? _____

19. People who are **used** and **abused** by their partner suffer from four basic strong emotions: Fear, Worry, Sorrow and Anger. Have you felt any of these strong emotions in a relationship? _____ Why? _____



20. If you could find the **ideal partner**, what would be some positive **characteristics** you would like them to have?

21. You can't find the **positive characteristics** you want in others until you **first develop** them in yourself. **T or F?**

When two selfish, self centered people marry or have a relationship, all “@*#&\$%” breaks loose. As soon as they get what they want from each other, they become enemies railing on each other.

22. When two **resistant people** climb into the same box, it is called **collusion**. It is not a pretty sight. Don't get too close or you will get drawn into their fighting and **constant bickering**. It is a lose/lose situation with **no winners**. Life is too short to waste it **absorbing** the negative. **T or F?**

23. What many **resistant couples** fail to realize while they are so focused on **bashing** each other is that many other people are being **hurt** by their immature behavior. In **resistant relationships**, who stands to be negatively affected by the turmoil?

Sometimes, when we are in the swamp, fighting alligators, we need to climb to higher ground, relax, take a deep breath and observe the beauty around us. Amy likes to write poetry. This one is about a softer view of life.

*The whippoorwill sings its lonely tune in the twilight of night
The warblers on the heather morn greet the rising sun
The dewdrops on the woody pines glisten and reflect the colors of the rainbow
The little brook meanders through the mountain pasture and sings its merry tune
The baby lamb nestles its mother with sounds of contentment
The quiet hush of newly fallen snow in a deep forest reminds us that we are only visitors
The soft wind comes and goes, not knowing from whence it came, nor where it goes
The rumbles of distant thunder and a gentle summer rain that water the thirsty earth
The darkened night bursts with twinkling lights and shooting stars.*

24. What is **Amy's** poem trying to say about life? _____

25. What do you **like** about your life? _____

Highly resistant, self deceived people won't like this course because any suggestion that they might be even partially responsible for failed relationships will be met with anger and denial. Because they can't be wrong, the course must be wrong, and like all in-the-box people, they will look for defects as proof and justification that they are right.

26. Responsive people would **critique** the course and offer **constructive** advice on how to improve it. **T or F?**

27. It isn't necessarily **life**, but rather our view or **perception** of it that dictates our behavior. When we live in **harmony** with the **beauty** and **truth** of life, we gain the **wisdom** to make correct choices. If you are a **responsive person**, what **rewards** in life could you expect to receive? _____

NOURISH YOUR POSITIVE REGARD FOR HUMANITY

Take an inventory of all your talents and positive offerings, and look beyond regret and bitterness.

Avoid negative thoughts that trigger self-defeating emotions and play havoc with your tender feelings, and that overwhelm and cripple your sense of well being.

Rise above the pollution of anger and resentment. Awaken to the beauty that is all around you.

Deliver yourself out of the bondage of unhealthy attachments. Ponder your possibilities. Examine your achievements and failures. Be fearless in your quest to eliminate the causes of prior failures.

Take comfort and seek the seemingly impossible. Interrupt the flow of negative, conditioned responses. Resist the habits that defeated your happiness.

Examine your reason for being. Come out of the shadows of wrongdoing. Delight in the achievements of others. Renew your commitment to those you love.

Consider the injustice that you have had to endure. Withstand the temptation to retaliate. Reveal your true self in the positive treatment of others.

Look deeply at the roots of your behavior. Forego the stress of repeated, unconscious defeating thoughts, attitudes and behaviors.

Turn darkness into light by empowering your responsive self to dominate your life and flow from you like a crystal pure river that nourishes all it touches.

28. What **keeps** people from doing the above? _____

29. If you were to focus on nourishing your **responsive** self, it would naturally crowd out your **resistant** self. **T or F?**

PROBLEM SOLVING

Many women in Amy's position, because of negative subconscious programming, stay in an abusive relationship and continue to be battered. What does it take for abused women to be more like Amy and leave?

Positive thinking attracts light and energy. With increased energy, new horizons and visions of possibilities come into view. Tasks that once seemed impossible now seem possible. What happens to people who give up and dwell in the swamp of despair?

THINGS TO CONSIDER

Mark a "T" a for true or an "F" for false:

- ___ Strength comes when we are honest with ourselves.
- ___ Our worst defeats can become our greatest victories.
- ___ There is peace and safety in the arms of those we love.
- ___ Self-imposed prisons are always easy to escape from.
- ___ The first step to recovery is to admit you can't do it alone.
- ___ The ugliness of self can evaporate in the service of others.
- ___ Always blaming others for our shortcomings validates our position.
- ___ Happiness comes when we make restitution to those we have harmed.
- ___ When we try to control others, we break boundaries and we both lose.
- ___ The truth is the truth regardless of our perception of it.
- ___ We can change our lives as soon as we change our thoughts.

LIFE

There are universal laws you can't break; you can only break yourself against them. People who live their lives in-the-box shatter their existence.





WHAT SUCCESSFUL PEOPLE DO

Successful people remain others-focused because they have a positive regard for humanity.

SUMMARY

The greatest determinant of your success or failure as a person is your regard for humanity. The quickest way for losers to become winners in life is to step outside of self-deception into the light of self-examination. With a new understanding of self, a clear vision opens up to reveal true peace and happiness. The old resistant self that was in disharmony fades away, allowing the true harmonious self to appear.



APPLICATION AND SKILL BUILDING

List 3 people in your life that you are grateful for and send each of them a note and share with them why you are grateful for them.

Unit 9: Relationships

To understand the pain of separation one has to understand the deep bonding that occurs in intimate relationships. Living, loving, having a sexual relationship is more than just a physical happening. Intimate relationships take people to the deepest sense of who they are. It is not only physical, emotional, mental and spiritual, it is also chemical. A good relationship promotes longevity, while a bad relationship shortens life.

1. The more you **bond** with someone, the more they can **hurt** you. **T or F?**
2. **Martha** and **Ken Miller** surrendered themselves to a **synergistic, interdependent relationship** with complete trust and confidence in each other. This willingness is the **glue** that holds marriages together. Why do you think so many marriages fail?

3. There is no **obstacle** that cannot be **overcome** in a dissolving relationship if both partners are **dedicated, committed, and true** to each other. **T or F?**
4. There is so much to do before the **twilight** of our life overtakes us, so many new **pleasant memories** to make, so many **opportunities** to explore. **T or F?**
5. Analyze your thoughts, emotions, and behaviors in the last 12 months. Have you been **self-deceived**? ____ Have you had **distorted thinking**? ____ Have you participated in **self-defeating** thoughts, emotions and behaviors? ____ Do you want to **change**? ____ Do you want to **leave behind** the saddened past? ____ As of this moment, are you committed to nourishing your responsive self? ____ If so, then you will **change** because you want to. Welcome to your **brighter** world. What is in a **brighter** world?

WHAT MAKES A GOOD MARRIAGE?

The most important ingredient, as we have already discussed, is two responsive partners with loving hearts. The shortest path to divorce or separation is one of criticism, resistance, and hard-heartedness. This doesn't mean that there aren't differences or even arguments — no marriage or relationship is 100% perfect. What it does mean is that people who see responsively look past the negative and focus on the positive.

6. Below is a list of **traits** that experts say promote **lasting marriages or relationships** with **responsive partners**. Rate your marriage or relationship during the last two years. What kind of **couple** were you?

During the last two years of our marriage or relationship, we . . .

- ____ didn't have warring hearts, but rather forgiving ones.
- ____ were best friends, always looking out for one another.
- ____ learned to be kindred spirits, experiencing life together, and had joy in each other's accomplishments.
- ____ committed to each other deeply and remained faithful.
- ____ adapted to changes that come up in life-long relationships.
- ____ argued and had differences, but did it fairly; didn't resort to pushing deep hurt buttons.
- ____ communicated on a deep, trusting level; were able to express our feelings openly on emotional issues.
- ____ kept materialistic urges in check and avoided heavy debt.
- ____ didn't try to change the other, but walked with each other emotionally, choosing to listen and validate.
- ____ listened deeply before responding, making sure that what was being said was clearly understood.
- ____ had a sense of humor; were optimistic. We saw the flask half-full; saw roses instead of the thorns.
- ____ demonstrated love and commitment through positive actions.

YES!	Yes	Sometimes	No	NO!
5	4	3	2	1

____ **Total**



Questions:

Excellent	Problem	Fair	Harmful	Awful
60 - 50	40 - 40	39 - 30	29 - 20	19 - 10

- What was your **score**? _____
What does the **score** mean?

- If you have had broken **relationships**, who **contributed** the most to their failure?

- Have you had a **relationship** with a resistant person? _____ If yes, what would you warn others about him/her?

- It is easy to **love** those who **love** you, but harder to **love** difficult people. **T or F?**
- Some people are **afraid** to deeply love and bond with or marry another person. **T or F?** Why?

- What good things did you **bring** to your marriage or relationship?

- If you were a strongly **resistant** person, always in **denial** and **blaming** others, you might be the most at fault for failed relationships and not know it. Why?

- It is difficult for **resistant** people to become **responsive** while they are in denial and **self-deceived**. One of the functions of this course is **cognitive** awareness. No **progress** can be made without **self-awareness**. **T or F?**

MERGING

The goal of any responsive marriage is for two single people to merge together. As we mature, we go from being dependent (age 0 to 10), to independent (age 11 to 21), to interdependent.



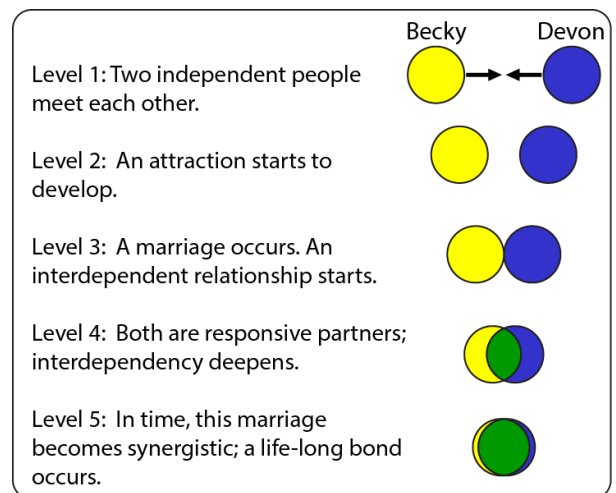
People's true selves don't necessarily change with marriage. A person can mask his/her personal way of being for a while, but after the "honeymoon" the real person will emerge.

7. Is it true that **love** is blind? What gets in the way of **rational thinking** during courtship?

8. Marriage is just a **word** and a piece of paper. What makes a **marriage** a marriage?

Merging two into one is not easy. It takes two committed people, giving up self and trying to foster a relationship that takes them from individual dependency to interdependency. This merger might look like this, using Becky and Devon as examples:

Becky and Devon merged into one despite Becky's beginnings. Although no relationship is without problems, this couple had the ideal marriage filled with hope, love and mutual concern for each other.



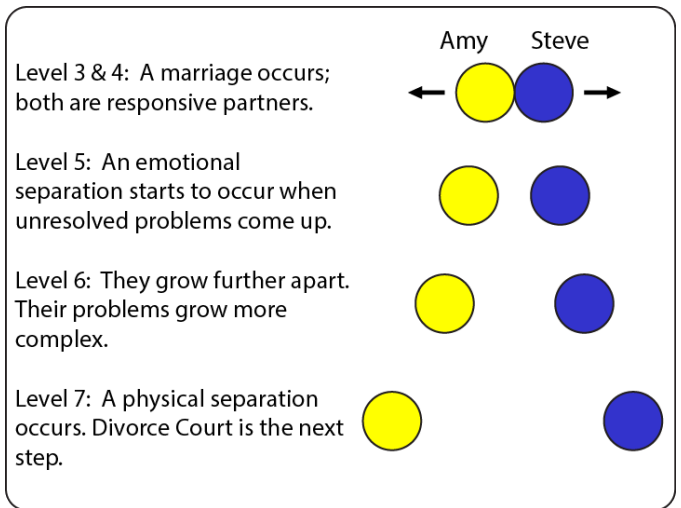
9. Have you had a relationship like **Becky** and **Devon's** where a complete merger took place? _____
 Explain: _____
10. Do you know **someone** with a relationship or marriage like **Becky** and **Devon's**? ____ How did they treat each other?

STEVE AND AMY

Regardless of our beginnings, the major factor that determines a successful marriage or relationship is our deep automatic personal way of being. Self-centered, hardened hearts have no room for others. Steve started out good, but what happened? Let's go back and look at Amy and Steve's marriage and start at Level 4.

11. When **separation** starts to occur in a relationship or marriage, it's very **emotional** and **painful**. What strong emotions have you experienced, if any, from broken relationships?

12. **Amy** remained true to her responsive heart—the divorce was not that **bitter**. The children were **spared** a dragged out, screaming, getting-even battle. What happens in a **divorce** where both **partners** are **resistant**, hard-hearted people?



RING OF FIRE

Stay out of other people's business. It is very tiring and non-productive. If you are always in other people's business, who is in your business, building your life? You can't force people to change; you can only influence them. So relax and stay out of the ring of fire.

What is the "Ring of Fire"? It is a zone of hostility where "below 500" people, who are filled with contention, dwell with hate and anger. It is a personal ring of fire they create to invite you in and duke it out with you. They are miserable human beings who see you as an object to control and manipulate or even abuse.

So many silly people go from one person's ring of fire to another, getting sucked into their awful lives. Stay out by being an observer; stand off; don't become angry; walk away; remain cool and in control. Feel sorry for them as they become contorted, ugly, disturbed, and angry. Take a deep breath and be glad you are staying "above 500" and didn't descend into the swamp of despair with them. You have too many beautiful things to do with your life to waste your precious life sources on "below 500" people and their self-inflicted pain and problems.



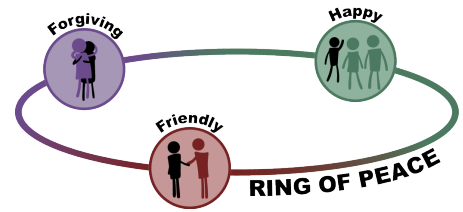
13. Describe the **behavior** of people who live inside a **ring of fire**: _____

14. What is your **plan** to stay out of other people's **ring of fire**? _____

Opposite to the "Ring of Fire" is the "Ring of Peace." At its center are "above 500" people who are compassionate, caring, understanding, and non-judgemental. These people tend to see the positive in others and ignore their weaknesses. They are quick to forgive and don't hold grudges.

15. Describe the behavior of people who have a **ring of peace**: _____

16. Who do you know in your life that **offers peace**? _____



17. Mark **“T” for true or “F” for false** on each of the following statements.

- ___ Children learn mostly by example. What a parent does shouts so loudly that their children can't hear what they say.
- ___ If parents want to raise loving, kind, responsive children, they have to be that way themselves.
- ___ Many marriages wane when the physical attraction begins to fade.
- ___ Marriage is not as popular as it used to be.
- ___ People marry for long-term love, security, and a sense of belonging and well being.
- ___ Married people lose their identity.
- ___ Single people are healthier than happily married people.
- ___ Many divorces are rooted in financial problems.
- ___ A good marriage has self-disclosure where both partners feel free to express their deep worries, fears, and expectations.
- ___ A good marriage is where both partners are getting their physical and emotional needs met.
- ___ Most women can change the dysfunctional men they marry.
- ___ A good marriage is one that is committed and moves through the trials of life.
- ___ If your marriage is not working, just get a divorce. A second or third marriage is always better.

PROBLEMS WITH SEPARATION OR DIVORCE

Not all separations or divorces are bad. Some behaviors on the part of the other partner are so irreconcilable or damaging that separation or divorce is the only option.

18. Was it right that **Amy** divorced **Steve**? _____ Why? _____

19. Have you been in a **relationship** that was **beyond** repair? _____
Explain: _____

People who have gone through separation or divorce report the following negative events and emotions:

- The loss of a partner to share life with.
- A sense of failure.
- Increased stress and anger.
- A decrease in physical and emotional health.
- Weight change and sleeping problems.
- Loss of friends on partner's side of the family.
- Feeling abandoned, exhausted, and overwhelmed.
- Feeling unjustly treated, put down, and betrayed.
- Increased financial problems.
- Emotional problems with children.
- Defeated, lonely, and worried.
- Feelings of guilt.
- A loss of dreams and aspirations.
- Feelings of hopelessness and helplessness.
- Anxious, ashamed, and inadequate.
- Threatened, criticized, and trapped.

20. If you have had an **emotional break-up**, **circle** the ones above that affected you.

21. **Contention** in a **marriage** or **relationship** is like untreated **cancer** that slowly overtakes until it is fatal. **T or F?**

22. If you have **survived** divorce or separation like **Amy** and come out stronger, you deserve a **purple heart** for the wounds you had to endure. **T or F?**

23. Has there been anyone in your **life** that **you wish you hadn't married** or had an intimate relationship with? _____ If you could **rewind** time, what would you have done differently?

SERENITY

Jenny began to stir and stretch, slowly becoming conscious of the sunny spring morning and the sweet scent of lilacs drifting through the open window. Beside her, Jason still slept in the luxurious comfort of their bed. Soaking in the few minutes between sleep and reality, Jenny was intoxicated by the smells of nature, accompanied by the melodious songs of the various birds that visited her bird feeders and gardens.

The view from their glass sliding doors was breathtaking. Humming birds, bees, and butterflies were feasting on the nectar of blossoms, drawn by an explosion of color from her half-acre flower and vegetable gardens. The apricot, peach, cherry, and apple trees were in full bloom, drowning her senses in colors of white, pink and violet.

Jason had taken a job in the country with the power company, at reduced pay, to leave the noise and pollution of the city for a bit of heaven. Jenny was a master gardener and decorator; she turned an old, worn-out, sagging, wooden house into a home of beauty, peace and harmony. With her children grown and gone, she was finally able to pursue her artistic dreams. The white picket fence around the little farm house glistened among the green rolling hills that surrounded it. It seemed so isolated and protected from the chaos and calamity of the world.

Sitting on the edge of her bed, breathing deeply and taking in all the beauty, she had a strong sense of security about their future. She had a wonderful feeling of anticipation as her thoughts turned to her free Saturday with her husband, shopping and working in her garden. She slowly turned and slid across the sheets and kissed Jason on the cheek. She loved this man with whom she shared her life.

24. Those who **hurry** through life see only a **blurred vision** of what could have been. **T or F?**
25. Those who seek **serenity** and **sanctuary** from the stresses of life will find it. **T or F?**
26. On the scale of truth (0 to 1,000) where would you place **Jason** and **Jenny's** relationship? _____
Curt's relationships? _____

MARRIAGE / RELATIONSHIP KILLERS

The following relationship or marriage-killers come from the experience of the many counselors and advocates who work with family and divorce issues, both in private and court-related. These are not listed in order of severity.

- A. Self-deceived, resistant, selfish, hard-hearted partners:** This is perhaps the major cause of divorce or separation because it governs all aspects of a person's thoughts and actions. It is hard to have a productive relationship or marriage where one partner is only concerned with self. **T or F?**
- B. Financial issues:** Money problems are largely due to a difference in subconscious programming of both partners. The desire for abundance versus restraint can cause strong emotions such as anger. Two abundance-seeking partners will soon burden the relationship or marriage with heavy credit card debt, large mortgages, and car payments, which, in the end, lead to heavy debt, captivity, and possible bankruptcy. Wise, responsible partners have more self-control and seek the free things in life that are of more worth. What are some of the free things in life?
-
- C. Pornography:** Steve had a gambling and drinking problem, but his worst addiction was pornography. Nature endowed us with strong chemicals (testosterone and estrogen) and powerful urges to procreate. Over-stimulation to these factors can create a life-long uncontrollable addiction that causes many to cross the line from fantasies to abuse, to molestation, and in the case of some, even to murder.
27. The **descent** into **pornography addiction** took a somewhat normal good person like **Steve** and turned him into a resistant, hard-hearted **abuser** who eventually relegated **Amy** to an **object** that he could use and abuse. Many say pornography is a **victimless crime**, but is it really? _____ What do you think? _____
28. **Pornography** affects both men and, **increasingly**, women, but men more strongly. What can happen to a society if more and more of its **males** turn women into objects? _____
-

D. Unresolved issues from childhood abuse and other negative programming: When you marry someone, you inherit his/her family also. The subconscious mind doesn't know right from wrong. Children, from birth to age 10, are not cognitive and cannot stop or refute the bad being said, observed or done to them. Sexual abuse is one of the most difficult childhood issues to overcome. It is so traumatic it can stay in one's memory for a lifetime.

29. Subconscious **programming** is on 24/7 sending messages to the **conscious** mind which, in turn, **regulates** a person's self-esteem, values, attitudes and behavior. What, if any, **unresolved programming** did your **ex** or prior partner bring to the relationship or marriage that caused **problems** for both of you?

30. What, if any, habits, traits, personalities, or other **unresolved** negative programming did you bring to your marriage or relationship?

E. Infidelity or adultery are, according to counselors and the court, another major marriage killer.

31. Why is **infidelity** so devastating to a marriage or relationship? _____

32. Why do so many couples **cheat** on each other? _____

33. What are the **rewards** for couples who remain **true** to each other?

34. When you **deeply ponder** your life, you find a way to change it. **T or F?**

PARENTING

Take this test, even if you do not have children, to see where you are now and where you can improve. If you are a parent, rate yourself from 1 to 6, – one for the best, six for the worst. If you are not a parent, score yourself where you would like to be as a future parent. Remember, this workbook isn't about perfection, but improvement.

YES!	Yes	yes	no	No	NO!
5	4	3	2	1	0

- A. ___ I take good care of myself.
- B. ___ I spend quality time daily with each of my children.
- C. ___ I practice true listening and understanding.
- D. ___ I share laughter, play, and affection.
- E. ___ I give acknowledgement and show appreciation.
- F. ___ I use positive discipline with respect.
- G. ___ I allow room to grow and to make mistakes.
- H. ___ I instill in my child(ren) a love for learning.
- I. ___ I live my values and I am a good example.
- J. ___ I provide service opportunities outside our family.
- K. ___ I have faith in the future and I am optimistic.
- L. ___ I give unconditional love to each of my children.

Add up your score. Circle your **bracket**. What does it mean? _____
 Which behaviors do you need to improve? _____, _____, _____, _____.

12 - 30	31 - 50	51 - 72
Excellent	Fair	Damanging

35. Go back and score your parents. What was their score? _____ What does the score mean? _____



PROBLEM SOLVING

People in contentious relationships are like two opposing battleships standing afar off shooting one volley after another at each other. Divorce courts are littered with dead marriages and emotional bloodletting. Swollen with anger, a contentious, get-even, resistant self shoots hate and hurt out like darts. Consumed with vengeance, the combatants are deaf and blind to conciliatory options and fight for the last piece of china. T or F?

- What is really going on in a contentious relationship that causes two grown-ups to act in this manner?
- Is every person I meet, a person, or something else? Is a drug addict an addict, or a person? Is a juvenile delinquent a delinquent, or a person? Is a prostitute a prostitute, or a person? What I think about others says a lot about me. T or F?
- The strongest element in any society is not its armies, corporations, or factories, but is, in fact, its families. A society can rise no higher than the values and examples being taught in its family units. Most societies that fail, decay from within. What do you think is the greatest enemy to the US? _____
Is it within or without? _____
Why? _____

Love is a simple word that starts with the tongue pressed up against the upper front teeth. Then the tongue is lowered allowing love to come out. However simple, it rules the universe. Here is another one of Amy's poems.

*Love does not find joy in the misery of others
Love does not hate its own
Love is friends at first and friends at last
Love eases the burdens and hardships of others
Love turns enemies into friends
Love seeks the good in others*

*Love is genuine and compels others to change
Love heals broken hearts
Love is forgetting, not remembering
Love brings pieces together to make a whole
Love does not leave a wanting, but fills to overflowing
Love gathers light and dispels darkness.*

What is the poem trying to say about love? _____

LIFE

The opposite of love is selfishness; where one gives life the other destroys it. Where one brings light, the other brings darkness. Where one gives hope, the other depresses. Where one nourishes, the other sickens. Where one brings closeness, the other separates. Life is a choice and those who make the right choices find happiness.



WHAT SUCCESSFUL PEOPLE DO

Successful people live without contentious relationships.

SUMMARY

Divorce or separation is the death of the marriage or relationship, but not the end of life. The end of life comes for those who remain in the box.



APPLICATION AND SKILL BUILDING

What is your plan to have a **positive, enduring and intimate relationship**. Describe the **steps** you will take to **accomplish** this goal.

Unit 10: How to Be Happy and Successful in Life

If someone asked you what the purpose of your life is, what you were looking for, or what you want before you die, you would probably answer, "happiness."

1. What is your **definition** of happiness? _____
2. Happiness is **associated** with other words and emotions. Circle the ones you have felt.

Cheerful **Enthusiastic** **Contented** **Thrilled** **At peace** **Optimistic**
Safe **Excited** **Joy** **Positive** **Secure** **Warm Fuzzies**

Take the following Happy Test. This test is the result of thousands of people being asked, "What makes you happy?" Take this test as you feel today. Use the following scale:

YES! = strongly agree with the statement **no** = slightly disagree with the statement
YES = agree with the statement **NO** = disagree with the statement
yes = slightly agree with the statement **NO!** = strongly disagree with the statement

Statement:	YES!	YES	yes	no	NO	NO!
I have great joy and happiness in my life.	5	4	3	2	1	0
I have others who are concerned about and/or love me.	5	4	3	2	1	0
I feel secure. I have little stress or depression.	5	4	3	2	1	0
I have few, if any, chemical addictions like drugs, caffeine, nicotine, etc.	5	4	3	2	1	0
I have great control of my life.	5	4	3	2	1	0
I am optimistic and look forward to the future.	5	4	3	2	1	0
I like the way I look.	5	4	3	2	1	0
I have faith and hope in a higher power.	5	4	3	2	1	0
My work or hobbies are meaningful and challenging.	5	4	3	2	1	0
I have close relationships where I can hug and be hugged.	5	4	3	2	1	0
I have a sense of humor and laugh easily.	5	4	3	2	1	0
I am friendly and help others.	5	4	3	2	1	0
I smile a lot.	5	4	3	2	1	0
I am patient and easily forgive others.	5	4	3	2	1	0
I have good self-control and seldom get angry.	5	4	3	2	1	0
I am a good listener and communicator.	5	4	3	2	1	0
I have someone I can trust. I can be open with them.	5	4	3	2	1	0
I am a good citizen and obey society's laws.	5	4	3	2	1	0
I have little fear or worry in my life.	5	4	3	2	1	0
I have good values and don't go against them.	5	4	3	2	1	0
I am organized and have goals in my life.	5	4	3	2	1	0
I have little debt.	5	4	3	2	1	0
I have enough money to meet my needs.	5	4	3	2	1	0
I have good physical health.	5	4	3	2	1	0
I have good mental health.	5	4	3	2	1	0



3. What is your **score**? _____ What does it **mean**? _____
 According to the **chart below**, how **happy** are you? _____
 Can you **change** the results? _____

125 - 100	99 - 75	74 - 50	49 - 0
Very Happy	Mildly Happy	Sad	Miserable

4. **According to the Happiness Test, what are 3 things you can do to improve your happiness?**
 1. _____
 2. _____
 3. _____

JOURNALING AND PERSONAL HISTORY

Writing in a journal has been scientifically proven to reduce stress and open new areas of thought and well-being. According to Kathleen Adams, psychotherapist and best-selling author, "scientific research shows that brief, intense bursts of emotional release writing -- only 15 minutes a day, for only four consecutive days -- is correlated with increased immune system function that can last for several weeks."

5. It doesn't matter if you have **bad handwriting, grammar, or misspelled words**. How can writing down your life and problems help you? _____
6. By **journaling**, or writing our thoughts on paper, we become more focused as we define how we are feeling. When journaling, we are processing the **grief, stress, anxiety**, and **fears** as we write. What can happen if we keep all our fears and problems bottled up? _____
7. Writing down our fears and problems **reduces** and **clarifies** them. Most of our **fears** come from faulty thinking errors. Little of what we worry about actually comes true! Many people who don't properly deal with their unfounded **fears** become paranoid. What are some other **physical** and **emotional** ailments that can result from too much stress, worry, and fear?

8. What could you **expect** in your life if you kept a **journal** for a month and wrote down in detail all your **stresses** and things that are bugging you? _____

BENEFITS OF JOURNALING

Amy Miller, recovering from a traumatic divorce, attended a counseling group led by a seasoned facilitator. The importance of journaling was emphasized. When asked in group how journaling had helped them, several responded as follows:

"I had a very stressful last two years. I wouldn't have made it without journaling. It helped me put my problems in perspective and I was able to tackle one at a time. I have also helped my best friend to journal and our lives have drastically changed. "

"I don't like writing, it was hard for me to start. I've learned to use a computer voice recognition program. Now I just speak into my head set and print out my journal. In reading my journal from the beginning, I am amazed at how much progress I have made. Currently I journal once a week or more often if needed. "

"My journal has become my best friend; I tell it things I wouldn't share with others. It has become very therapeutic as I am able to release a lot of hostility from earlier childhood abuse and failed relationships. I bought a small safe just to keep it in. I still face a lot of problems, but journaling has made them manageable."

Note: Journaling and writing down your personal history are two separate things. Much of your deep personal feelings and problems written in your journal are for you only. Your personal history is for everyone to read.



PERSONAL HISTORY AND FAMILY ROOTS

Journaling can also be a first step towards writing your personal history. Who is interested in your life? Answer: many! Researching your roots can give you a sense of belonging. It's good to know your ancestors and how they relate to your life today. Likewise your posterity, one hundred years from today, would love to know their roots and life as it is today. If you don't write down your personal history, genealogists say that you will almost be forgotten in 47 years.

9. How far can you trace your **family roots**? Use the family **tree chart** on the next page to go as far you can in identifying your generations of **grandparents**, and **great grandparents**. Ask a family member if you need help.

My Family Tree

You	Your Parents	Your Grandparents	Your Great Grandparents
<p>KEY: B=Birth date M=Marriage Date D = Death date</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>
<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>
<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>	<p>Name: _____ B: _____ M: _____ D: _____</p>

Suggestion: Write the father's name on the top line of each bracket, and the mother's name on the lower line. Add places, if known.

10. What did you learn from **filling** in your family tree? _____

JOURNALING SUGGESTIONS

Make it easy to have access to your journal. Choose a specific time that can become habit forming. If you type your journal, print your pages and keep them in a three-ringed binder, organized by date of entry. Or use any bound journal for your writings.



Write from your heart, in your own words. A sentence or paragraph a day, or weekly, can be sufficient. Visit (read from) your journal often to see your progress. What are some reasons that would keep you from writing in your journal?

PERSONAL HISTORY SUGGESTIONS

Start with your earliest memories and write forward. Use a three-ring binder. Collect the important papers of your life, such as birth and marriage certificates. Make copies of them. Put them in sheet protectors in chronological order. Consider using some of the following as tab divider labels:

- Early Years
- College Years
- Family Events
- Stories of Grandparents
- Grade School Years
- Trade School
- Pets
- Military Service
- Jr. or Middle School Years
- Marriage
- Stories of Parents
- Interesting People I've Met
- High School Years
- My Child(ren)
- Where I have lived
- Interesting Places I've Been

FINANCIAL WELL-BEING

Two of the major stresses in life are the lack of proper income to meet daily needs, and financial debt. Financial problems are at the root of many failed relationships and domestic violence. Both problems are strongly influenced by our subconscious programming. As with most all problems in life that need to be solved, one first has to start with thinking errors. If we keep on thinking what we have been thinking, we will keep on getting what we have been getting!

11. Growing up in a highly dysfunctional home, **Jason** had to overcome his bad scripting from **believing** he was worth minimal wage to becoming an electrician earning \$24.50 an hour. Most of his siblings and cousins kept their **false** perceptions even into their **adult** lives. Why do you think most of the **Johnson clan** remained in low wages and poverty? _____

12. What happened to **Jason** to reprogram his mind with the truth: that he was worth much more than minimal wages? _____

Millions of people are underachievers because of bad programming. Most never find a way out of all their negative ruts and stay in financial bondage the rest of their lives. The formula described below is all powerful in determining low and high-end achievers.

Thoughts = feelings = emotions = values = attitudes = behaviors = Consequences

13. It is not easy for **low achievers** to change and improve their financial well-being. It first starts with a strong desire to change. No desire, no change. It takes constant effort and a positive attitude to pull out of **stagnation and decay into growth**. What would Jason's financial life be like today if he hadn't changed, and had remained like his siblings and cousins? _____

14. **Jason** was not only able to improve his income, but with the help of his wife **Jenny**, they were able to live within their means and avoid heavy debt. "A penny earned is a penny saved" is an old saying that holds true today. Most people in America don't live prudently; they spend what they earn and carry heavy debt. What are some of the results from this type of mind-set and behavior? _____

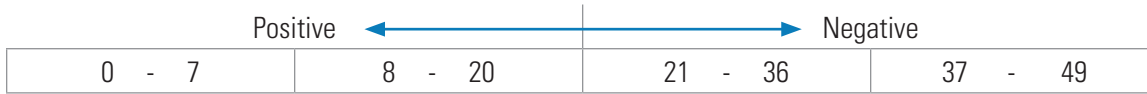
Mark below some of the financial problems you may be having. Rate their severity.

No Problem		Mild Problem			Strong Problem		
0	1	2	3	4	5	6	7

- _____ I make enough money to meet my needs.
- _____ I worry about my financial well-being.
- _____ I have credit card debt.



- _____ Finances are causing contention in my relationships.
- _____ I have past due bills.
- _____ I have sufficient education and skill sets to earn higher income.
- _____ I have sufficient cognitive thinking skills to earn higher income.
- _____ **Total score**



15. What does your score mean? _____
16. How could this course help you to become **better off** financially? _____

HAPPINESS IN CONTROLLING NEGATIVE THOUGHTS

The following are some self-discovery (cognitive restructuring) thoughts that can literally change your life. Ponder them and allow them to sink deep into your inner self. Consider the following:

- Your **thoughts** can change you from feeling desperate and afraid to feeling love and happiness. By believing your untrue, below 500 **thoughts** you can scare yourself half to death. Because your mental self is trapped inside your physical self, you can literally kill yourself through worry, fear, and anger as you weaken your immune system, opening your body to the many opportunistic diseases present in every-day life. How do happy, positive **thoughts** keep you healthy? _____
- When you stop believing your untrue **thoughts** and start believing the truth (which could be that most of your problems are self-inflicted), you are set free from your self-imposed prison regardless of how many years you were held captive by your **thoughts**. Relief will come quickly if you can find what is really true, not for others, but for yourself. What is the good, positive truth about you? _____
- When you start to question your **thoughts**, you start to change. Be suspicious of your **thoughts**. Challenging and inquiring are two powerful cognitive skills that can help you investigate the negative **thoughts** you are thinking. Don't trust what you believe until you investigate the truth of it. Remember, the truth is always there. It never moves and never changes; we are the ones who must move and align ourselves with the truth. What can happen to people who never question their negative **thoughts**? _____
- Study the significant others in your life, but don't get into their business. If you are in their business, who is in your business? Stay out of their trap of anger and selfishness. Use your inquiring mind to understand what **thoughts** they are thinking that are driving their out-of-control emotions and behaviors. What consequences are they experiencing because of their distorted **thinking** and self-defeating behaviors! How can you help others without becoming emotionally involved? _____
- How would your life be if you gained more control over your negative **thoughts**? _____

HEALING POWER OF HUMOR

Babies begin to smile when they are only a few weeks old and typically laugh by nine weeks. At four months, healthy, non-abused babies laugh several times an hour. Most children keep up their laughter well into their school years. Then our 'get serious' culture kicks in and laughter declines. Some adults go weeks without laughing. Humorous people, who see humor in their lives, live longer.



17. People with devastating disease have healed themselves through humor and positive thinking. This new science is called **mind/body medicine**. Some hospitals have trained volunteers to use 'humor carts' that are pushed around, visiting the sick. Why do hospitals do this?

18. A big, broad, **ear-to-ear-smile** can make you feel better. Try it! **Smile** a big, toothy **smile** for 15 seconds. Focus on how the **smile** feels. See? You can feel better, just by **smiling**. Why is it good to laugh?

What we know about humor and what it does for us:

Humor . . .

- improves your emotional outlook.
- gives you the power to go on.
- helps you cope with life's difficult problems.
- keeps you balanced.
- offers you a refuge from negative emotions.
- helps you live longer and have better health.

What we know about laughter and what it does for us:

Laughter . . .

- stimulates breathing and heart rates
- adds oxygen to your blood
- reduces blood pressure and relaxes your body
- releases endorphins, the 'feel good' brain chemicals
- done in good taste, can benefit others.
- can make you a pleasant person to be around.
- belly laughs exercise a large number of muscles.

19. Everyone's life can be **depressing** and **difficult** at times. **Humor** and **laughter** can be good medicine for troubled hearts. **T or F?**

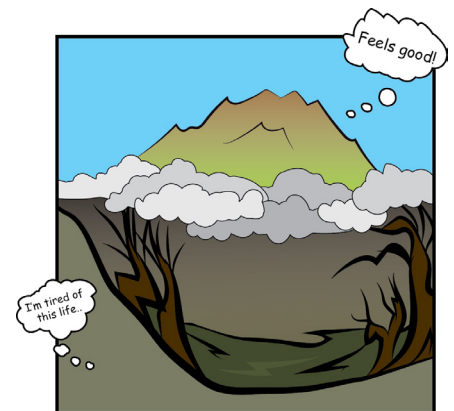
How can we bring more humor into our lives? Consider the following: • Laugh at yourself • Don't take yourself so seriously • Lighten up - see the humor in your mistakes • Watch humorous movies • Read a joke book • Don't poke fun or make insensitive comments about others • Post funny cartoons in your room • Give sick friends something funny instead of flowers • Can you think of other ways to add humor to your life?

MOUNTAINS VERSUS SWAMPS

We can choose to take the high road or the low road in life. The less traveled, high road offers the truth about ourselves. It offers beauty, serenity, and happiness. The most traveled road leads into the crowded swamp of despair filled with anger, stress, anxiety, and frustration.

20. How do people on the **mountain** see life?

21. How do people in the **swamp** see life?



AVOID THE SWAMP OF DESPAIR

22. The people in the **swamp** are just as worthwhile and deserving as those on the **mountain**, but what is the difference between them?

GLAD GAME

Happiness is a state of mind. All the new science on human behavior focuses on changing thoughts. You can literally (in seconds) turn a gloomy, "below 500" day into a glad, "above 500" day by playing the "Glad Game." The following might seem too simple or even a little silly, but give it a chance; you will love the results!

23. When you first get up **each day, repeat** aloud to yourself all the things you can think of for which you are grateful. Sit and meditate; invite positive thoughts and good **feelings** to come to you. See! Are you **feeling** more enlightened and hopeful? _____ Consider thanking the following, out loud:

- Valleys
- Food
- Vision
- Home
- Pets
- Health
- Rivers
- Job
- Car
- Birds
- Family
- Oceans
- Canyons
- Plants
- Water
- Animals
- Moon
- Cactus
- Trees
- Air
- Flowers
- Sun
- Clothes
- Mountains

What are you thankful for? _____

24. Continue being **thankful** all day long and soon it will become automatic. Now, in your positive, “above 500” way-of-being, look for the **positive** in others. If you have children, thank them for the good things they do and soon their negative will start to diminish. Do the same with your co-workers, spouse, friends, parents, grandparents, etc. What would keep people from doing the above?

THE TREE

High in the Arizona desert stands a lonely tree. Surrounded by cactus and desert plants, it looks out of place as the only tree in sight. For years it has struggled through drought and hot summer days and cold, freezing winters. Neglected, alone, and unappreciated it yearns to be recognized for its shade, beauty, and for the oxygen it contributes to the environment. Finally, one hot, sunny day a weary traveler spots the tree and seeks its shade. Upon reaching the tree, the traveler puts her hand on the tree’s trunk and deeply and sincerely thanks the tree for its being and for its shade.

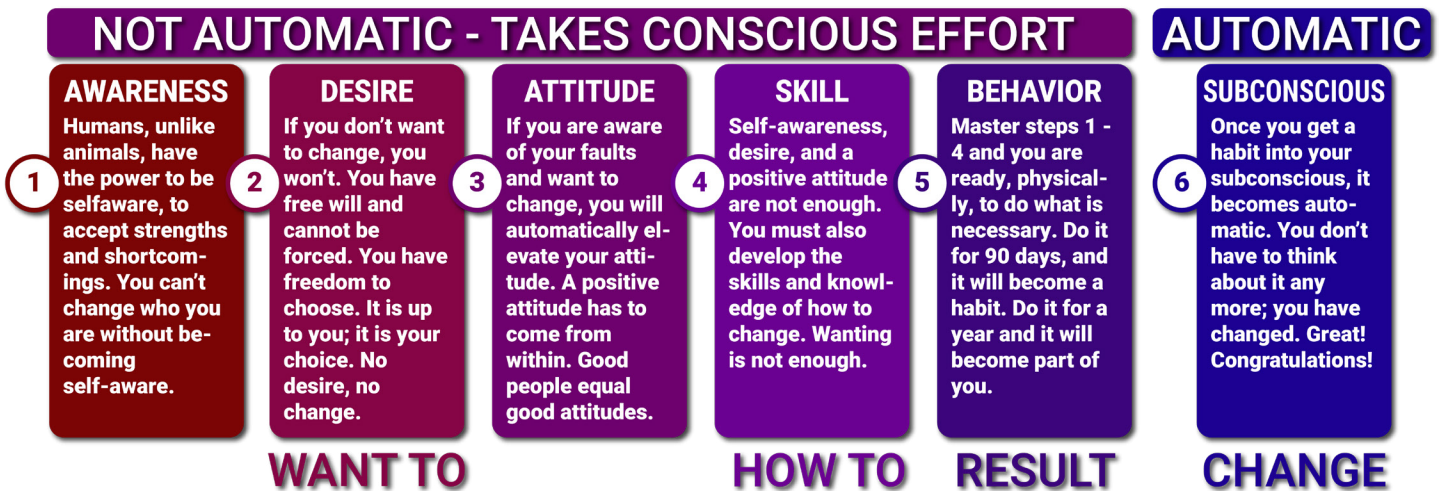
25. If the **tree** could talk, what do you think it would say? _____

26. Could one good word of **thankfulness** urge the tree to continue? _____ How is a tree like us? _____

SELF-AWARENESS AND CHANGE

We have come to the end of this workbook and our quest for self-improvement. This last page on self-awareness and change is most important because it is here that we learn how to apply the cognitive skills we have been taught. The first step in changing who we are (our personal way of being) is self-awareness. If we don’t become aware of our shortcomings, faults, and strengths, will we ever change? Start with step # 1. Read and discuss with your coach the steps to self-change.

STEPS TO CHANGE



Everyone who wants to make permanent changes in life must go through the six steps of change, in the order listed. Let's follow Jason through his six steps of change. What he experienced was not so much behavior or anger modification as it was **heart modification**. He changed from a resistant person to a more responsive person.

Self Awareness: **Jason** slowly overcame his denial, stopped blaming others, became self-aware and accepted responsibility for his life and actions. If he hadn't become self-aware, could he ever have moved past Step #1? ____ Why?

Desire: Once he became self aware, he developed a desire to change. People can't be forced to change; it has to come from within. If he hadn't wanted to change, could he have moved to Step #3? _____

Attitude: **Jason** noticed his attitude was changing. He was more open and teachable. He was less critical and more tolerant. He had less anger and more patience as his instructor and fellow classmates discussed the material in the course. If **Jason** hadn't had a change in attitude, could he ever have moved to Step #4? _____

Skill: Now that **Jason** had managed the first three steps, he was ready to be taught new life skills. He was excited to learn new skills such as anger management and how to be a more successful partner. Some classmates never got past Step #1. They resisted moving their life forward. Do these new skills have any affect on them? ____ Why?

Behavior: **Jason** practiced the new skills for six months until his release from prison. After his release he avoided alcohol, drugs and old friends. For the first time in his life, he felt good about himself. He was at peace and happy. It wasn't easy, and he often slipped, but he didn't get discouraged and just kept trying. Was **Jason's** new behavior proof that he was changing? _____

Subconscious: After a year of working to change, **Jason** sensed that his new habits and behaviors were automatic. He no longer had to consciously think about them. He was well on his way to permanent change. **T or F?**

The above steps to permanent change have to be done in order. There are no shortcuts. Jason is a real person who, like others, had to get past the largest obstacle — self-awareness. Does he deserve his peace and happiness? _____

Has this workbook given you new cognitive (awareness) skills that you can use to make your life happier and more productive? _____

Review

We at ACCI hope that in some way this workbook has helped you in your quest to have a happier, more productive life by overcoming faulty thinking and self-defeating behaviors. We appreciate your patience and understanding that some of this was repetitious and not all pertained to your situation. We are all at different levels of needs and understanding. We look forward to receiving you and your coach's evaluations on the next page. Thank you.





Test

To pass this course, you must completely answer all the questions in this course and score 70% or better on the following test. Use a dark pen or pencil to fill in the circle that corresponds to the most correct answer.

- Scripting is the same thing as
 - handwriting
 - memorizing
 - programming
- Of the Johnson cousins, who succeeded in life?
 - Jason
 - Curt
 - Scott
- How many are there in the Johnson family pyramid?
 - 137 people
 - 112 people
 - 97 people
- Your personal regard for humanity is
 - determined by your family.
 - based on your level of income.
 - who you are without thinking about it.
- The best way to deal with anger is to
 - avoid it.
 - express it.
 - squelch it.
- Debbie Johnson felt like a \$2 woman because
 - she carried a \$2 bill with her all the time.
 - she was attracted to \$2 men.
 - of the way she was scripted as a child.
- An above 500 person
 - lives in stagnation.
 - is conflicted.
 - lives in growth.
- A self-deceived person
 - denies the truth and blames others.
 - is liked by others.
 - constantly forgets things.
- To change what we are getting in life
 - we have to make more money.
 - we have to change what we are doing.
 - we have to have more luck.
- People who do not get their emotional needs met
 - are generally satisfied.
 - go on more vacations.
 - do not feel validated and secure.
- If you are constantly blaming others in your life
 - you might be the problem.
 - you are living a happy life.
 - you have positive and healthy relationships.
- How many steps to change are there?
 - 4
 - 6
 - 8
- Becky Johnson played what sport in college?
 - Soccer
 - Tennis
 - Volleyball
- The subconscious mind
 - stops when it gets too full.
 - doesn't know right from wrong.
 - can be blocked by the conscious mind.
- You can determine right from wrong by
 - the results.
 - listening to others.
 - following social media.
- Anger is
 - a primary emotion.
 - dangerous.
 - a secondary emotion.
- Which one of these is **not** a marriage / relationship killer?
 - Pornography
 - Communication
 - Financial issues
- You can tell a good person from a bad person by his/her
 - deep values.
 - body language.
 - actions.
- Who is Austin's twin sister?
 - Becky
 - Teresa
 - Julie
- Which one of these is **not** one of the 4 sources of anger?
 - Manipulation
 - Abuse
 - Things beyond our control



Course Evaluation

COACH'S EVALUATION

Please complete the following evaluation of this program. We are very interested in your responses as the coach. Please use dark ink as these evaluations are copied. If you need more room, attach a sheet of paper.

- This workbook was designed to help everyone, not only those involved in faulty thinking errors. What are your feelings about this program? _____

- Were there any parts in the course that helped you personally? _____ If yes, how? _____

- Did the course in any part relate to your student's life? _____ How? _____

- Do you know other people that this program could help? _____ How? _____

Coach's Name: _____ Relationship to Student: _____

BE SURE THAT THIS PAGE IS COMPLETE AND BOTH OF YOU SIGN THE AFFIDAVIT. >>>

STUDENT'S EVALUATION

Please complete the following evaluation of the program. We are very interested in your responses. What are your general feelings about this workbook? If you need more room, attach a sheet of paper. Please use dark ink.

Would you recommend this program to others? (Circle) **YES NO** Why? _____

What was the most helpful part of the workbook? _____

What was the least helpful part? _____

What do you plan to do differently in your life that will enable you to prevent this situation from happening again? _____

Student's Name: _____ Date Started: _____ Date Finished: _____
 Referring Court or Agency: _____ State: _____ Your offense: _____
 Your Occupation: _____ Sex: Male Female Age: _____





Affidavit of Completion

PERSONAL RESPONSIBILITY LIFESKILLS COURSE (PRLC)

We the undersigned student and coach affirm that we completed this course to the best of our abilities and that this is our own work. It took us _____ hours to complete this course.

Student's Signature: X  _____ Date _____

Coach's Signature: X _____ Date _____

Fill in your full legal names and school. (Please Print)

Student's Name: _____

Coach's Name: _____

School: _____ City: _____ State: _____

PROCESSOR'S USE ONLY

Processed by: _____
Print Authorized Name Authorized Signature

Date Processed: _____ Grade: (circle one) Pass Fail



STOP!

VERIFY COMPLETENESS: Make sure that the student answered each question, satisfactorily.

If any of the above items are missing, the course is incomplete. It will not be accepted.

BEFORE SUBMITTING:

- Did you and your coach sign the affidavit?
- Did you and your coach each fill in your evaluations?

NOTE: An incomplete course will not be accepted.



The problems we face are minor
compared to our opportunities.



If we never change
negative thinking,
we will never change
negative behavior.

SELF-DIRECTED LEARNING COURSES