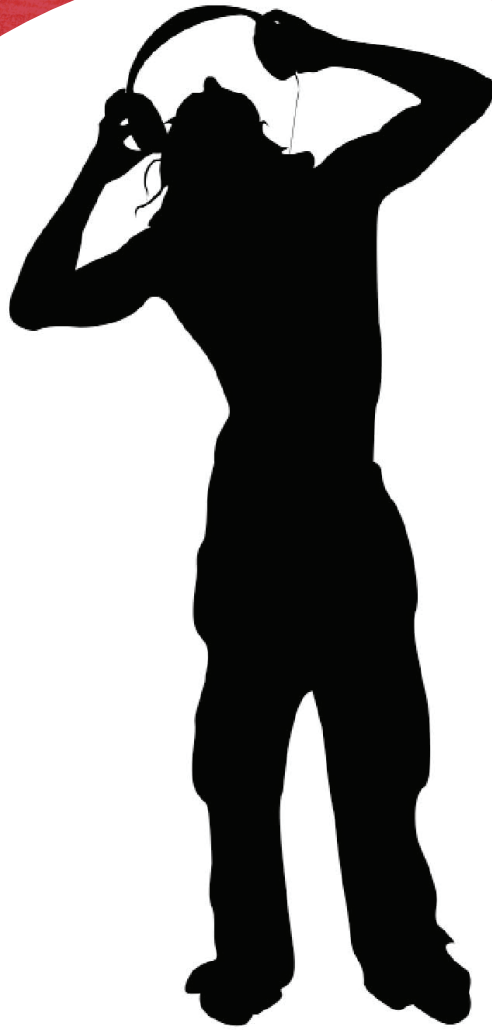


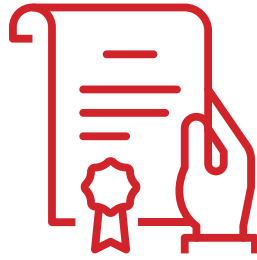
JUVENILE

Anger Avoidance



A SELF-DIRECTED LEARNING COURSE





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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accilifeskills.com



Objective

Welcome to ACCI's

ANGER AVOIDANCE LIFESKILLS COURSE

Welcome to the *Anger Avoidance Lifeskills Course* for youth 13 and older. It focuses on teaching cognitive skills. The course covers a wide range of life skills designed to assist youth and parents in their parent- child relationships. The main objective of this program is to help youth and parents overcome distorted thinking and self-defeating thoughts and behaviors. This course will help both parent and child find more harmony in their relationship and thus more success and happiness. For children 12 and younger, refer to ACCI's *Parenting Lifeskills Course*.

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 at home (self-directed), you MUST 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. We suggest that your coach read the questions and you write in your answers.
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, library, etc.
3. Don't try to complete the entire course in one session. We suggest doing one or two units at a time. We have found it beneficial not to rush through the material, but to take time to meditate 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. To take a program like this on your own would cost many times more than what you are paying now.
5. To pass this course, you must answer all the questions in this course (each course is individually checked) and score 70% or better on the test at the end of the course. If you pass, a certificate of completion will be mailed to you. If you did not pass, you will be notified. You will be required to purchase another course and go through the process again. You will not know your exact score, only that you did or did not pass.
6. When you finish a unit, have your coach put their initials at the end of that unit.
7. Print your full legal name and current mailing address on the affidavit of completion at the back of your course. This is the address where your certificate of completion will be sent.
8. When everything in the course is completed, including filling in both evaluations, the affidavit, and your name and mailing address on the back cover, return this course to the agency from which you received it, as they have instructed.

Note: Do not put off doing this course. It may take 20 or more hours to complete. Be aware that you may only have 30 days to complete it.

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.

Read ACCI's Motto on the inside front cover. What does it mean?

Unit 1: Beginnings

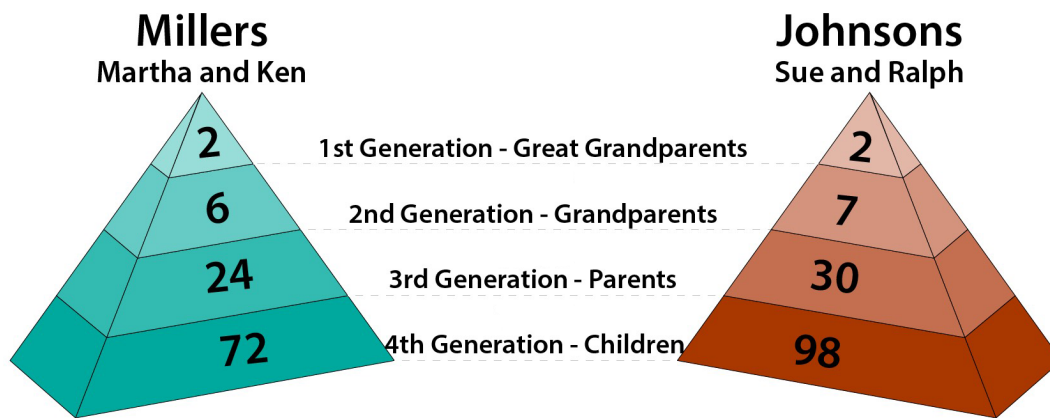
Often the answers to our future can be found in our past. What has happened in your life, so far, could equal much of your future if you don't take steps to change. The good and bad done to you, and your values and habits, are imprinted in your brain somewhat like a cassette tape that keeps playing back over and over again. Without you being aware of it, this "tape" controls your thoughts, attitudes, values, and the quality and direction of your life.

If you were "programmed" into believing lies about yourself such as: I'm no good, I'm only worth minimum wage, I can't succeed, then that is how you will behave, unless you become "self-aware" and reprogram your subconscious tapes.

This is what this workbook is all about: Helping you fulfill your true potential by getting rid of any of your old negative thoughts and replacing them with positive programming.

To begin our quest for self-improvement, we have to start at the beginning. Let's look at two large family groups, the Millers and the Johnsons. These two families are real and represent two extremes in our society. Both grew up in the same small, rural town. The names have been changed to protect them.

Our story starts when Ken Miller married Martha Penny, and Ralph Johnson married Sue Polk. Martha and Ken were raised in loving, hard-working homes. Ralph was 26 when he married 16-year-old Sue, who was escaping a poor home. Ralph grew up being abused and beaten by his dad while his mother looked on. Ralph hated women and was mean. He beat his dogs, horses, and other farm animals. Why?



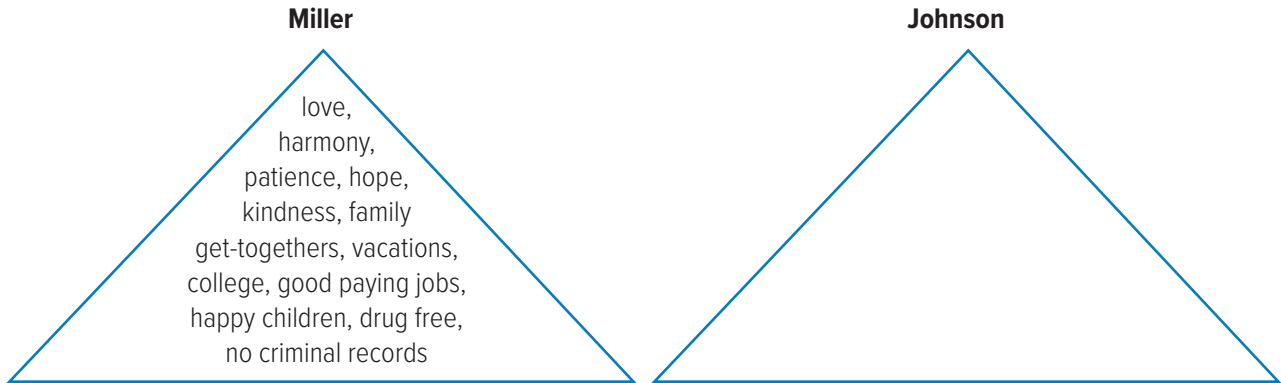
The chart above shows two families with each generation growing up in different social settings but in the same area during the same decades.

- How many people in the **Miller** family group, so far? _____ The **Johnsons**? _____
- When you **add the families** together, how many in each generation? 1st _____ 2nd _____ 3rd _____ 4th _____
- Which of the **two** family groups do you think is doing better? _____ Why? _____
- Which **generation** do you think it is the **safest** to grow up in – in your **grandparents** generation or **your** generation? Why?

- What serious problems face **teenagers** growing up in today's society that their **grandparents** didn't have to face in the 1950's?

The subconscious mind doesn't know right from wrong. People can be programmed into believing things that are not true and the programming can be carried down from one generation to another, even to the third and fourth generation. Our ancestors, who have passed away, could still be affecting our lives.

1. 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. **True or False?**
2. 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. In contrast, **Ralph Johnson** beat **Sue** and their children. They lived in constant fear. Many of the 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.

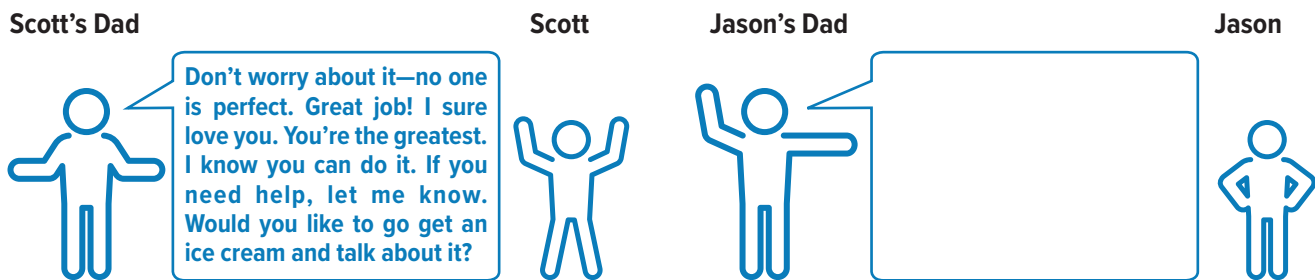


Scott is from the Miller family group and Jason is from the Johnson family group. Scott was a normal high school senior. He lived in a stable home, had his own comfortable bedroom with all the things a two-parent income could provide.

3. **Jason Johnson's** home was just the opposite. **Jason** is the third of five children. His dad was an alcoholic who abandoned his family. His mother was a drug addict who turned to prostitution to support her habit. **Jason** grew up in an angry, disorganized, dirty home. He lived in poverty and on welfare. He suffered from fear, stress, and depression. **Jason** felt abandoned, overwhelmed, put down, helpless, and hopeless. Are there a lot of **children** growing up in homes like **Jason's**? ____ Why are there so many **broken homes** today? _____
4. 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 or 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. How can **Jason** stand between his past and his future so that he can write a better ending for his life? _____

The home a person is raised in leaves a powerful imprint on his/her adult life.

5. When **Scott Miller** made a mistake, his Dad understood. Write in what you think Jason was told.



6. **Jason** ended up in juvenile detention for stealing a car; while there, he took this course. **Jason** was tired of having no life, living on the streets, doing drugs, being hungry, and being in trouble with the law. **Jason** had nightmares of sinking into a dark hole, all alone. Because of **Jason's** situation, the class had a big effect on him. Why? _____
7. If people don't **want** to change, they won't. You can't **force** people to change. Change has to come from **within**, not from **without**. **True or False?**

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, and anger. 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 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.
- I learned that being beaten, thrown into walls, burned with cigarettes, going hungry, feeling ashamed, and living in fear can make me a better, more sensitive person. I learned that adversity and opposition can make me stronger if I choose to learn from it.
- Finally, 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 improve my subconscious programming

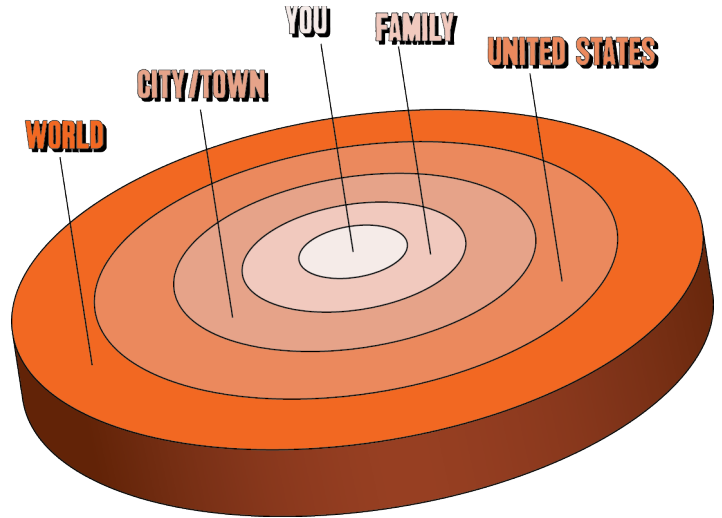
Questions:

- a) **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? _____
- b) Are there a lot of men and women in the U. S. who have been **emotionally abused** from childhood? _____ What are some of the **results** of childhood abuse? _____
- c) 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? _____
- d) Life follows 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? _____
- e) How can they **change** what they are getting? _____
- f) If you were to ask **100 people** the meaning or **purpose of life** how do you think they would respond? _____
- g) Describe a **successful** person compared to an **unsuccessful** person.
Successful person: _____

Unsuccessful person: _____

h) **How much can you influence:**

- i) Yourself _____
- ii) Your family _____
- iii) Your city/town _____
- iv) The United States _____
- v) The world _____



If we all took care of and improved ourselves, we could make great changes in our world and society — it all starts with “self.”

JASON JOHNSON

Let’s go back to Jason. He was released from juvenile detention when he turned 18. When he went home, he found his 14 year-old sister pregnant, his mother in her fourth recovery program, and his oldest brother in prison. He decided to go live with his cousins, but this move proved to be no great improvement. The apartment was always a mess, and once someone even vomited on his bed. Some of his possessions were stolen, including his stereo. He woke up one morning after being stoned and realized his life was going nowhere. Recalling lessons he had learned from his life skills class, he decided to get his life in order. He started by getting his GED, which put him on the path to better employment opportunities. From \$8.40 an hour, he worked up to \$22.60 an hour, and was soon able to get a new car and move to a better apartment. How did he do it? He set goals consisting of small steps. Observe the following:

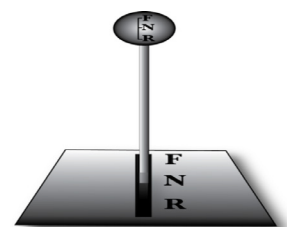


8. What do you suppose **Jason’s** cousins are doing? _____
9. What happens to people who **exert** just a little more effort than others? _____
10. **List four reasons or excuses people give as to why they don’t improve their lives.**
 - 1) _____ 2) _____
 - 3) _____ 4) _____
11. What is the difference between those who **succeed** and those who don’t? _____

FORWARD - NEUTRAL - REVERSE

We have three choices in life. We can put our life in Forward, in Neutral, or in Reverse.

12. **Jason** is improving himself. **Jason’s** cousin **Mike** is doing nothing, and his other cousin, **Curt**, has a violent past and sells drugs. If the three keep on doing what they are currently doing, how will their lives turn out? Describe each.



Chad's Life (F)	Mike's Life (N)	Curt's Life (R)

13. What **gear** are you in right now? _____ If you are not currently in "Forward," what will it take to get you there? _____
-
14. As we will discuss later in the workbook, life forgives. The future can bury the past. Wrongs can be forgiven. Because of desire and effort, **Jason** went from reverse to forward. How is it possible for **Mike** or **Curt** to do the same? _____
-

COURAGE AND CHANGE

Jason learned that it takes courage to change. His life skills counselor said that courage is an attitude of confidence and determination. Jason's class was asked to write a list of what courage is. This is what he wrote:

- Courage is to overcome my abuse of chemicals.*
- Courage is to let my past go.*
- Courage is to find better friends.*
- Courage is to finish my education.*
- Courage is to change bad habits and be happy.*



15. What is the **opposite** of courage? _____
16. What are some **courageous** things you have to do to be **happy** and **successful** in your life? _____
-

PROBLEM SOLVING

Jason's cousins, Mike and Curt, were his two roommates. Put a "J" for Jason, an "M" for Mike or a "C" for Curt before statements that you think best describe each of them. Note: There can be more than one answer for some statements.

- | | |
|--|---|
| <input type="checkbox"/> Greatly improved his life. | <input type="checkbox"/> Has no goals, just does same old thing. |
| <input type="checkbox"/> Stabbed someone, went to prison. | <input type="checkbox"/> Is happy, excited about life. |
| <input type="checkbox"/> Is depressed and angry. | <input type="checkbox"/> Has little ambition, earns a low wage. |
| <input type="checkbox"/> Has good self-esteem. | <input type="checkbox"/> Is violent and abuses his girlfriend. |
| <input type="checkbox"/> Is lazy and neglects the things he owns. | <input type="checkbox"/> Is independent, mature, and making his own way. |
| <input type="checkbox"/> Is dependent, immature, and lives off others. | <input type="checkbox"/> Will raise abused, emotionally-damaged children. |
| <input type="checkbox"/> Smokes pot and has damaged brain cells. | <input type="checkbox"/> Seeks education/ training. |
| <input type="checkbox"/> Is a non-producer, takes from others. | <input type="checkbox"/> Productive, adds to society. |
| <input type="checkbox"/> Just exists. | <input type="checkbox"/> Cares about others. |

THINGS TO CONSIDER

Set goals and achieve them. People without goals are like ships without rudders: They simply drift on the tides. Eventually, they are beached or smashed on the rocks. What happens to people who have no ambitions or goals in life? _____



Every time you rid yourself of an excuse, your load gets lighter and your excuses no longer have power over you. Curt Johnson is addicted to drugs and 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. **True or False?**

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



WHAT SUCCESSFUL STUDENTS DO

Successful students set goals and keep them.

SUMMARY

Life is short. If you don’t have goals, outside forces (other people) will control your life. You have three choices. You can stay as you are, progress, or regress. You can make yourself your best friend or your worst enemy. If you fail, it is your responsibility; you can’t blame others.



APPLICATION AND SKILL BUILDING

List 2 ways you can become a survivor instead of a victim.

1) _____

2) _____

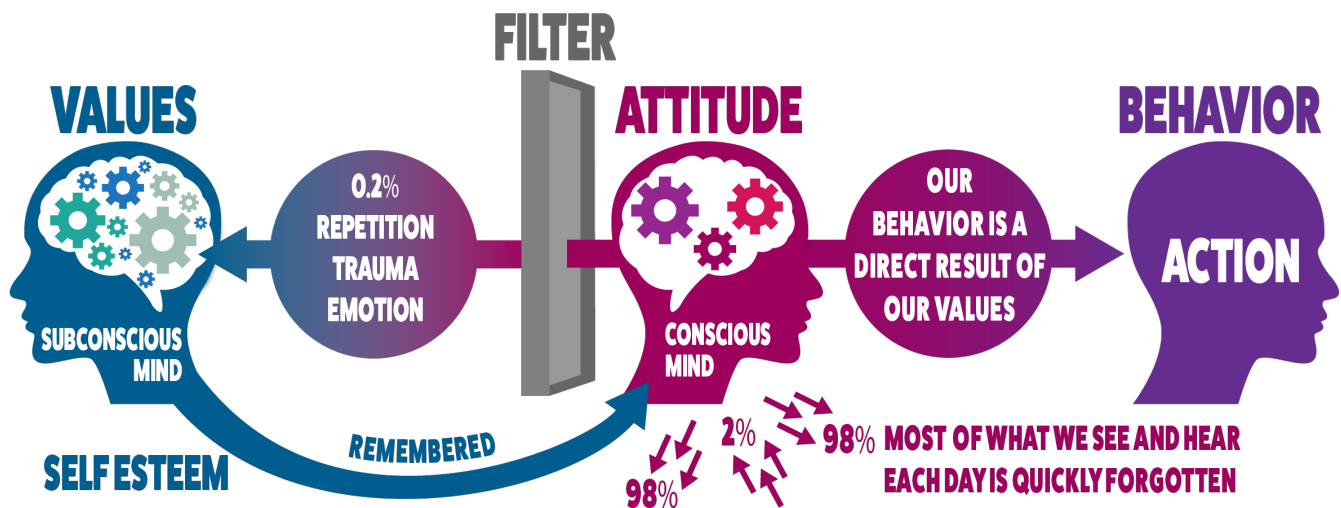
Unit 2: Subconscious Programming

To understand who we are is to understand our subconscious mind.

The subconscious mind is like a blank canvas at birth. It is soon filled with negative and positive experiences. Repeated experiences program our subconscious. In turn, our subconscious largely determines our values, attitudes, and beliefs, resulting in our behaviors.

The subconscious mind does not know right from wrong; it only knows what has been programmed into it. If we want to improve ourselves, we need to understand our subconscious mind and how it is programmed.

THE SUBCONSCIOUS MIND - VAB CHART



1. Do you think a person is **born** "good" or "bad"? _____
2. Where do a person's **values** come from? _____

SUBCONSCIOUS PROGRAMMING

Our subconscious minds are programmed through repetition, trauma, and emotion. It works similar to a movie reel; it plays back the experiences, trauma, and emotion that have repeatedly been "programmed" into it. Our minds can be programmed with positive or negative things.

Some people's subconscious minds may have been programmed to believe negative things about themselves that are simply not true. This is important to consider because what children are exposed to will become part of their thoughts and actions as adults, shaping our future society

3. If a person's subconscious was **falsely** programmed with **negative** things, what kind of **problems** could they have in life?



We take in a lot of information through our five senses: smell, touch, sight, hearing, and taste, and the conscious mind quickly forgets most of it. If you cannot recall something, chances are, that information did not reach your subconscious. For example, it's likely that you cannot remember what the news headlines were last week, or the clothes you wore a few days ago.

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 or why not? _____

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

Children raised in a loving, functional home have subconscious beliefs like: *feeling loved, healthy sense of worth, high level of empathy toward others.*

Children raised in a dysfunctional home where they are neglected have subconscious beliefs like: *believing they aren't loved/wanted, low self-worth, less empathetic toward others, more likely to break the law.*

9. What happens to children who are told **over and over again** that they are **no** good? _____

10. What happens to children who are told **over and over again** that they **are** good? _____

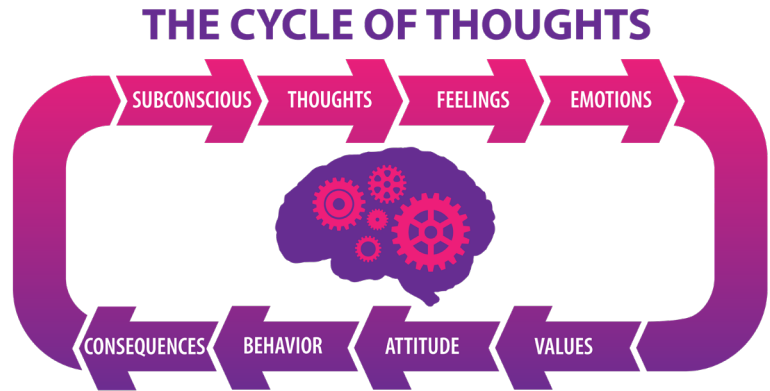
11. What **positive** beliefs were **you** programmed with? _____

12. What **negative** beliefs were you programmed with? _____

SUBCONSCIOUS THOUGHTS

People's behavior, positive or negative, starts with their deep subconscious thoughts, which create feelings, emotions, and values. These values and attitudes are then expressed in body language and behavior.

Carl Johnson owns his own automotive shop. He runs ads for cheap brakes, convinces people they need more expensive brake pads, but then installs the cheaper ones.



13. What does Carl's **actions** tell us about his **values**? Explain. _____

MAKING THE CONNECTION

For the following, what can we tell about each person's values and beliefs?

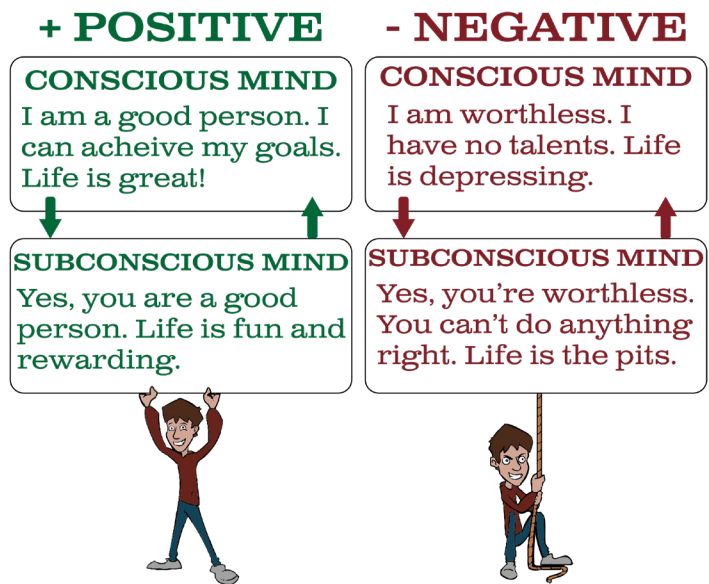
14. For each of the following, determine which show for **POSITIVE (P)** or **NEGATIVE (N)** values and attitudes.

- ___ Being considerate of others
- ___ Holding up a line of people, and not realizing
- ___ Demanding things from others
- ___ Understanding that you are not entitled to everything
- ___ Respecting differences
- ___ Overcharging customers and pocketing their change
- ___ Gossiping about others
- ___ Stealing from others
- ___ Tutoring other students
- ___ Selling drugs to others students
- ___ Standing up for yourself and others

SCRIPTING

“Scripting” is another word for programming. The powerful influences of your childhood have programmed or scripted much of your present life. These scripts can either be beautiful and rewarding, or ugly and harmful.

Scripting is deep and powerful. We don't stop to realize it because we think "It's just who I am." If your scripting was negative, you do not have to live that way the rest of your life; you can change it! No matter what your past was like, you can change your future.



15. We were scripted by our **parents**, and they by **their parents**, and so on. In this way, we could be **influenced** still by people who are no longer living. **True or False**

16. If we fully realized how **powerful** this scripting would be upon our **future generations**, we would be more careful. **True or False**

What are some good and bad scripts that people inherited from those who raised them and from those who raised their parents? Prior class members have written what they believe to be good scripts.

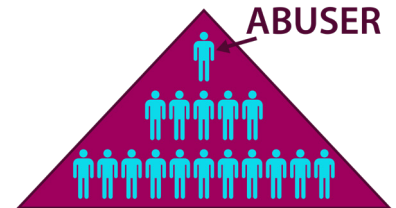
17. Write in some **bad** scripts.

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	➔

18. What are some **positive beliefs** you have about **yourself**? Where do they come from? _____

FAMILY SCRIPTING

Trauma and dysfunction can be passed down in a family for multiple generations. This causes issues such as abuse, manipulation, anger, depression, and other problems. This can be traced back to someone at the top of the family pyramid who started it all. Getting out of a cycle is difficult especially if it has been going on for a long time.



19. What is one **positive script** you would give to someone who may have been scripted with **negative** beliefs? _____

TRUTH VERSUS UNTRUTH

If the subconscious doesn't know right from wrong, how can a person tell what is positive or negative? The secret is to look at the results. Positive beliefs are what we call Truths, and they produce positive results. Negative beliefs are what we call Untruths and they produce negative results. When prior students were asked what positive (truth) produces, they listed the following:

Peace of Mind • Harmony • Love • Patience • Positive Mindset • Strong Family • Trust • Respect
 Less Crime • Happy Children • Freedom • No Addictions • Safety

20. Type in what you think negativity or Untruth produces.

Positive/Truth produces	Negative/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	

We can tell positive people from negative people by observing their behavior. Positive people mostly do positive, good things; negative people mostly do negative, bad things.



- 21. If someone is a **negative person** could they ever change? _____
- 22. If most of the people in a **society** do negative things, does that make it **okay**? _____

WE ARE WHAT WE THINK

So much of our life is determined by our automatic subconscious thoughts. If we don't consciously check these thoughts, we will blindly follow them. How does a person's upbringing affect the following:

- 23. Beliefs about yourself: _____

- Social skills: _____

- Beliefs about others: _____

- How you interact with others: _____

- The friends you make: _____



- 24. People can't **change** their scripting. They will **always** do what their parents did. **True or False**
- 25. Some people **struggle** for years to change their **negative** scripting. People with **positive** scripting and **good** beginnings don't have to struggle in the same way. **True or False?**
- 26. Successful people have **successful thoughts**. Is this true? **Yes or No**

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.

27. Write in **Truth statements** that combat the Untruth statements.

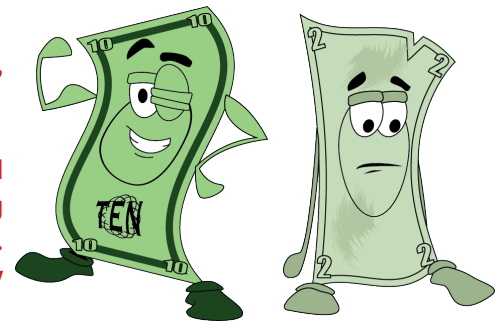
Untruth - Lies	Truth
I am not as good as others.	Yes, you are, but you may not know it.
I am not as smart as others.	Wrong! You're just smart in your own way.
I am only worth \$9.50 an hour.	Wrong! You can make twice that and more.
I am me; I can't change.	Wrong! Everyone can change.
It is always someone 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 stealing.
Lying is OK.	Wrong! Lying is lying.
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.	→

28. What makes it difficult for people to **believe** that they are **good**? _____

\$2 MINDSET

The Universal Law says that everyone begins with a \$10 Mindset. However, some people have been programmed or scripted with a \$2 Mindset.

Debbie was raised in a dysfunctional home, often experiencing physical and emotional abuse. Outside of her home, Debbie found herself making friends with and dating people who treated her with cruelty and disrespect. Her social life was a toxic reflection of her home, and she was not even fully aware of it.



When a person experiences abuse, neglect, and mistreatment, it can affect their lives in a negative way. What a person's subconscious mind is programmed with will affect the choices they make, the relationships they seek, and even their quality of life.

29. What do you think a **\$2 Mindset** is? _____

30. What are some **\$10 Mindset** thoughts? _____

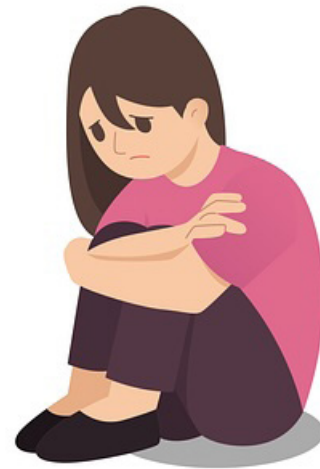
31. How did **Debbie** develop a \$2 Mindset? _____

32. If **Debbie** had been brought up in a more loving, functional home, would her **choices** be different? How?

NATURAL CONSEQUENCES

It doesn't matter what people "believe" is right or wrong; what matters is truth. There are some natural laws that we cannot change. When we make positive choices, we are rewarded with bright possibilities. When we choose to make negative choices, we will suffer and keep suffering until we choose to change. We are all free agents and can make our own decisions; however, we can't choose the consequences.

33. What are some **natural consequences** of having anger towards others? _____



THINGS TO CONSIDER

A lot of our behaviors today is due to subconscious programming we received as children.

34. What do you think are some of the **subconscious thoughts** of students who get into fights? _____

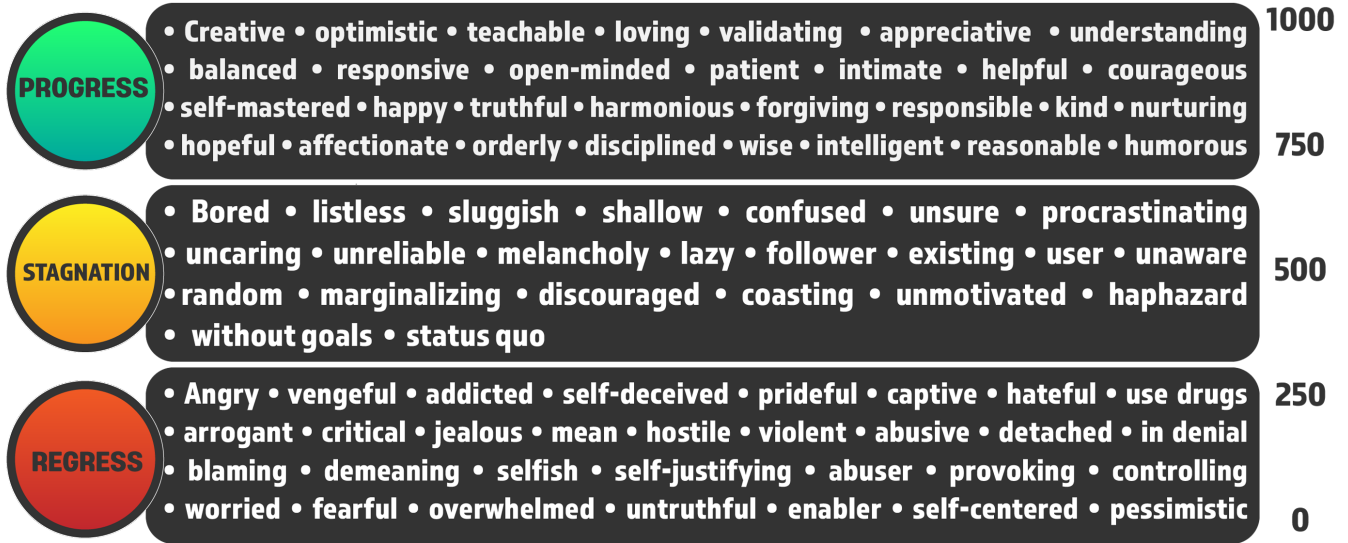


Regardless of what happened to us, it is our responsibility to take charge of our lives, heal from past hurts, and move forward. We may not have had control over things in the past but we can choose how we respond. You can make your life whatever you want it to be.

35. I am **in charge** of my life; I can make of it whatever I **choose**. **True or False**

Unit 3: Progress vs Regress

This unit focuses on living in progress (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 teenagers are choosing to remain in regress and, as a result, limit their opportunities for human progress and happiness. Observe the following:



1. What does this chart mean to you? _____
2. Most of the **Millers** live above 500 (in progress and growth), whereas the **Johnson** clan are living in darkness and **regress**. For example, most people with **serious addictions** naturally sink to the bottom making it difficult to rise up into progress. What is life like for teenagers who live in **regress**? _____
3. What is life like for a **teenager** who chooses to be a **750 person**, living in **progress**? _____
4. What are the main reasons why teenagers **choose** to move to the bottom? _____

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

5. The power of the **Life Scale of Truth** doesn't depend on **socioeconomic** status, color of skin, or where a person's home is - it just depends how a person **chooses** to live. Can the **wealthy** and **famous** reside "below 500"? _____ Describe a person who lives in regress. _____

6. 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

Teenagers who grow up in “below 500” homes filled with anger, contention, abuse, fear, and addictions grow up with a distorted, untrue perception of themselves and their abilities.

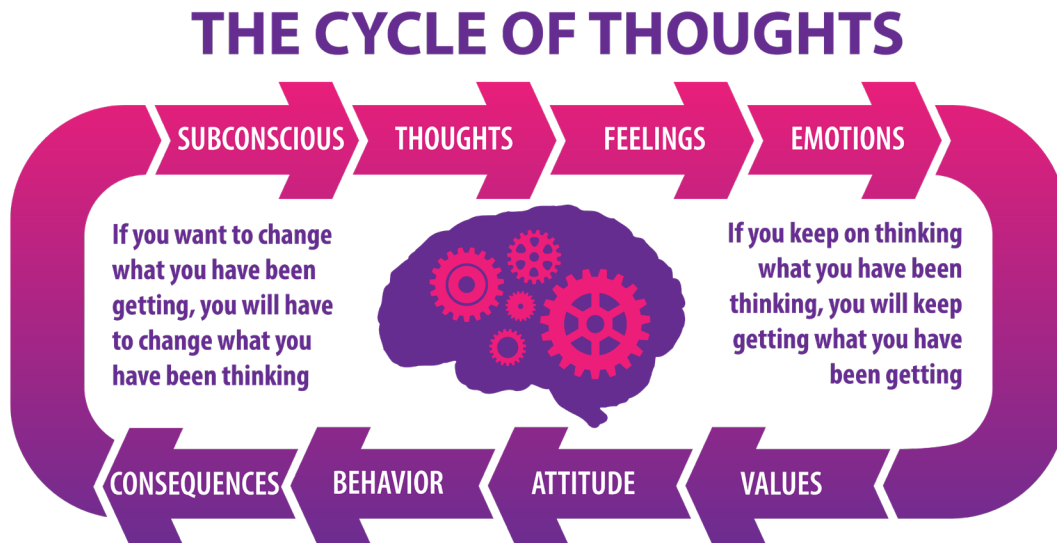
- Most of the **Miller** children grew up in homes that valued education. What was the result? _____
- Most of the **Johnsons** grew up in homes that didn’t value education. What was the result? _____

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.

- 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.



- What does the above **diagram** mean to you? _____
- Since our thoughts drive the **consequences** of our lives, how do we change what we are getting in life? _____
- 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** from your past 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 perceptions that can lead to poor choices. **True or False?**

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.”

A productive, happy life really requires us to think more of the good thoughts and less of the 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 if we don't divert negative thoughts within 3 seconds they grab hold of us and pull us down “below 500.”

16. 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.
- ___ Anger to forgiveness ___ Despair to hope ___ Negative thoughts to positive
 ___ Helplessness to empowerment ___ Loneliness to acceptance ___ Fear to security
 ___ Rejection to validation ___ Sadness to happiness ___ Worry to calm
17. 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.

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

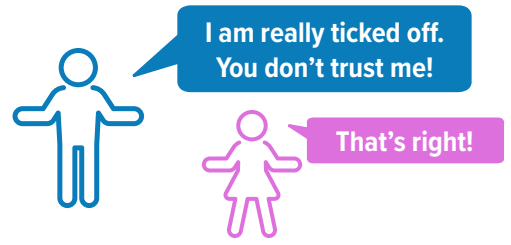
Past	Present	Future
When Jason started to think of below 500 negative experiences, he quickly caught himself and played a mind game of thinking of his present blessings. In time, this mind game blocked his past and sent him into the light and peace of the present. Jason's siblings never learned this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

19. 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?



LIFE IS A MIRROR

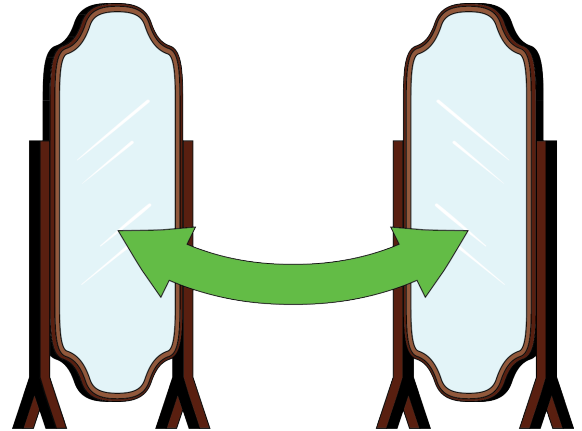
Generally, people treat others as they are. If a person is dishonest, lies a lot, is untrustworthy, that is how others respond to him. If a person is being treated badly by his/her family or acquaintances, then most likely, that individual is the problem. Negative people get mad at the way others (the system) treat them. They deny that they themselves are the problem. Blaming others is many times easier than taking responsibility.



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

- If people don't trust me, it is because I am untrustworthy.
- If people don't believe me, it is because I lie.
- If people don't respect me, it is because I don't keep my word.
- If people don't like me, it is because I do unlikable things.
- If people are afraid of me, it is because I act mean toward them.
- If people don't want to be my friend, it is because I act unfriendly.
- If I am mean to others, they will always be nice to me.

You can't fake who you are. Life is a mirror. You will get back what you put out, whether you like it or not. People will treat you as you are. What you do speaks many times louder than what you say.



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.

21. Do some people live such a **negative** life that they don't know what it is to be **happy**? _____
22. 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? _____

FREEDOM

One of the major forces behind the founding of America was the desire to be free. Many people take their freedom for granted until they lose it. What is it like not to be free?

23. There are two kinds of **freedom**, physical and mental. Describe how a person can lose his/her physical freedom. _____
24. Describe how a person can lose his/her **mental** freedom. _____
25. Determine whether the following statements bring freedom or prison (mental or physical). Put an "F" for freedom or a "P" for prison.
- | | | |
|--|--|---|
| <input type="checkbox"/> Take drugs | <input type="checkbox"/> Help others | <input type="checkbox"/> Obey laws |
| <input type="checkbox"/> Abuse others | <input type="checkbox"/> Steal and lie | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Gossip | <input type="checkbox"/> Trusted | <input type="checkbox"/> Addicted to gambling |
| <input type="checkbox"/> Be mature and responsible | <input type="checkbox"/> Addicted to chocolate | <input type="checkbox"/> Dependent on others |
| <input type="checkbox"/> More skills and education | <input type="checkbox"/> Denial - blame | <input type="checkbox"/> Fear and worry |
| <input type="checkbox"/> Addicted to nicotine | <input type="checkbox"/> Anger | <input type="checkbox"/> Sense of humor |
26. Both **Melanie Miller** and **Darcey Johnson** are 17. **Melanie** has a clean driving record and doesn't use drugs or alcohol. **Darcey** has 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? _____

REASONS FOR BREAKING THE RULES



27. **Have you ever broken the rules? _____ Why?**

- 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.

28. **When students break a rule, select the reasons some may have for doing it.:**

- | | |
|--|--|
| <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. |

29. We are learning in this workbook that if people **deny their guilt** and **bad behavior**, they are **likely 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 our behavior. **True or False?**

30. People don't suffer from **doing wrong** until they are caught. **True or False?**

CONSEQUENCES OF BREAKING LAWS

Youth who choose to break rules at school, at home, or in the community will lose their freedom 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 youth face who break the rules? Give three:

- Consequence # 1: _____
- Consequence # 2: _____
- Consequence # 3: _____

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

	Harm they cause
To themselves	_____
To society	_____
To their family	_____
To their victims	_____

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.

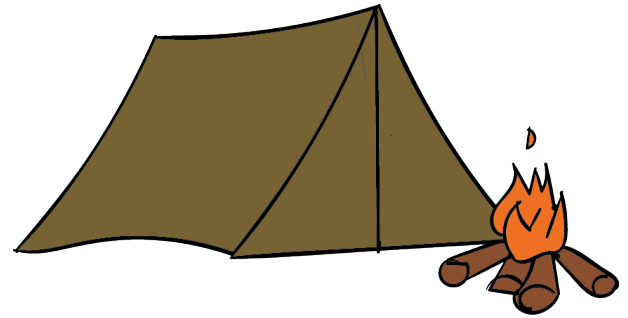
31. Now, at 52, if she goes back to those **negative, “below 500”** thoughts, she feels the panic and anger. Her heart rate quickens, muscles tighten, gut churns and a flood of emotions overwhelms her. If she doesn’t change her negative thoughts, what will she keep getting? _____
32. So it is with each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

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 discouraged, 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. **True or False?**
- Life is unpredictable and can’t be duplicated in sitcoms because of deep human feelings and emotions. **True or False?**
- 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? _____



FORGIVENESS

When Jason was in detention, completing his life skills workbook, there was a section on forgiveness that forever stayed with him.

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

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. **True or False?**

Forgiveness frees others. To forgive someone means you **renounce** your anger against them. You **pass over** their offense and free them from the consequences of it. You **pardon** them without harboring resentment. In the process, you also free yourself from **unhealthy** feelings and attachments. **True or False?**

What are three things about forgiveness that Jason may have learned?

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

33. How would your life be if you forgave everyone that hurt you? _____

34. Forgiving others doesn’t mean you have to take their abuse. **True or False?**

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 programming, etc. 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 and increases negative thoughts, feelings, and emotions such as sadness, anxiety, fear, worry, anger, and confusion. 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"/> Watch an uplifting movie | <input type="checkbox"/> Watch TV nightly news |
| <input type="checkbox"/> Play violent video games | <input type="checkbox"/> Watch a degrading movie | <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 negative online content | <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"/> Jacuzzi or soak in a hot tub |

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 do you think was 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 STUDENTS DO

Successful students 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 in stagnation or regress? List 2 Actions that you will take this week to make sure you are living in progress?

- 1) _____
- 2) _____

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!



Unit 4: Life

To understand ourselves and present condition in life, we must look to our beginnings—our childhood. Much of what we are today reflects what happened to us as children. Most people are fully programmed with good or bad values by age ten. Our childhood values 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. Which is worse, to be **physically** or **emotionally** scarred? _____ Why? _____
2. The people who raise children (**parents** or others) are most important to society. The home can either produce **well-adjusted**, future good citizens or people with **addictions** and future criminals. Members of prior classes have described what they felt was a **good** home environment. What is a **harmful** home environment?



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

3. The welfare and economy of the nation depends on its **families** and on **good parents**. People from functional homes usually become good citizens, producers, and tax payers. What happens to many people from dysfunctional homes? _____
4. Most **emotionally scarred** people from dysfunctional homes don't turn out wrong. People can change and overcome most of their early damage, and many become stronger because of it. What do you think? _____

HIERARCHY OF EMOTIONAL NEEDS

There are two separate issues to look at. One is a person's emotional impact from birth, and the other is whether he/she is doing 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 to grow up as whole adults. If some of these powerful needs were not met, we will most likely have problems in our adult lives. Take the following test. Think deeply about each need.

Rate your childhood.

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.

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



Yes	Sometimes			No
5	4	3	2	1
TOTAL				

5. What was your score? _____ Which **bracket** does that put you in? _____

6. If you have a higher score, you are lucky; a lower score, unlucky. Life isn't always fair. **True or False?**

It is believed that at least 80% of the 70 million homes in America are dysfunctional to one extent or another. No home or parent is perfect.

7. If you think your home has problems, remember there are many that are most likely worse. Perhaps teenagers should be more **grateful** and complain less about what's wrong with their home and parents. They should spend more time trying to understand and to make it better. How could you make your home better? _____



8. Before you start **throwing stones** at others in your family, you should consider you may be part of the problem. Maybe you should consider your power to be a peacemaker. Think how much you could add to your home environment if you decide to do so. How much influence can one person have on a family unit? _____

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. The beginning of life is not equal for everyone, but life does offer the opportunity to make up for shortfalls.

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? _____

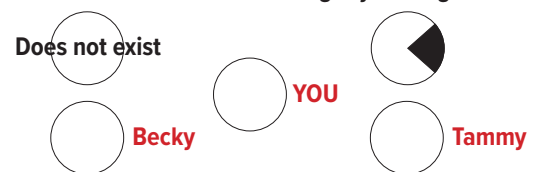
Fill in the circle by shading in your damaged area.

10. How do you think **Becky** and **Tammy** would score on the Emotional Needs Test? (On Page 23) Guess at their scores:

Becky's score: _____ **Tammy's** score: _____

100% Whole Person

Slightly Damaged Person



Shade in their circles to represent Becky's and Tammy's damaged area.

One of the traps that people with problems fall into is that they turn inward, become depressed, and focus on themselves. Focusing on self brings little happiness.

11. **What is the opposite of self?**

Self	Opposite of Self
Selfish, critical, argumentative, arrogant, cruel, cold- hearted, controlling, never satisfied, angry, and demanding	

12. The more **teenagers** choose to focus on self, the more **selfish** and self-centered they become, and the deeper they **sink** into regression. **True or False?**

Human Being

It is easy to find fault with parents, brothers and sisters, and our care givers, 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 trashing others has more serious faults than the person being trashed. Why do people tend to focus on others' weaknesses? _____

13. What happens to **teenagers** who focus on all the imperfections of their friends and family? _____

14. When you truly care for or love a person, you focus on his/her **good points**, not his/her **weaknesses**. You see them through the eyes of love. The world is full of insensitive jerks who use words that hurt. You can spend your life reacting with **anger** and **vengeance** or you can choose to **heal, forgive** and go on with your life. **True or False?**

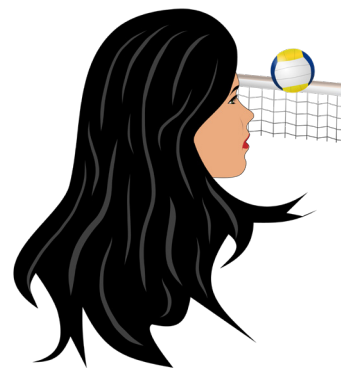
BECKY JOHNSON

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. She was the oldest of four children. She was tall and athletic and 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 conditions. **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 passed away. **Becky's** sister and her two brothers were going to live with relatives. **Becky** wasn't sure where to go nor what to do. At first, **Becky** was embarrassed to see her coach, but they embraced and **Becky** broke down and sobbed.

The coach and her husband took **Becky** into their home, loved, and nurtured her back to health. The coach's grown children accepted **Becky**. For the first time in her life, **Becky** 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 sports scholarship to a local state college in volleyball. In her junior year, she met **Devon** who soon became 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 that had comforted him when he had hurt himself badly on the play ground. **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's** mother was an emotionally scarred woman who was abused as a child. She tried in vain to fulfill her six emotional needs in the arms of \$2.00 men. What could be one reason she died so early in life? _____

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 good job as a heavy equipment operator. Her sister finally found a good man with whom to bond. Her other brother is in a drug program and doing better. They get together often to heal. What do you think these four victims learned about life? _____

18. Life is a series of choices. People are **responsible** for their own **happiness**. How can people who come from bad beginnings and live in the swamp of despair change their environment and find **success** and **happiness**? _____

19. Which of **Becky's** important emotional needs were filled by her new family? _____

20. What rewards in life do you think **Becky's** coach and her husband will receive for taking **Becky** into their home? _____

21. What do you think are the **deep, real meanings** of life that people are looking for? _____
22. If you have had some problems **similar** to Becky's, how can you put them behind and make tomorrow a new day? _____
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. **Devon** brought great love, maturity, and stability into their marriage. What could have happened if Becky had married someone with beginnings like hers? _____ How important is the person you marry? _____
25. If you interviewed **Becky** today as a 48 year-old grandmother, what would she say about her life? _____

UNFULFILLED EMOTIONAL NEEDS

There are many things that can happen to children and adults who don't have their emotional needs met. The lack of proper nurturing can cause a variety of physical and mental disorders.

After World War II, there were hundreds of orphans in Germany. They were mostly left alone in their cribs and many died. In one orphanage where over half the babies were dying, the babies on the third floor were thriving. What the authorities didn't know was that the night cleaning lady, against orders, was holding, hugging, kissing, and singing to the babies.

26. **The orphans** that were **hugged** thrived while the others were **sickly** and **dying**. Why? _____
27. Older children that were later **adopted** grew 8 to 10 inches in one year. Why? _____
28. What other problems can the **lack** of nurturing cause? _____

Unfulfilled emotional needs can cause deep depression, anxiety, stress, worry, fear and forms of mental and physical illness. Humankind is social and must have proper physical contact and emotional support for optimal health.

29. One woman drank bleach so she could go to the hospital to be **touched** and receive care. One man would get his hair cut every week so that he could have **human contact**. People need balance in their lives to remain healthy. **True or False?**
30. Studies have shown that **isolation** can cause early aging, illness, and death. Describe a **healthy environment** and family that would promote good emotional health and happiness. _____

Youth is a time of confusion, fear, worry, deep emotions, changing bodies, plus many uncertainties. At a time when youth need the most emotional support, many are thrust into cruel school environments where their classmates put them down, mock, and threaten them.

31. School can be a very **traumatic** time. Things can be said and done that can hurt for a lifetime. What is being said or done to hurt the feelings of youth in school today? _____
32. There seems to be a lot of **verbal abuse** in society today. Why do people put other people down? _____

What are we learning in this workbook about the results of unfulfilled emotional needs, as listed on page 23? After years of counseling thousands of people, the producers of this workbook have observed the results when people are not nurtured or loved.

33. The abused often tend to:

- have low self-esteem.
- have more broken marriages and unstable relationships.
- stay in low income and poverty.
- have more children out of wedlock.
- turn to crime, prostitution, or other illegal activities.
- be insecure, jealous, and controlling.
- raise emotionally scarred children, and the cycle continues.
- lack power to move their lives forward.
- turn to drugs and alcohol to cover their hurts.
- lack empathy or feelings for others.
- have more illnesses and age quicker.
- have more emotional and mental health problems.
- commit spousal abuse.
- have more anger, frustration, and violence in their lives.

34. **Jason and Becky** overcame the above problems. Just because a person has bad beginnings doesn't mean he/she will have bad endings. Life is what a person makes of it. **True or False?**

GOING THROUGH THE DOOR

When you start to change your life, you leave behind your old self with its anger, hate, jealousy, frustration, anxiety and depression. You see yourself leaving a room of shadowed darkness, of distorted thinking and emotional pain. You keep struggling to leave the room. Finally, you arrive at the door; you open it. There, greeting your senses, is a garden, carpeted with a rainbow of brilliant flowers.

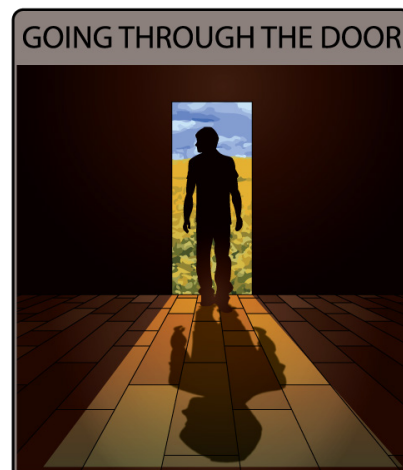
You step through the door to walk in the garden. You feel the soft grass beneath your feet and smell the fragrances of a million flowers. You breathe deeply, filling your lungs with fresh, clean air. You feel alert and alive. You stroll into a meadow of emerald green grass with splotches of wildflowers growing in clusters. Lying down on the lush grass you feel the sun warming your body. The fresh grass is cool beneath you. All your old hurts seem to leave as you exhale.

You look up into a soft, pastel-blue sky strewn with pure white, billowing clouds. You hear songbirds fill the air with their beautiful music. You close your eyes and wonder if you are dreaming, but when you open them, all is well. You feel relaxed and at peace. You are filled with joy. You have no worries or fears. All is calm.

You stand up and walk up to the top of a hill. There, in the distance, you see a sun-drenched valley with snowcapped mountains beyond. Everything is carpeted in a thick green, with patches of wildflowers as far as the eye can see. In a distant lake you view the reflection of the snow-capped mountains and think: "I cannot tell which is real and which is the mirror."

You become aware of animals nearby. The wolf, deer, bear, squirrels, and owl nod their welcome to your arrival. You see a meandering brook flowing through the meadow and watering the valley. You stroll down the hill to soak your feet in the brook. You feel soothing sand beneath your feet. You feel gentle water flow over and caress your toes and ankles. You gaze up to behold the source of the stream. You see a soft waterfall, fed by a happy, bubbling spring. Looking the opposite direction, you see the brook empty into a pond of lily pads and golden fish.

You walk leisurely to the waterfall and drink of its cool, clear water. You feel invigorated, new, happy, relaxed, and at peace. You are glad you went through the door.



35. **Questions:**

- Have you ever been somewhere and **felt** something like this? _____ Where? _____
- What can **life** be like for people who "go through the door?" _____
- What happens to people who never find the **door** and stay in the darkened room? _____
- True freedom and happiness come to people who **emotionally** go through the **door**. People who choose to stay in the **darkened room** imprison themselves. They **limit** their emotional growth. They don't have **rewarding** and **productive** lives. **True or False?**
- Have you found the **door** yet, or are you still in the **darkened room**? _____

- f) What does the **darkened room** represent? _____
- g) What does the **door** represent? _____
- h) What does the **beautiful world** outside the darkened room represent? _____
- i) What do people have to do to go through the **door**? _____

DON'T WAIT FOR HAPPINESS

Don't wait for tomorrow, when you think you will be happier. That tomorrow may never come. Be happy now! Don't wait for the right boyfriend or girlfriend, the right job, the right dress size, the right complexion, the right family – enjoy the journey, now.

36. What do you keep **waiting for** that has not yet come? _____
37. What can you do **this week** to be happier? List three things.
- 1) _____
- 2) _____
- 3) _____

SELF-TALK AND POSITIVE AFFIRMATION

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 you. Your thoughts about yourself might not be true but they represent the real you as you are today. True or False?

38. What are some **good things** you should say to yourself? _____
39. What are some **destructive things** you say to yourself? _____

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

- I am a forgiving and loving person.
- I am successful and confident in the future.
- I am a valued person.
- 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.

40. 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

41. **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 until 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.
- ___ Teenagers 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.

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

- | | |
|--|--|
| <input type="checkbox"/> Be grateful for what you have. | <input type="checkbox"/> Don't betray yourself; listen to your feelings. |
| <input type="checkbox"/> Give up addictive drugs and habits. | <input type="checkbox"/> Let it go; chill out. Don't hold grudges. |
| <input type="checkbox"/> Don't compare yourself with others. | <input type="checkbox"/> Find good friends who care and understand. |
| <input type="checkbox"/> Don't want what others have. | <input type="checkbox"/> Minimize your exposure to violence. |
| <input type="checkbox"/> Take more time for rest and relaxation. | <input type="checkbox"/> Learn from your mistakes; don't repeat them. |
| <input type="checkbox"/> Obey parents. | <input type="checkbox"/> Learn more self-control; reduce anger. |
| <input type="checkbox"/> Help others. | <input type="checkbox"/> Release the past; focus on the future. |
| <input type="checkbox"/> Avoid doing wrong; obey laws. | <input type="checkbox"/> Improve your communication skills. |
| <input type="checkbox"/> Improve your physical self. | <input type="checkbox"/> Love and be loved. |
| <input type="checkbox"/> Do more giving and less taking. | <input type="checkbox"/> Other: _____ |

43. In your opinion, what is **success** and **happiness** in life? _____

44. We can be a **willow in the wind** and be controlled by our peers and 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? _____



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 rosebush, do you see the roses or the thorns?

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

46. We are learning in this workbook 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 that you can choose to climb the mountain to happiness, or choose to live in the swamp of despair. What can keep people 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.

47. 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 parents/authority | <input type="checkbox"/> Consume illegal drugs | <input type="checkbox"/> Be a fence post |
| <input type="checkbox"/> Have empathy for others | <input type="checkbox"/> Drinking alcohol | <input type="checkbox"/> Be a true friend |
| <input type="checkbox"/> Be honest and trustworthy | <input type="checkbox"/> Live in past hurts | <input type="checkbox"/> Drop out of school |
| <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 friends drugs |
| <input type="checkbox"/> Accept responsibility | <input type="checkbox"/> Lie to parents | |

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

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

- | | | |
|---|---|--|
| <input type="checkbox"/> Family problems | <input type="checkbox"/> Health problems | <input type="checkbox"/> School problems |
| <input type="checkbox"/> Grades | <input type="checkbox"/> Money problems | <input type="checkbox"/> Fear / anxiety / stress |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Friends | <input type="checkbox"/> Learning disorders |
| <input type="checkbox"/> Anger / Self-control | <input type="checkbox"/> Problems following rules | <input type="checkbox"/> Other: _____ |

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

Letting your problems slide will only make them worse. If you think about it, there are some options. Sometimes we have so many problems at the same time that we become overwhelmed, depressed, and emotional.

51. The best way to **tackle** your **problems** is one at a time. Choose one of the above problems that you marked and write it here: _____ Now ask yourself the following questions and answer them.

- a) What are three options I have to solve this problem? _____
- b) Where can I go to get help? _____
- c) What can I do today, to start solving this problem? _____

DECISIONS

Each accountable person knows right from wrong. Our journey through life requires us to make constant decisions. There are natural laws that say “when you make good decisions you are positively rewarded, where as bad decisions will naturally result in negative consequences.”

52. **Jason** and **Becky** made correct decisions and lived in progress. They were rewarded with **new visions** of their potential and opportunities. **Curt** decided to live in **regression** and kept receiving the negative. Life would get harder and harder until he decided to change. Do you know someone who went from **progress (started out good)** to **regression**? _____ Describe his/her life. _____

53. **Jason** and **Becky** learned they didn't have to depend on others to be **happy** and successful. They always had the power within to change. All they had to do was pull back the **curtains** and see life as it is and not what they thought or perceived it was. Is it possible that some of your bad **decisions** are based on **faulty-thinking errors** and false perceptions? _____ Explain: _____

54. **Mark “T” for true and “F” for false.**

- Teenagers who choose to live regression, block their thirst for truth and knowledge.
- True wisdom comes from day-to-day encounters with life, not from others.
- Teenagers have hidden springs of genius. They don't have to settle for the ordinary
- Teenagers are often many times more worthwhile than they think they are.
- Real happiness comes from drugs and the pursuit of wealth.
- If we are unhappy, all we have to do is change what we are thinking.
- We can make others happy by forcing them to see our way of thinking.
- If you want to feel liberating peace, give thanks in the moment of disappointment.

IT IS WHAT IT IS

When something bad happens to us, it is what it is. We can't go back and change it; it has already happened. The big decision is what happens next! We can choose to remain calm, in control, and forgive, or we can throw a fit. As we journey through this wilderness that we call life, we will constantly encounter opposition and problems.



55. Sometimes you might feel as if your life is a **ship at sea**, buried in **mountainous** waves and **tossed** to and fro by **fierce** winds. Who has the best chance to survive the storms of life – those living above or below 500? _____
Why? _____
56. Day to day **opposition** and **problems** can make us stronger and wiser or we can let them bury us; it is our choice. Do you have **friends** who have successfully dealt with their **problems** and others who have not? Describe their behavior.
Successful: _____
Unsuccessful: _____

THINGS TO CONSIDER

People are their own worst enemies. Most long-term serious problems are self-inflicted. If people’s lives are currently a failure, it is someone else’s fault. True or False? If we are not responsible for our lives, then who is? _____

Although the subconscious mind doesn’t know right from wrong, the conscious mind does. Everyone who is accountable knows right from wrong and can choose to live the truth or the untruth. What happens to people who constantly try to blame others for their problems? _____

The need for love and acceptance is so powerful that people who grow up without it can spend a lifetime searching for ways to fill it. What physical and emotional problems can be caused by loneliness and neglect? _____

Many people see doom and gloom in their lives. They feel trapped, helpless, and hopeless. They contemplate turning to drugs and alcohol to medicate their pain. They see few options in their lives when, in reality, there are many options. _____

Becky liked to write poetry. It helped her get through the rough times. In later years, reflecting on her horrible childhood, she wrote this poem on love.



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 **Becky** trying to say about love? _____



WHAT SUCCESSFUL STUDENTS DO

Successful students deal with past hurts and bad choices and go on in 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 part 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?

1) _____

2) _____

Here are the 6 emotional hierarchy of needs

Loved * Validated * Affirmed * Understood * Appreciated * Secure

Unit 5: Avoiding Anger

Anger is a deep emotion caused by inner conflict, frustration, and anxiety. You can't really manage anger because once you let it in you either have to express it or squelch it. Therefore, we call it "anger avoidance." There are four major areas of our lives that cause us most of our anger.

SOURCES OF ANGER

- 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.

Most of the theories today regarding anger and how to get rid of it can be summarized in three groups.

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. People who anger you can control you. When you have good self-esteem and feel secure about yourself, you don't respond to others' anger. You stay relaxed and in control of yourself. Is this possible?

1. Which theory is best? _____
Why? _____

CONTROLLING ANGER

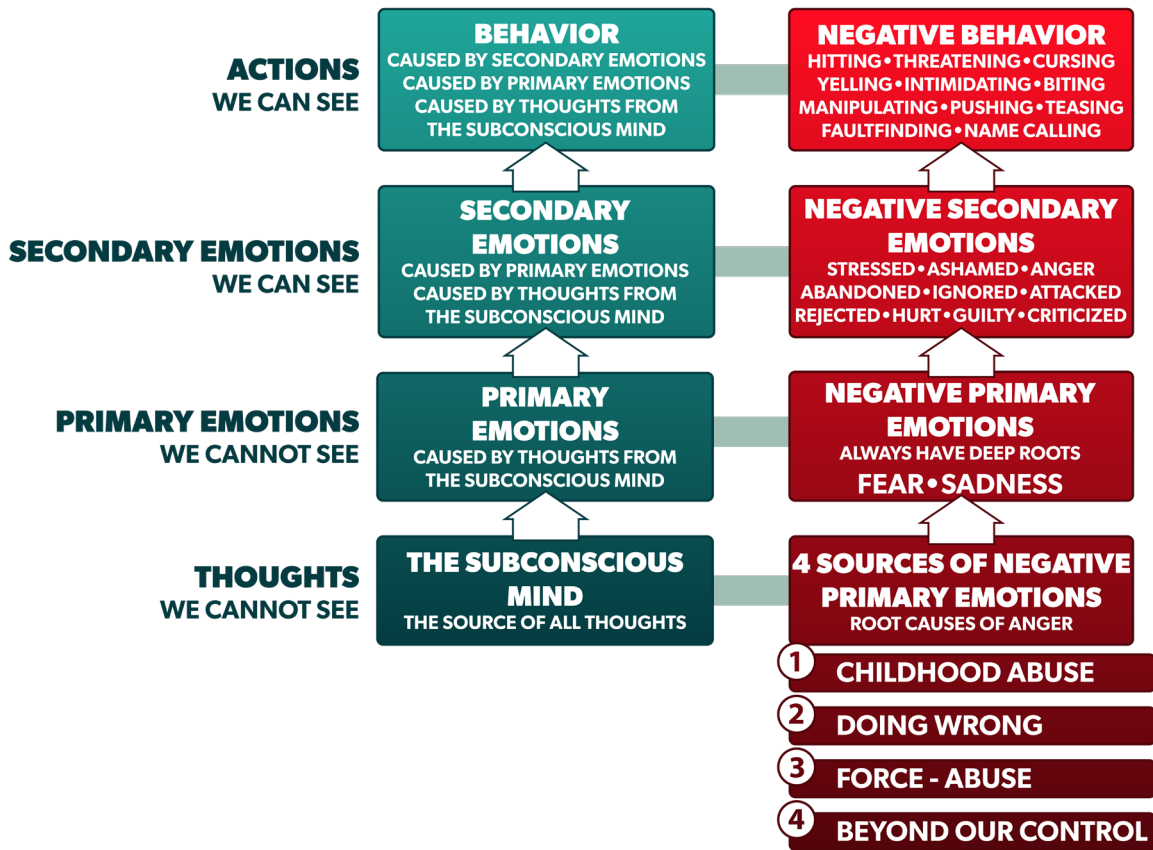
Anger is an emotion that can be controlled. As Theory III explains, you don't have to let it in. You can experience peace of mind, relaxation, control, and harmony in your life. You can move forward and leave the anger behind. True or False?

2. People who anger you, **control** you. When you give in to their 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'll respond. According to Theory III, how do you keep others from controlling you?

3. New medical studies have shown that **anger** is a major cause of disease and illness. Constant anger drains our bodies of important vitamins and minerals, leaving them open to diseases like cancer. What are some of the benefits of avoiding **anger** and being a **peaceful, happy** person? _____
4. As we will discuss on the next page, the **four sources of anger** cause primary emotions that trigger secondary emotions; these can swell in us and can erupt like a **volcano** into a flurry of negative behavior, such as hitting, screaming, biting, stabbing, etc. **True or False?**
5. People can get so **angry** that they **lose control** and, for a few seconds, can mentally **black out**. What are people capable of doing when they are in a fit of rage? _____

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?



6. **Curt**, 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 not only him, but his mother and siblings too. Today, **Curt** is 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? _____

7. Before people can lessen their **anger** they have to “fix” their source of **anger**. People who were trashed, abused, and violated as children seem to have the greatest anger. Why? _____

8. **If you want to have less long-term, damaging anger in your life, what will you have to do?**

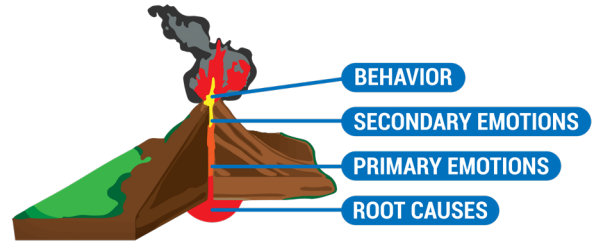
- a) if you came from an **abusive**, dysfunctional home? _____
- b) if you have been doing **wrong**? _____
- c) if **force** is part of your life? _____
- d) if you have **lost control** of your life? _____



ANGER VOLCANO

Anger is like a volcano with unseen potential destructive forces. Some people’s volcano erupts several times a day. Others have more self-control. They get rid of the root causes of their anger, quickly forgive others, and dismiss the insensitive jerks they meet. They have chosen to have more peace and happiness in life. How is your current volcano?

ROOT CAUSES OF ANGER



9. Questions

- a) If angry people don’t get rid of the root causes of their anger, what will they continue to do? _____
- b) What kind of primary emotions do you think Jason and his cousin **Becky** were feeling before they healed? _____
- c) Are there a lot of youth today suffering from the things listed in **primary emotions**? _____ Why? _____
- d) How can we tell there is a lot more **anger** in people’s lives today? _____
- e) **Anger** is a natural emotion that can be lessened in a person’s life by removing the root cause. What are the four root causes? _____
- f) What are some of the behaviors (eruptions) you see happening in your school? _____
What do you think are the root causes? _____
- g) If **anger** is currently a problem in your life, what are some of your root causes? _____
- h) 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? _____
- i) **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 will **Curt** continue to have extreme anger in his life? _____
- j) Do you think everyone in **school** would benefit from information on anger management? _____ Would it help lessen some of the **eruptions**? _____

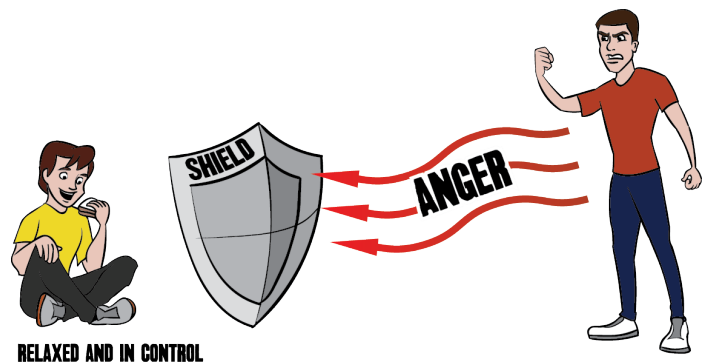
ANGER SHIELD

The trick in life is to learn how to not let anger in. By eliminating the four sources, you can put up a shield and not feel the anger. When you don’t let it in, it has no power over you. 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.**

.....



LIFE'S STRESSES AND SELF-CONTROL

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

10. In the list below, check the **stresses** that young people may be experiencing in their lives.

- | | | | |
|--|--|--|---|
| <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"/> Health challenges | <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"/> Manipulative relationships |

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

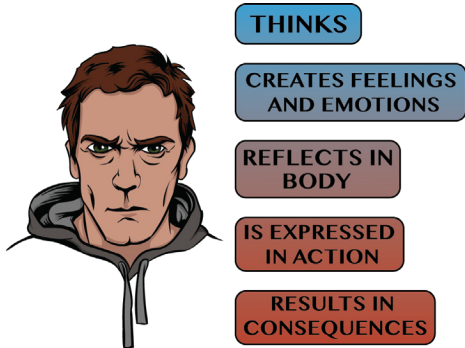
12. There are two types of people. **Actors**, who are in control and have room in their flasks, and **Reactors** (reactive), who have no room in their anger flasks. What happens when you anger a reactor-type person? _____

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

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

We have to be very careful with negative thoughts like hate, jealousy, and suspicion. Our thoughts turn into actions, and our actions, in turn, can get us into a lot of trouble. For example, let's look again at Curt. Curt is a mean person with little self-control. He is a jealous, impatient, angry, insecure 17-year-old. He has been abusive toward each of his past girlfriends. He is now going with April.

Curt, a bad person:



What does this diagram mean?

Example:

- (1) **Curt** thinks his girlfriend, **April**, is seeing another boy.
- (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 is black and blue.

15. Questions:

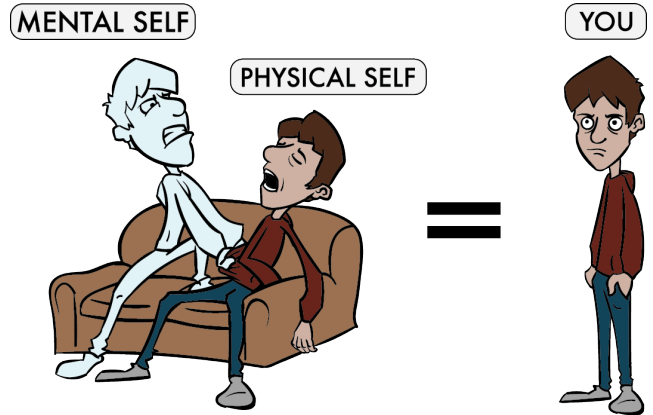
- a) **April** was not seeing another boy. What caused her to get hit? _____
- b) Most people stop at #3. But what do we see a lot of today? _____
- c) Once we let anger in, what must we do with it? _____
- d) **April** left **Curt** and started dating **Jesse** who is a loving, kind, patient person.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

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



SELF CONTROL

Each person has two selves: mental and physical. Our mental and physical selves are often in disharmony. The body often wants things that are not good for it, so it is up to our mental self to restrain or control our anger, physical wants, and addictions.



17. People with a **strong mental self** can better restrict harmful things to their bodies. What happens to people with little or **no self-control** (weak mental self)? What harm can they do to their physical self? _____



18. **Jerry has a weak mental self. His life is a mess. He has little self-control. Sandra has a strong mental self and keeps her bodily urges, anger, and addictions in control. Put a “J” for Jerry or an “S” for Sandra after the following statements that you think best describes each:**

- | | |
|--|---|
| <input type="checkbox"/> Smokes four packs of cigarettes a day. | <input type="checkbox"/> Gets drunk all the time. |
| <input type="checkbox"/> Eats balanced and nutritious food. | <input type="checkbox"/> Thinks before acting. |
| <input type="checkbox"/> Doesn't react to rude drivers. | <input type="checkbox"/> Is addicted to social media. |
| <input type="checkbox"/> Goes to bed early; gets plenty of rest. | <input type="checkbox"/> Commits crimes. |
| <input type="checkbox"/> Exercises and doesn't overeat. | <input type="checkbox"/> Doesn't use drugs. |
| <input type="checkbox"/> Is slow to lose self-control. | <input type="checkbox"/> Sniffs glue. |
| <input type="checkbox"/> Is easily influenced by peers. | <input type="checkbox"/> Gets angry all the time and throws fits. |
| <input type="checkbox"/> Has a negative friend group. | <input type="checkbox"/> Darts in and out of heavy traffic. |
| <input type="checkbox"/> Loses patience while standing in line. | <input type="checkbox"/> Has empathy towards others. |

19. What are the **rewards** or natural consequences for people who learn to have more **self-control**? _____

TIPS ON HOW TO AVOID ANGER

- Be aware of your physical signs of becoming angry, such as an upset stomach, clenched fists or jaw, rapid heart beat, biting your lip, etc. If you become aware of your rising anger, can you take steps to stop it?**
- Avoid confrontations and arguments; arguing never works. Everyone involved is a loser. Walk away. Count to ten. Go outside. Breathe deeply. Focus on self-control. Be willing to compromise.**
- When people lash out at you, don't lash back. Respond with “I” messages instead of “you” messages. Say, “I didn't deserve that. I'm hurt when you say those things. I don't like being treated this way?” What happens when you lash back with a “you” message?**
- When someone is in your face screaming at you, don't respond. Mentally step to the side of yourself and observe his/her behavior with amusement – the veins in the neck popping out, the body language, arm movements, and the tone of their voice. Observe how immature and foolish the person looks. Be calm. Breathe deeply. Be glad you didn't jump in and give up your control.**
- Be aware that anger is often a form of manipulation. Angry people use anger and threats to get their way. Selfishness is often the basis of anger. If you give in to them, it works, and they will do it again. Stand your ground. Talk it over. Find alternatives, but don't give in or the cycle will continue.**
- You can quickly stop the anger by agreeing with them. “You may be right. Let's discuss it. Let's consider both sides.”**
- If you are wrong, quickly admit your mistake and apologize. “I'm sorry. You're right.” Or, “I apologize, I shouldn't have said or done that.”**
- If the anger and tone of voice are getting worse, leave the area. Avoid the temptation to jump in. Many people have been hurt or killed by opening their mouth too much. You might win the argument but be hurt or dead because of it. True or False?**

CONSEQUENCES

There is right and wrong. Ignorance or rebellion against what is right won't save you from the consequences. The more wrong people do, the more they suffer. The more right people do, the more freedom and happiness they have. What do you think?

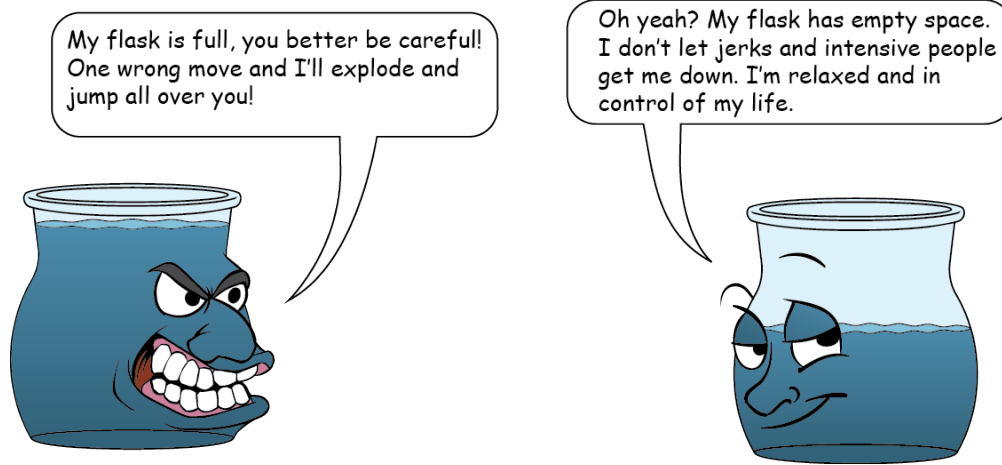
Remember, even if you are not caught doing wrong, such as taking drugs, you will still suffer from the natural laws of added anger, fear, and anxiety. What are some possible consequences of doing the following?

Behavior we choose to do	Possible consequences
Take illegal drugs	_____
Shoplift	_____
Love others	_____
Steal from parents	_____
Tell the truth	_____
Drive drunk	_____

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. _____

People with **good coping skills** live longer. Why? _____



As we have discussed, it is important to **avoid anger**. Do not let it in! One good exercise that could help is this: Stand up and bring your hands up to your shoulders, palms outward. Get ready to push away and say, "Whoa! What's happening here?" Say and do this three times. How can this help? _____

List three things that currently make you angry and then what you can do to lessen that anger.

Things that anger me	What I can do to lessen my anger
1.	1.
2.	2.
3.	3.

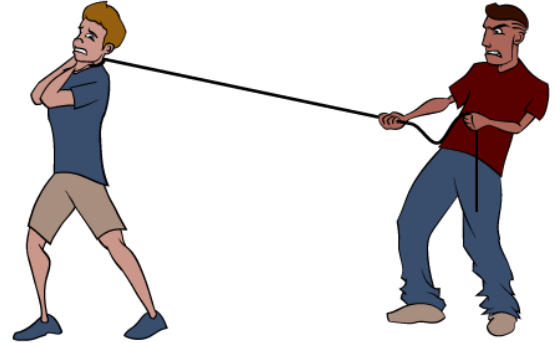


WHAT SUCCESSFUL STUDENTS DO

Successful students 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. The more anger, the more bondage; the less anger, the more freedom you have. 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.

- 1) _____
- 2) _____

Here are the 4 sources of anger
Abuse * Doing Wrong * Force * Things Beyond our Control

Unit 6: Skills for Life

The following are ten powerful skills for life that, if mastered, will increase your self-esteem and add much success and happiness to your life.

SKILL # 1. PEOPLE SKILLS

You will spend your entire life interacting with others. You can do it right or wrong. Good people skills will elevate you, but poor people skills will socially sink you. Take the test as you are now.

People Skills Test

Always • Usually • Sometimes • Seldom • Never

Do you praise and build up others?	6	5	4	3	2	1
Do you give honest, sincere appreciation?	6	5	4	3	2	1
Are you genuinely interested in others?	6	5	4	3	2	1
Are you friendly, and do you smile?	6	5	4	3	2	1
Do you remember and use a person's name?	6	5	4	3	2	1
Are you a good listener?	6	5	4	3	2	1
Do you encourage others to talk about themselves?	6	5	4	3	2	1
Do you talk in terms of the other person's interests?	6	5	4	3	2	1
Do you make other people feel important?	6	5	4	3	2	1
Do you show respect for the other person's opinion?	6	5	4	3	2	1
If you are wrong, do you admit it quickly?	6	5	4	3	2	1
Do you let others finish talking before you start ?	6	5	4	3	2	1
Do you let the other person do a lot of the talking?	6	5	4	3	2	1
Do you honestly try to see the other side of things?	6	5	4	3	2	1

Total Score _____

Excellent	Fair	Poor
70-84	55-69	14-54

1. What was your score? _____ Which **bracket** are you in? _____ According to the **People Skills Test**, what are some areas that you need to improve? _____
2. The **people skills** listed above might seem simple, but they give the person who masters them a great advantage in life. A person who scores 70 to 84 is a rare gem, worth looking for. True or False?

Let's go back to the time that Tammy Miller saw Becky Johnson crying and became her lifelong friend. One of the girls in school, Heather, from a rich home, went out of her way to put Becky down.

3. **Heather** was consumed with herself; her clothes, new car, and social status. Nothing else interested her. It was her way or else. Go back and guess what you think **Heather's** score would be. _____ What would **Tammy's** score be? _____ Would **Heather** agree with your score of her? _____ Why? _____
4. Which of the two is a **gem** that will attract people? _____



Tammy's brother, Scott Miller, and Jason's cousin, Curt, have opposite people skills. Determine which statements best describe Scott or Curt. Put an "S" for Scott or a "C" for Curt before each statement.

- | | | | |
|-----|--|-----|------------------------------------|
| ___ | People like to be around him. | ___ | Puts people down. |
| ___ | Lets others finish what they are saying. | ___ | Always has to have his way. |
| ___ | Is not a good listener. | ___ | Enjoys learning about others. |
| ___ | Doesn't respect others' opinions. | ___ | Makes others uncomfortable. |
| ___ | Was promoted at work. | ___ | Has had a hard time holding a job. |

SKILL # 2. SEEK WISDOM

What does the following mean?

.....
**INFORMATION IS KNOWLEDGE.
 WHEN PROPERLY APPLIED, IT IS CALLED WISDOM.
 WITHOUT WISDOM KNOWLEDGE IS USELESS.**

The dictionary defines wisdom as (1) an understanding of what is true, right, or lasting, (2) common sense; good judgment.

- According to the above definition, a lot of **teenagers** are not wise. For example, teenagers today have been given a lot of information on the dangers of risky behavior including the use of drugs, but continue to ignore the information. Why? _____
- Much of the information going into a **teen's** head doesn't benefit him/her because he/she doesn't apply it. **True or False?**

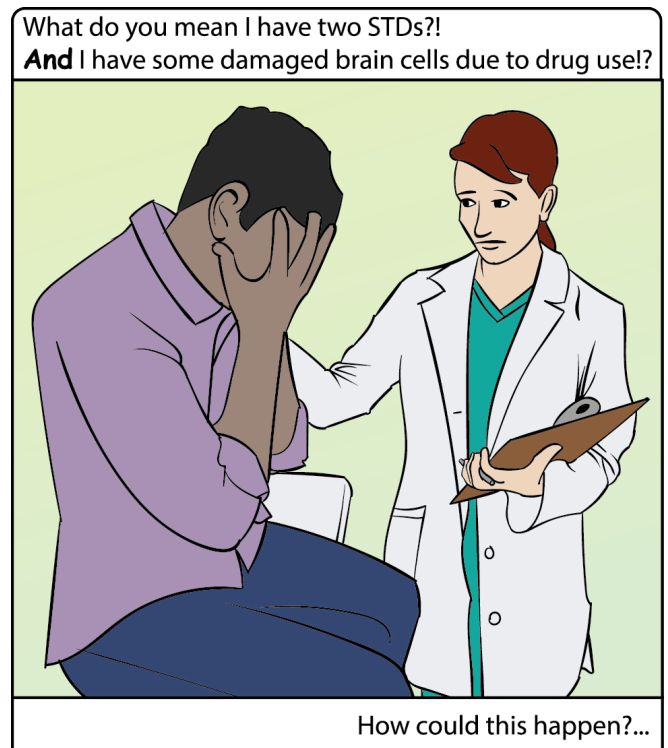
An unwise person doesn't understand (or doesn't want to understand) the truth. An unwise person doesn't use common sense or good judgment.

- Describe an unwise **teenager**. _____
- How would you describe most of your **friends: wise or unwise?** _____ Why? _____

According to the above definition of wisdom, a highly educated person is not necessarily a wise person. True wisdom is knowing the truth and living it; it is using common sense and good judgment.

- How **wise** have you been during the last two years? Be honest.
Wise 7 6 5 4 3 2 1 **Unwise**
- By the above definition of **wisdom**, who do you know in your life that you think is **wise**? _____ Why? _____

There is no safety in numbers. If most of your friends do wrong, that doesn't make it right or safe. The truth is the truth. Right is right regardless of how others try to label it. A wise teenager will find the truth and live it. True or False?



11. Determine if the following is wise, “W” or unwise, “U.”

- | | |
|---|---|
| <input type="checkbox"/> Always goes along with friends. | <input type="checkbox"/> Turns in a student making threats at school. |
| <input type="checkbox"/> Drops out of school. | <input type="checkbox"/> Gives in to body urges. |
| <input type="checkbox"/> Just uses drugs once in a while. | <input type="checkbox"/> Develops a bad relationship with family. |
| <input type="checkbox"/> Relies on friends for direction and self-esteem. | <input type="checkbox"/> Believes everything that friends say. |
| <input type="checkbox"/> Runs away and hides from life. | <input type="checkbox"/> Follows the advice in this workbook. |
| <input type="checkbox"/> Obeys parents. | <input type="checkbox"/> Sniffs glue. |

12. A **wise teenager** will use his/her common sense and good judgment. **True or False?**

SKILL # 3. CHOOSE GOOD FRIENDS.

Friends can have a powerful impact on your life, especially when you are young. A true friend knows all about you, but likes you anyway. Stay away from users. Write in how a user would react.

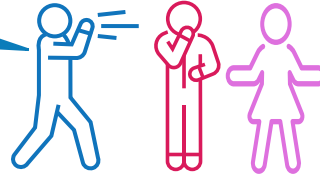
Friend	User
Feels your pain.	_____
Understands, is concerned about you.	_____
Doesn't give up on you.	_____
Wants your happiness.	_____
Won't take your possessions or money.	_____
Won't urge you to break a law.	_____
Won't urge you to take drugs.	_____

To have a friend, you must first be a friend. Friendship is about giving not taking. True or False?

13. Can you fake true **friendship**? _____ Are **users** easy to detect? _____ How can you tell if a person is a **user** or a **friend**? _____
14. Why is it hard for **young people** to go against the bad their **friends** are doing? _____
15. Millions of young people today from abusive homes find **gangs** or **friends** to attempt to fulfill their emotional needs. **True or False?**
16. What trouble can **bad friends** (users) get **teenagers** into? _____
17. Why is it important to choose **friends** wisely? _____
18. Looking ahead to when you are a **parent**, what values would you want your **children's friends** to have? _____
19. **Parents** can't control their children 100% of the time. **If teenagers** want to get into trouble, they will. The bottom line is parenting isn't easy. **True or False?**



Shut up! I will do what I want. You don't have control over me. They are my friends, not yours. If you don't like them, that's too bad. You're stupid, you don't know anything.



SKILL # 4. BUILD SAFE RELATIONSHIPS.

One of the major problems facing teenagers is that their bodies mature before their minds. This is normal, but it can be a difficult time, requiring smart choices.

20. **Jennifer Johnson**, one of **Jason's** cousins, made some bad choices. She became pregnant at an early age. Later, she learned that she was not making **healthy choices** with her body. Why do so many teenage girls make **bad decisions** regarding their health?
-
21. **Damon**, age 17, another cousin of **Jason**, fathered three children by two different girls. He won't marry, pay child support or be part of his kids' lives. List three ways that **Damon's** action could be a **burden** on his **family** and **society**.
- _____
 - _____
 - _____
22. Teens would be safer and happier if they would wait to have adult relationships. **True or False?**

SKILL # 5. BE YOURSELF

What does the following drawing say about peer pressure? _____

.....
TRUE FRIENDS WANT HAPPINESS.
USERS DON'T CARE.



23. **Questions:**
- Why do **teenagers** take drugs and do other unwise things with their **friends**, when they really don't want to? _____
 - Crystal** went along with her friends when she was in high school. Today, at age 35, she is suffering **brain damage** from her cocaine addiction. She is also **addicted** to nicotine, How do you think she feels about her **so-called friends** now?? _____
 - Why do so many **teenagers** ruin their lives by letting **peers** control them? _____
 - What are the benefits of being like a **fence post** and not **bending** to harmful trends? _____
 - Wise** and **intelligent teenagers** apply their knowledge of the dangers of addictions and drugs. **Unwise teenagers** do the opposite. **True or False?**
 - Unwise** people can become **wise** as soon as they are willing to apply their knowledge of the **truth**. **True or False?**
 - Frequently, people who live in the darkened swamp of drugs, crime, theft, violence, and dishonesty, try to pull others in with them. Why? _____

- h) What is your plan to avoid becoming one of the many **teenagers** who blindly follows his/her **friends** into the **swamp**? _____
- i) It is your choice! You can choose freedom by climbing the mountain or you can choose to lose your freedom by entering the swamp. **True or False?** What's in the swamp? _____



SKILL # 6. BE A FENCE POST NOT A WILLOW IN THE WIND.

Life is life. It goes on. The world turns and time ticks away. It isn't life that causes our problems, but how we react to life. It is our perception of life that determines our success.

24. The **truth** can be staring us in the face, but unless we perceive or recognize it, it won't do any good. For example, the **truth** is that, with a little effort in a tech or trade school, you could be making \$15.00 to \$20.00 an hour, or you could graduate from a university. However, if you **ignore** the **truth**, for whatever reason, you could live your life earning low wages. **True or False?**
25. Are you your own **worst enemy**? Do you have **incorrect, distorted perceptions** about yourself? Do you put up road **blocks** that keep you from going further? The **truth** is that **teenagers** have the talent and ability to succeed, but some don't. Why? _____



Not everyone will like you, but that is okay. You can't please everyone, so don't try. Just try to improve and let what happens happen. So you are not perfect. Who is? Who has the right to judge you?

26. Take the following test. Check the thoughts and situations you have had. Circle your score from 1 to 5.

		A lot				Little
I worry about how I look.		5	4	3	2	1
I worry about having friends.	5	4	3	2	1	
I change my values to fit in.		5	4	3	2	1
I do things with my peers that I know are wrong.		5	4	3	2	1
I fear the power of the group is stronger than I am.		5	4	3	2	1
I lie to cover up the wrong I have done.		5	4	3	2	1
I have lost enthusiasm and ambition to get ahead.		5	4	3	2	1
I would rather do wrong than change friends.	5	4	3	2	1	
I would rather be used and abused than change friends.		5	4	3	2	1
I am more of a follower than a leader.	5	4	3	2	1	
I have been pressured by my peers and felt guilty afterward.		5	4	3	2	1

Total Score: _____

Strong	Mediocre	Weak
11 - 24	23 - 35	36 - 55
Fence Post		Willow

27. What was your **score**? _____ Which bracket are you in? _____ What does it mean? _____
28. If your current **friends** are getting you into **trouble**, how can you find **better** ones? _____

Hey, Jim's parents are going away for the weekend. Let's party. We got some new drugs and several kegs of beer.



29. What could be the consequences if the above **teenager** lies to her **parents** and gives in to her **friends**? _____

30. One of the **Miller** cousins, **Jennifer**, (true story, name changed) was a new freshman at college. She was invited to a party where she knew there would be drugs and alcohol. She got drunk and passed out. Several boys raped her. At least one was HIV+. Four and a half years later **Jennifer** was dead. Her mother, father, siblings, extended family, and friends mourned her death. Who was responsible for her death? _____ How could she have avoided her death? _____

SKILLS # 7. LOOK FOR OPTIONS

Life, as we know, can get hard. Sometimes it's up and sometimes it's down. Life has obstacles that allow us to climb the mountain to growth or sink into the swamp of despair.



31. Sometimes, because of the difficulties and pains of life, people enter into the darkened room and never get out. A certain girl hated her ex-boyfriend so much for going with another girl that she closed herself to life and became depressed. What were some of her **options**? _____

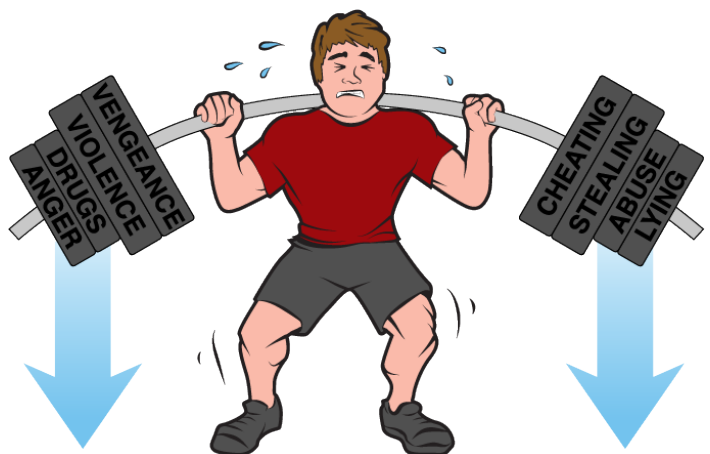
32. The following are some **situations** facing today's teens. Decide what are some of the options for each situation listed.

Situation	Options
a. "I'm a teenager and I am pregnant."	_____
b. "My parents are divorced; I feel bad."	_____
c. "I drink alcohol every weekend"	_____
d. "My step-dad threw me out. I have no place to live."	_____
e. "I drink alcohol every day; my dad is an alcoholic."	_____

33. What are some of your options? _____

SKILL #8. LEARN TO ENJOY LIFE

One of the major themes of this workbook is that there is no happiness or success in doing wrong. The more you choose to do right, the happier and safer you will be and the more freedom you will have.



34. Choosing to live in the **swamp** presses in on people. There is little release, peace, or happiness. True **freedom** comes when we do right. We can tell **right** from **wrong** by the results that are produced. Describe your feelings when you choose to do something really bad. _____

35. Describe your feelings when you **choose** to do something really **good**. _____

Unhappy people walk around saying, “Love me! Love me!” Happy people walk around looking for people to love.

36. **Happiness is easy! Just stop doing what is making you unhappy. Mark what you think would make teenagers happy or unhappy in the long run. Put a “H” for Happy or a “U” for Unhappy.**

- | | | |
|--|--|---|
| <input type="checkbox"/> Lie to parents. | <input type="checkbox"/> Steal from other teenagers. | <input type="checkbox"/> Help a friend. |
| <input type="checkbox"/> Cheat on a test. | <input type="checkbox"/> Watch a violent video. | <input type="checkbox"/> Volunteer to help feed the poor. |
| <input type="checkbox"/> Smoke pot. | <input type="checkbox"/> Compliment their mother. | <input type="checkbox"/> Confess to parents something he/she did wrong. |
| <input type="checkbox"/> Give in to peers. | <input type="checkbox"/> Shoplift. | <input type="checkbox"/> Have a pet. |

37. If **YOU** are not happy, it is your fault. **True or False?**

SKILL # 9. LISTEN TO MR. OWL.

Tell me, Mr. Owl! If I want to have a happy productive life, what should I do?

Mr. Owl says, “Do the following:

Love yourself - develop your talents - respect your life - value your existence.

Have joy in service - do for others - go outward, not inward.

Honor your parents - seek their wisdom - be obedient.

Love life - be excited for your opportunities - immerse yourself in nature.

Expand your social skills - participate in art, stage, music, sports and the like.

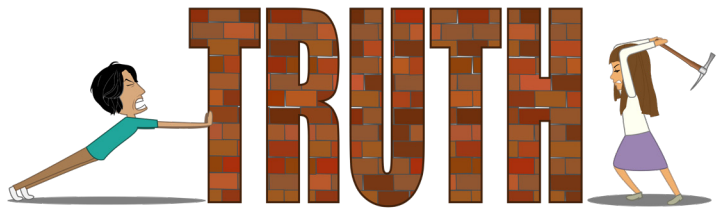
Develop self-control - have patience - relax and control your physical self.

Dream and meditate - ponder your possibilities - expand your horizons - seek excellence.”



BELIEF VS TRUTH

It doesn't matter what people believe is 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. The truth is that many years of research have found that marijuana is harmful. It doesn't matter if people believe it or not. What matters is the truth, because the truth has more power than belief.



Determine the truth or falseness of the following statements:

- If people have false programming and believe in the untruth, their lives will turn out badly. **True or False?**
- If you received bad programming and you have had a rough life, accept it. Quit complaining about it and move your life forward. You are stronger than you think you are. **True or False?**
- You are your thoughts. You can change who you are by changing your thoughts. Think the best about yourself and that is what you will become. **True or False?**
- If you don't find the real you (the good and powerful you) but instead believe your bad scripting, it is your fault. **True or False?**
- The best way for me to be happy is to blame others for my problems and stay angry and upset. **True or False?**

THINGS TO CONSIDER

Why suffer for years as an adult? The more you fix your problems in your youth, the sooner your happiness will grow.

Life holds no guarantee. The best plan is to have faith, hope, and be courageous when confronted with life's problems.

Time is a precious commodity that will someday run out. Fill your life with meaningful activities.

Self-esteem seeks its own level. If you have a \$2.00 mindset and a low self-esteem what kind of friends will you seek? As opposed to having a \$10.00 mindset

Forgive those who have hurt you. The person you forgive doesn't necessarily have to know it, just let the anger go. What is important is that you are no longer bonded to them through hate or anger. True or False?



WHAT SUCCESSFUL TEENAGERS DO

Learn the basic skills of life and apply them.

SUMMARY

Life is fun and exciting. There are many options. The more we improve our social skills, the more opportunities will open to us. The only thing that can keep us from success is ourselves. Remember, you are many times better than you think you are. The truth is the truth. It is what it is. Your perception or belief does not affect the truth. The truth is you are awesome with great potential. Let up on yourself - don't be so self-critical. Don't care what other people think of you; they're wrong anyway. Bad decisions and mistakes are just stepping stones to a stronger you. Breathe deeply - enjoy each new day as an opportunity to be a happier you.



APPLICATION AND SKILL BUILDING

What is your plan to have a positive and enduring relationships? Describe the steps you will take to accomplish this goal.

Unit 7: Leading and Managing Life

People who don't lead out and take charge of themselves will manage their lives by crisis. Their lives are in turmoil. They don't save and plan for retirement. They don't know where they are going. Life will go on regardless of what we do. We can choose to manage our lives or give up; face our problems or run from them.

1. **Scott Miller** is **proactive**. He takes charge of his life. He has a steady job, and is able to support his family. **Curt Johnson** is **reactive**. He is unable to hold a steady job. His general attitude towards life is one of entitlement, apathy, and resentment. The **student** should read the "proactive" and the **coach** should read the "reactive" across from it.

Proactive thoughts - Scott	Reactive thoughts - Curt
"I can" attitude	"I can't" attitude
There is a solution	There is nothing I can do
I am responsible	I am not responsible
I accept reality	I deny reality
I'll do it now	I put things off
I don't get angry	I lose control and get angry
I don't dwell on the past	I dwell on the past
I keep promises and commitments	I break promises and commitments
I am optimistic, have hope	I am pessimistic, have little hope
I act	I am acted upon
I set goals and achieve them	I have no definite goals
I am self-aware; I see my own faults	I deny fault and blame others
I am quick to forgive others	I hold grudges
I have self-control	I lose control easily
I am independent	I am dependent
I am honest; I try to tell the truth	I am dishonest; I tell lies



2. Which person are you currently more like, **Scott** or **Curt**? _____ Why is it important to be proactive? _____

The goal of any society is to produce independent citizens who will take charge of their lives and become producers. However, because of severely dysfunctional homes (often caused by substance abuse), millions of today's adults are not independent; they are dependent.

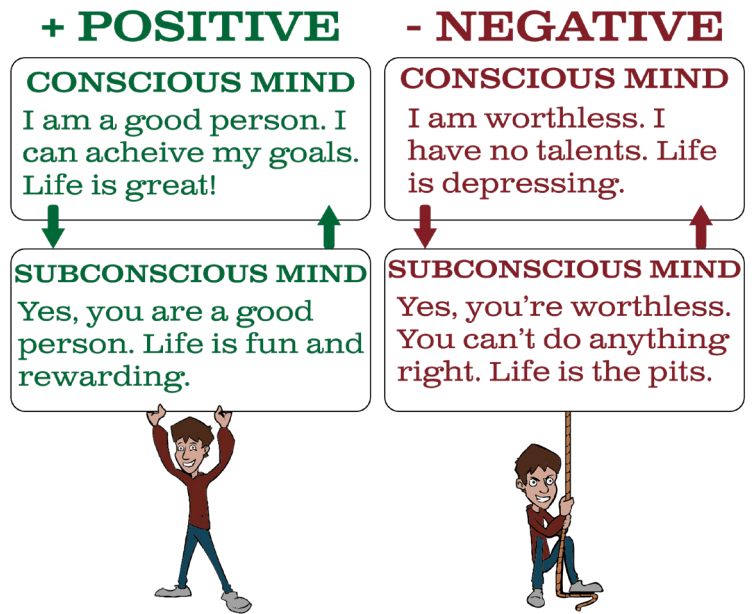
We start as dependent children (ages 0 to 10). Then we begin to move away from our parents' authority (ages 11 to 21) and become independent. Then as adults, we try to bond in a relationship and become interdependent. Interdependency is the highest form of relationship we can achieve in life.



Because of their upbringing and dysfunctional programming, many of the Johnson cousins remained dependent even as adults. Jason and Becky broke out of that mold and became independent and interdependent adults.

3. What problems will **dependent** adults face in their lives? _____

4. How can a **dependent** person move to becoming **independent**? _____



Love is the most powerful force in life. It is the foundation that good lives are built upon. Love is the putty that fills in the cracks of life and makes it smoother. It's not what is in our head, but our heart that counts.

5. **Susan** and her children were poor. She worked hard and sacrificed for them. They learned to work and be independent. **Susan** loved her children; they grew up feeling **loved**, safe, and **secure**. Are Susan's children more likely to be dependent or independent adults? _____
6. **Love** grows by using it. Love is what love does. We can't say we truly love someone unless our **behavior** shows it. Describe how you **show** love to others. _____

Sometimes we are not grateful for things we do have in life and spend our energy feeling sorry for ourselves and complaining about what we don't have.

7. Mark the things you have that others might not have. How many did you mark? _____

<input type="checkbox"/> A job	<input type="checkbox"/> A place to live	<input type="checkbox"/> Cancer free body	<input type="checkbox"/> Regular meals
<input type="checkbox"/> A car	<input type="checkbox"/> TV & stereo	<input type="checkbox"/> Two legs	<input type="checkbox"/> A family
<input type="checkbox"/> Eyesight	<input type="checkbox"/> Education	<input type="checkbox"/> Healthy mind	<input type="checkbox"/> Free country to live in
<input type="checkbox"/> Two arms	<input type="checkbox"/> Someone to love	<input type="checkbox"/> Hearing	<input type="checkbox"/> People who love me

8. Someone with **no shoes** complained until he saw someone with **no feet**. What can we say about people who have a lot but are always complaining about what they don't have? _____

If we focus on our possessions and then lose them, we lose ourselves. We become depressed and angry.

9. **Stanford Miller** hated people who made more money than he did. He spent a lifetime trying to make more money. He worked long hours, ignoring his wife and children. He invested in real estate and was always trying to make a deal. Due to an extremely bad investment, he went bankrupt and lost everything. **Stanford** became depressed, angry, anxious, and required medical help. Why?

10. What should we **focus** on in life to be really happy? _____

Sometimes we focus too much on our shortcomings and failures and can't see the positives in our lives. Too often we compare ourselves to others and fail to realize that other people aren't always better; they are just different. We should value our differences from others.

11. Your **subconscious** doesn't know right from wrong. If you consistently think **positively**, you will program your **subconscious** to think positively. If you think **negatively**, so will it. Check the items below that you feel are some of your **best qualities**.

- | | | | |
|--|------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Creative | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Humorous | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Good listener | <input type="checkbox"/> Reliable | <input type="checkbox"/> Persistent | <input type="checkbox"/> Hard worker |
| <input type="checkbox"/> Positive attitude | <input type="checkbox"/> Skillful | <input type="checkbox"/> Honest | <input type="checkbox"/> _____ |

12. How can focusing on your **good qualities** help your **outlook** in life? _____

13. It is easy to find **fault** with anyone because we all have human **weaknesses**. People who constantly point out others' **shortcomings** and **failures** are just trying to cover their own. **True or False?**

POWER IN LIFE

Life is not easy for anyone. It takes courage mixed with hope and optimism to push forward. If we lack this power, then we don't do well. If we have little power, it's hard to get out of bed, go to school, get a job, or face life.

14. **How can we maintain this power in our lives? There are several things we can do.**

- A. **Live in harmony with good values. When we go against what we know is right, our lives fall into disharmony; we experience added fear, worry, and sorrow.**
- B. **Do things you enjoy that will build your self-esteem. Go outward and help others. Develop your talents.**
- C. **Have a positive variety in life. Go places, do things, experiment with new ideas. Push yourself out of your comfort zone. The more resistance you encounter the stronger you will become.**
- D. **Invite power into your life by changing self-defeating thoughts. Make a list of your good points and focus on them. You have many talents and much to offer. Your only limits are self-imposed.**
- E. **If just half of what you do fails, you will be a successful person. Look on failures as stepping stones to success.**
- F. **We put power into our lives when we stop blaming others and accept responsibility for our own actions.**
- G. **If we don't like ourselves, we will punish ourselves. Power comes when we forgive ourselves, chill out, and put some humor in our lives.**
- H. **Power comes when we have feelings of self-worth and realize that our feelings do matter. The more we can be loved, validated, affirmed, and understood, the more power comes into our lives.**
- I. **We can't do it alone. We need a network of others we can talk to about our hurts and ambitions. Power comes when we are willing to share and listen to others.**



LET THE PAST GO

It doesn't matter how you got here. What matters is that you are here. The role of the past is to teach us what we can do better; but not everyone learns from it. Look to the past for lessons, then let it go.

The past is gone, the future is still uncertain, so all we really have control over is the present. What we do now can improve on the past, and prepare a better future.

15. Which of the following labels have you felt from time to time?

- | | | | |
|-----------------------------------|-----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Dummy | <input type="checkbox"/> Dopey | <input type="checkbox"/> Druggy | <input type="checkbox"/> Drop out |
| <input type="checkbox"/> Poor | <input type="checkbox"/> No good | <input type="checkbox"/> Welfare | <input type="checkbox"/> Homeless |
| <input type="checkbox"/> Hopeless | <input type="checkbox"/> Criminal | <input type="checkbox"/> Liar | <input type="checkbox"/> Scum |
| <input type="checkbox"/> Ugly | <input type="checkbox"/> Mean | <input type="checkbox"/> Weak | <input type="checkbox"/> Bad child |

16. If you **believe** you are these things, what will your **subconscious** do? _____

17. Change the way you think of yourself and you will change you. Mark the following that you would like to be:

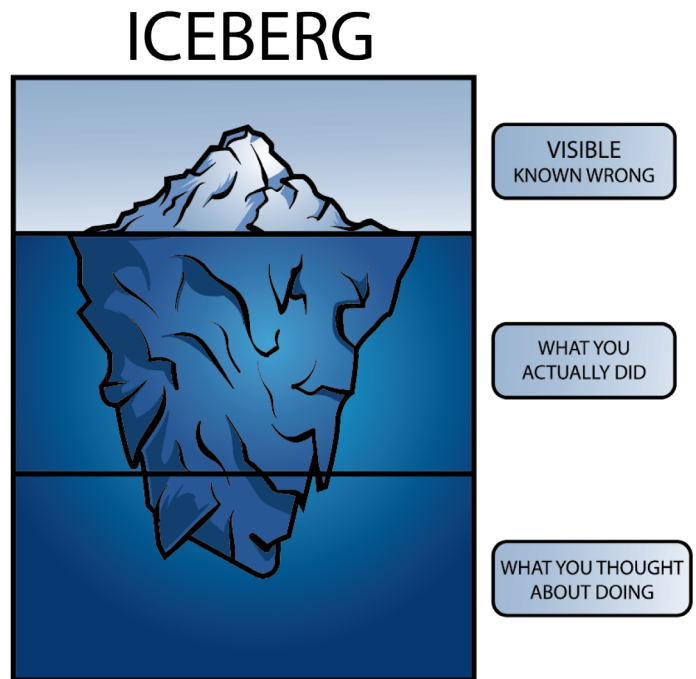
- | | | | |
|------------------------------------|---|---------------------------------------|--|
| <input type="checkbox"/> Kind | <input type="checkbox"/> Considerate | <input type="checkbox"/> Brave | <input type="checkbox"/> Good child |
| <input type="checkbox"/> Drug-free | <input type="checkbox"/> Patient | <input type="checkbox"/> Good citizen | <input type="checkbox"/> Obedient |
| <input type="checkbox"/> Loving | <input type="checkbox"/> Graduate | <input type="checkbox"/> Respected | <input type="checkbox"/> Happy |
| <input type="checkbox"/> Accepted | <input type="checkbox"/> Financially free | <input type="checkbox"/> Healthy | <input type="checkbox"/> Compassionate |

18. Much of teenagers' thoughts about themselves are not based on **truth**, but **untruth**. What happens to a teen who gives up on the untruth (perceptions) listed in #15 and **focuses on the truths** listed in #17? _____

TRUE COLORS

Most people see only the tip of the iceberg of a person's real values. It takes time to see the "true colors" of a person. Many people put on a front, but deeper underneath lies a person's true character.

19. A Lifeskills instructor drew the following diagram of an **iceberg** and asked each student to think about all the **wrong** they had done. Is there a lot more **wrong** done by people than is visible to the public? _____
20. How would people judge you if they saw all your **bad deeds** and **thoughts**? _____
21. How would people judge you if they saw all your **good deeds** and **thoughts**? _____
22. How can you detect the **true colors** of a person? _____



AVOIDING TROUBLE

One of the main objectives of this workbook is to help young people become more aware of ways to remain healthy and happy by avoiding common pitfalls. In what ways can each of the following become a serious problem?

- 1) Use of alcohol and other drugs: _____
- 2) Dropping out of school: _____
- 3) Social media: _____

4) Anger Issues: _____

5) Other: _____

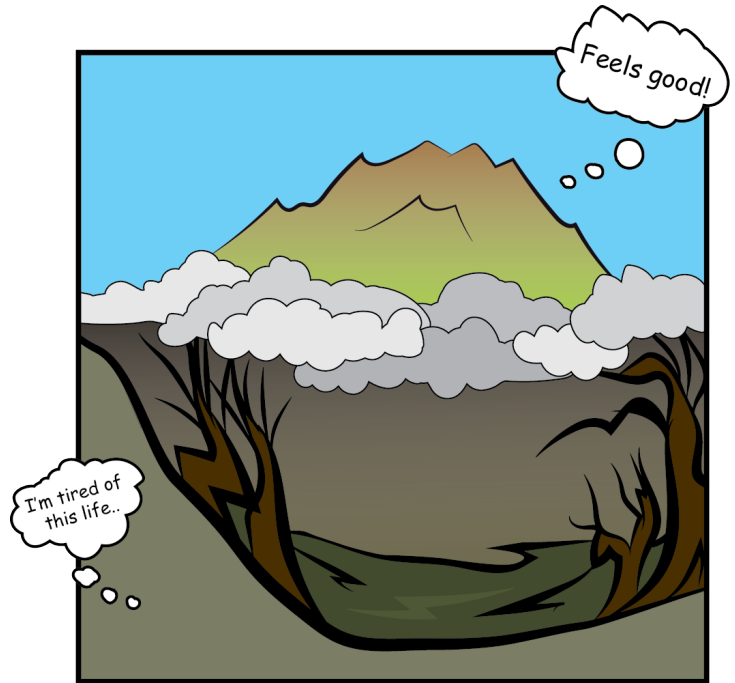
MOUNTAINS VERSUS SWAMPS

We can choose to take the high road or the low road in life. The high road offers the truth about ourselves. It offers beauty, calmness and happiness. The low road offers us the untruth about ourselves. It is a swamp of despair, anger and self-pity.

23. How do people on the **mountain** see life? _____

24. How do people in the **swamp** see life? _____

25. The people in the **swamp** are just as worthwhile and deserving as those on the **mountain**. But what is the difference between them? _____



AVOID THE SWAMP OF DESPAIR

HOW TO CHANGE

We have come to the end of this workbook. It was designed to help you see the truth of life. The final step in changing who we are is self-awareness. If we never become aware of our shortcomings, faults, and strengths, will we ever change? Start with step # 1. Read and discuss the steps to change.

STEPS TO CHANGE

NOT AUTOMATIC - TAKES CONSCIOUS EFFORT

AUTOMATIC



Let's go back to Jason and his story. As we know, while he was incarcerated, he took a life skills class similar to this one. That class changed his life forever. The following is the process he had to go through.

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, could he have ever gotten past Step #1? _____

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 gotten 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 class mates discussed the material in the workbook. If Jason hadn't had a change in **attitude**, could he ever have gotten to Step #4? _____

Skill: Now that Jason had managed Steps 1 to 3, he was ready to be taught new life skills. He was excited to learn new skills such as anger management. Some of his fellow classmates never got past Step #1. They resisted moving their lives forward. Did the new **skills** have any affect on Jason's classmates? _____

Behavior: Jason practiced the new skills for six months until his release. 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, happy. It wasn't easy and he often slipped. However, 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. **True or False?**

The above steps to permanent change have to be done in order. There are no shortcuts. Since being released from juvenile detention, Jason has never been arrested. Does he deserve his peace and happiness? _____

26. **The truth is:** if people keep on doing what they have been doing, they will keep on getting what they have been getting. If they want to change what they have been getting, they will have to change what they have been doing. What is one thing you can stop doing that is holding up your progression and happiness? _____

Life is too short to live it in the swamp of despair. The average healthy person will only live 800 to 900 months or about 76 years. You are young and have wonderful opportunities to grow and be successful if you make the right choices. It is NEVER too late to change and improve. Look at your prior poor choices as opportunities for growth. You can create a happy, productive, life.



Final Thoughts



Through thousands of hours of counseling, we have observed that each human life has meaning, power, and substance. The meaning of your life is to be happy and successful. Our goal is just that—to help you be happy and successful. We have tried to help you become aware of your great potential to succeed and realize that the only person standing in your way is you. We have all the confidence that you can achieve your life's goals by applying the principles and life skills taught in this course. We look forward to reading your evaluation on the next page.



Test

To pass this course, you must completely answer all the questions in this workbook 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.

- How many total in the Johnson group?
 104
 137
 126
- Of the Johnson cousins, who was successful in life?
 Curt
 Scott
 Jason
- Jason and Curt had what in common?
 personality
 family
 successful relationships
- The subconscious mind
 will always tell the truth.
 doesn't know right from wrong.
 stops when it gets too full.
- Substance abusers
 make better workers.
 lose control of their lives.
 retire with health and wealth.
- You can determine right from wrong by
 listening to others.
 doing what most of society is doing.
 observing what each produces, the results.
- \$2.00 thinking people
 have more fun in life.
 seek out other \$2.00 people.
 have successful relationships.
- The truth
 is what you think it is.
 is hard to find.
 has more power than the untruth.
- It doesn't matter
 what you have done in the past.
 if you go to school or not.
 if you do wrong.
- People who have their hierarchy of emotional needs met
 make more money.
 feel validated and secure.
 go on more vacations.
- Substance abuse keeps you in the darkened room
 because there is no happiness in doing wrong.
 because you forgot to turn on the light.
 because you prefer darkness.
- I am free to choose to do wrong
 because I can choose the outcome.
 because there is no right and wrong.
 but I can't choose the consequences.
- Life is rewarding
 when you drop out of school.
 only if you have money.
 when you live the truth.
- Becky Johnson played what sport?
 Basketball
 Tennis
 Volleyball
- People who live in growth
 are lucky.
 were born there.
 made correct choices.
- If you let the past go, you will
 have to apologize to others.
 feel better.
 have to deal with it later.
- "It is what is," means:
 you can't change what happened.
 you can't change the future.
 you are powerless to make decisions.
- Anger is
 a primary emotion.
 a secondary emotion.
 liberating.
- Becky's best high school friend was?
 Heather
 Tammy
 Crystal
- To change what we are getting in life,
 we have to make more money.
 we have to have more luck.
 we have to change what we are doing.



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. If you need more room, attach a sheet of paper.

- This course was designed to help everyone. 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? _____

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 response. If you need more room, use page 54 or attach a sheet of paper. Please use dark ink.

What are your general feelings about this course?

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

What was the most helpful part of the course? _____

What was the least helpful part? _____

Will you ever purposely commit a crime again? _____

What do you plan to do differently in your life that will help you to not get in trouble again? _____

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





Affidavit of Completion

ANGER AVOIDANCE LIFESKILLS COURSE (AA LC4J)

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 name and current mailing address. (Please Print)

Student's Name: _____

Coach's Name: _____

Student's Mailing address: _____

Student's City: _____ State _____ Zip Code: _____

Student's Phone #: _____

PROCESSOR'S USE ONLY

Processed by: _____
Print Authorized Name Authorized Signature

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



STOP!

BEFORE MAILING, make sure that the student's address & phone are correct.

If any of the above items are missing, the course is incomplete. Incomplete courses will be sent back.

BEFORE MAILING:

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

NOTE: An incomplete workbook will not be accepted. **It will be sent back.**

If this course was assigned by an agency other than ACCI, follow the agency's instructions.



Those who anger you,
control you.



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

SELF-DIRECTED LEARNING COURSES