

JUVENILE SELF-AWARENESS LIFESKILLS COURSE

A Behavioral Science Course For
Overcoming Self-defeating Thoughts and Behaviors



“WE HAVE ALWAYS BEEN THERE, WE JUST NEED TO FIND OURSELVES.”
- UNKNOWN

YOUTH HOME STUDY

AMERICAN COMMUNITY **ACCII** LIFESKILLS CORRECTIONS INSTITUTE



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.”*

N-2

Copyright © by ACCI 2010.

All rights reserved.

This course, the
Self-awareness Lifeskills Course for Youth Home Study
(W 137) or part(s) thereof,
may not be reproduced in any form
without prior written permission
granted by author and publisher.

Printed in the United States of America

Published and distributed by

The American Community Corrections Institute

www.offendercorrections.com

OBJECTIVE

Welcome to the *eLearning Self-awareness Lifeskills Course* for youth 13 and older. This course was designed to help teenagers become more self-aware by overcoming self-defeating thoughts and behaviors. If we never change our thoughts, we will never be able to change our behavior nor the consequences of our lives. The truth is: Teenagers are many times more talented and capable than they think they are! Also, not all the information in this course may pertain to your situation. However, the cognitive skills that are taught can be used in all aspects of life.

N-3

UNIT 1

Bright Possibilities

Coach:

N-4

COOPER JOHNSON

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

S-1

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

1. How would you feel if you had been Cooper?

2. A mother's love for her children is very strong. What do you think was happening to their mother that caused her to abandon them for long periods of time? _____

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

S-2

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

3. **Cooper** felt abandoned, unloved, and scared. What had life done to him?

4. Why do you think **Cooper** was angry and got in trouble all the time?

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

S-3

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

5. How would you feel if you had to go to prison for two years?

6. Life is like two bookends, birth and death. In between there is love, confusion, joy, contention, and bright possibilities. T or F?

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

S-4

At a favorite truck stop, Cooper saw a new waitress. He couldn’t take his eyes off her and wished she was waiting on his table. He got her name, and with his heart pounding and his hands a little clammy, he greeted her directly and asked if he could call. With some embarrassment she said, “Yes, that would be nice.” And so started a long-distance courtship that evolved into marriage.

7. **Cooper’s** uncle, while others wouldn’t, gave him a job. Why is family important?

8. Why was falling in love and getting married good for **Cooper**?

Jenny and Cooper loved each other and their love only grew with their newborn child. Holding his baby son next to him he could sense his breathing and the rhythm of his heart. For the first time, Cooper had joy and peace in a family of his own. He embraced his new roles as husband and father, and his wife and children embraced him in return. Cooper’s life had evolved from fear, worry, crime, drugs and hopelessness into new, bright possibilities.

S-5

Two years after Cooper’s wedding his grandmother died, leaving him \$80,000 from her estate with express wishes that he further his education and job skills. His other uncle, who owned an electrical firm, hired him and eventually he became a journeyman electrician.

9. When **Cooper** started to pull himself out of the **swamp of despair**, good things started to happen to him as never before. If he hadn’t decided to change, what could his life be like today?

10. With a change of heart and determination, **Cooper** started to see the reality, opportunities, and beauty of life. The fog of **negative thinking** lifted and he discovered a new world of **bright possibilities**. What are some of your bright possibilities?

CT #64

After a few years, with three kids and a wife, he qualified as an electrician and went to work for a rural power company. With money left over from his inheritance they were able to mortgage a small farm, raise their own food, farm animals, and drink water from a pure mountain spring.

S-6

11. With a life so full and rich, **Cooper** wanted to help others. Every day going to work, he went past a **state prison** system with 2,242 males and 326 females. What do you think are some things all of these **offenders** have in common?

12. One day, with his old **worn-out** life skills workbook in hand, he approached **prison officials** about teaching an evening life skills course. He was surprised when they said yes. The class was so successful that soon there was a waiting list to get in. Why do you think the **inmates** liked him so much?

Due to his reputation, a local juvenile probation department asked him to volunteer to teach life skills to their juveniles. He readily accepted and soon found himself in a group of 15 students. Here, too, he became their friend and together they started to explore bright possibilities.

S-7

13. **Cooper** knew from prior experience that if he could help them get past their current **faulty thinking** that had kept them **walled up** from the truth, he could help them “see” their true selves and potential. Why is it so hard for **teenagers** in trouble to get out of the negative rut that they are in?

14. As they got deeper into the life skills workbook, **Cooper** started to see “light bulbs” going off as they **internalized** the material and started to apply it to their personal lives. The following are some of the ideas and statements that were discussed in class. What would be your **explanation** of what the workbook was trying to tell them? **Consider the following statements:**

Statement #1: Don't be **common** and **ordinary**. Don't **follow** your friends into the swamp. Don't be a **sheep** and follow the herd. Tap into your own **energies** and **geniuses**. Be your own person, steer your own ship.

Statement #2: **Break** loose of your **self-imposed** confinement and release the **negative thoughts** that have held you captive. **Stay** the course and **focus** on your goals. **Don't be distracted** and venture off the road of self-improvement into lost opportunities.

Statement #3: **Resist** the natural **temptation** to be rude and selfish. **Don't be blind** to others' feelings. **Be a friend** and **walk with others** through their trials of life. **Release** contention and learn to be a peacemaker.

Statement #4: **Do it! Get it done!** **Stir** up the dust of your **mediocrity**. **Jump start** your imagination. **Cultivate** your fertile ideas. **Question** your negative thinking. **Be courageous** in your quest for self-improvement.

Statement #5: **Be grateful** for what you have. **Quit** whining, blaming others and complaining. **Cowboy** up and face your problems correctly. **Give** thanks to others. **Acknowledge** the gift of life and your important place in it.

In the quiet hush of self-meditation, Cooper's thoughts would often go back to his sister Marianne, whom he hadn't seen since he was seven years old. He had tried to find her, but somehow she was lost in foster care. He often wondered if she was still alive or where she might be.

S-8

She was two years older and tried to do her best. She was his caretaker. He could remember shivering from cold and cuddling with her for warmth. She was always trying to make something out of nothing, because the cupboards and refrigerator were often empty and clothes were few. Because they moved so often, she wouldn't go to school and stayed home and took care of him.

15. What do you think it is like to be **hungry** over a long period of time?
-

16. **Cooper's** sister, **Marianne**, was frightened, confused, and worried about her mother. How can **Cooper** and **Marianne** get over their frightened childhood?
-

Because of his work with the homeless and the incarcerated, he was honored as “Man of the Year” in his State. His picture appeared in the newspaper shaking hands with the governor. When Marianne read the article she screamed for joy, scaring her six-year-old, which brought her husband into the room. Between joy and tears, she tried to explain to her husband who the man in the newspaper was. Finding out where he lived, they decided to just show up. It had been 26 years since they had been separated. They only lived three hours away.

S-9

It was a Saturday afternoon. Cooper and his wife and children were in the barn helping their mare deliver her first foal. She saw cars there, but no one answered the doorbell. With her heart racing, she and her family walked around back and saw people in the barn. It was little Simon who first spied a family walking towards them.” Look Dad, people are coming.” Cooper and his wife Jenny cleaned their hands and wondered who they were.

16. Relationships are more **important** than things. T or F?

18. Life offers many **opportunities** to do good. T or F?

They met just outside the barn. Marianne couldn't talk; she just stood there, choked up and crying. Finally, her husband spoke up and asked, "Are you Cooper Johnson?" "Yes I am," came the reply. "This is my wife, Marianne, and your sister. We saw your picture in the newspaper." A sound of surprise left Jenny's lips. But Cooper just stood there for a moment, trying to understand what he just heard. In a moment they both collapsed into each other's arms, and only sobs could be heard as the effect of years of separation was being healed.

19. It is easy for today's **teenagers** to focus on **self** and get caught up in the **material** world of clothes, money, and things. But what would **Cooper** and **Marianne** say are the most important things in life?

20. What is **most important** in your life? _____

CT #80

Cooper's mother and father grew up in the same small town. His mother was from the functional Miller family group, and his father was from the highly dysfunctional Johnson group. His father, Doug Johnson, had three brothers and two sisters, and many nieces and nephews. The Johnson children grew up in poverty, welfare, drugs, violence, chaos, and dirt.

21. Do you know **anyone** from a problem **dysfunctional** environment and home? _____ If so, describe some of the **problems** they have had to deal with. _____

22. **Cooper's** mother, **Peggy**, rebelled against her **parents** wishes and warnings. While in high school she became sexually active with **Doug**, that resulted in pregnancy. Little did she realize at the time that she had married a beast. It wasn't long before she was being **beaten, put down, threatened,** and **controlled.** **Doug** saw her as an object and not as a person. Are there many **teens** today making bad decisions that will hurt them in the future? _____ What are some bad decisions they could be making?

One of Cooper's cousins, Curt, was a gang leader, and drug pusher. He was living in the swamp of despair, constantly afraid of being caught or shot. He was held captive by his negative thoughts, feelings, and behaviors.

23. **Cooper** and his family lived in **harmony.** They were good, honest citizens. They had many service projects over the years that helped their community. Why did **Curt** choose to do the opposite? _____

24. **Curt** fathered five children with two dysfunctional, drug and alcohol addicted women. Describe what you think the future behavior would be of both sets of children.

Cooper's children	Curt's children

25. If you have **children**, what would you want for them? _____

26. What would you have to **change now** in order to be a better parent in the future?

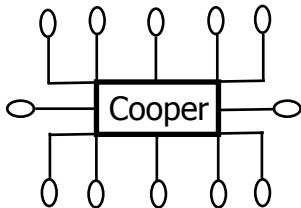
27. How do you see your life in 20 years? What are some of your bright possibilities?

PROBLEM SOLVING

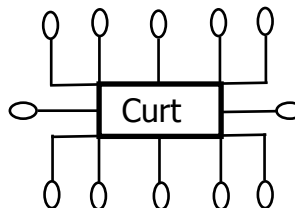
N-6

Your life is like a pebble dropped into a pond. Your ripples affect many more than you realize. Cooper, because of his good decisions, affected thousands for the positive. In contrast, Curt affected thousands for the negative. Curt has spent over 16 years in prison and is currently in prison for another 10 years for aggravated assault. The two diagrams below represent the number of people Cooper and Curt have influenced. Those influenced, in turn, influenced others from one generation to the other. Cooper and Curt were both born in 1965; how old are they today? _____

What did Cooper do for society?



What did Curt do for society?



THINGS TO CONSIDER

N-7

When we affect just one person for the good or for bad, it can in turn affect many others. For example, Curt affected 22 people directly among his family and friends, and over 3,600 directly or indirectly from his many victims and their families. The woman he attacked and tried to rape, a single mother of three, was nearly choked to death, and today suffers from trauma and brain damage. Our actions always affect more than just ourselves.

Cooper was once asked: "What life lesson did you learn from your tragic childhood?" He said: "Although I didn't have control over my beginnings, I do have control over my endings. Life forgives, and I'm a new person each day. I can block the wrong done to me by letting it go. My past doesn't have to be my future. I always have choices."

WHAT SUCCESSFUL PEOPLE DO

N-8

Successful people look forward to bright possibilities.

SUMMARY

N-9

There are natural laws in life that we all face. We can't break these laws, we can only break ourselves against them. When we do good, we are rewarded with bright possibilities. When we choose to do wrong, 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. Today's teenagers can be tomorrow's good citizens with good influence, or bad citizens with bad influences; it is their choice.

Review: What have you learned from this unit? _____

Unit 1

1. How old was Cooper?
 - A. 8
 - B. 7
 - C. 12
 - D. 15
2. How many children did Cooper have?
 - A. 2
 - B. 4
 - C. 3
 - D. 0
3. What was Cooper's occupation?
 - A. Mechanic
 - B. Plumber
 - C. Painter
 - D. Electrician
4. Who was Curt?
 - A. Cooper's cousin
 - B. Gang leader
 - C. Drug pusher
 - D. All of the above.
5. What was Cooper's sister's name?
 - A. April
 - B. Peggy
 - C. Marianne
 - D. Sharon

UNIT 2

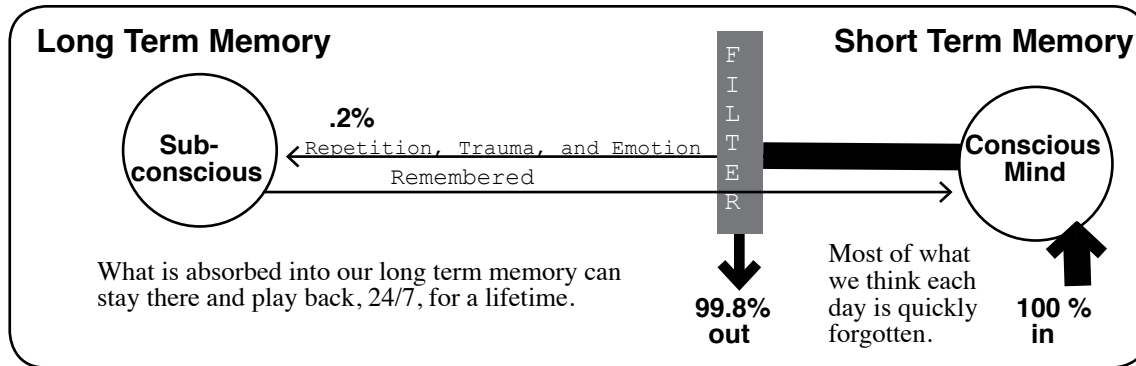
Thoughts = Consequences

N-10

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

N-11

In our effort to improve ourselves, to change what we do and who we are, to put aside old negative habits and behaviors, we need to understand our subconscious mind and how we are programmed. Observe the following diagram.



Who we are is what we do and what we do is who we are.

1. Are we **born** with our values, or are we born blank? _____
2. Where do a person's **values** come from? _____
3. If a person was raised in a **bad home**, can he or she **change** that programming as an adult? _____
4. Most of what we take in, we **lose**. For example, can you remember what you had for lunch, what you wore, or what the headlines were five days ago? _____ Why? _____
5. The **subconscious mind** is programmed in three ways: **repetition**, **trauma**, and **emotion**. What is one scary or traumatic thing that you can remember?

The subconscious mind is like a computer's memory. It doesn't know right from wrong. It only acts out what has been programmed into it.

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

7. What happens to a person when his or her **subconscious** is exposed to criminal values?

People begin acquiring their values at birth, and by the age of eight to ten already have most of the values that they will carry for the rest of their lives.

8. Are **babies** born bad? Blank? Good? Or what? _____
9. In order for **babies** to become successful adults, what do they need? _____

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

10. What usually happens a few days after you cram for a test? _____
11. What is 4 X 6? ____ Did your answer come from your **conscious** or **subconscious**? _____

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

- 12. If a person's **subconscious** was falsely programmed with **untruth**, is his/her life going to have **problems**? _____
- 13. **Dave** dropped out of school and believes he is worth only \$8.00 an hour. If he saw an ad for a job paying \$14.00 an hour, would he go apply for it? _____ Why? _____
- 14. As we have learned, the **subconscious** mind is programed through repetition, trauma, and emotion. What children are exposed to today will become part of their **thoughts** and **actions** as adults and shape future societies. T or F?

SUBCONSCIOUS THOUGHTS

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

- 15. **Carl Johnson** owns his own automotive shop. He runs an ad for cheap brakes, convinces people they need more expensive brake pads, but then installs the cheaper ones. What do we know about his values? _____
- 16. Good societies are **dependent** on good people. What can we tell about the **following** people's values? _____
 - a) **Krystal Johnson** steals from her classmates' lockers. _____
 - b) **Doug Miller** tutors other students at his high school. _____
 - c) **Brady Johnson** sells drugs to his classmates. _____

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

SCRIPTING

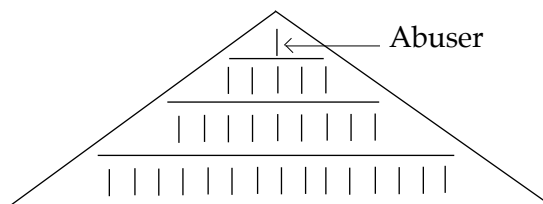
"Scripting" is another word for programming. The powerful influences of your childhood have programmed or scripted much of your adult life. These scripts can either be beautiful and rewarding, or ugly and harmful. How were you scripted?

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

- 18. If we fully realized how powerful this **scripting** will be upon our future generations, we would be more careful. T or F?
- 19. Like the **Millers** and **Johnsons**, much of our life's **script** was written by people who are now dead. T or F?
- 20. 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**. Write in some **bad scripts**.

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

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



POSITIVE vs. NEGATIVE

Now that we know the subconscious mind doesn't know right from wrong, let's discuss right versus wrong and how we can avoid doing wrong. Is it easy to do wrong?

22. Is everyone **good**, and some people just **do bad** things, or are there really **bad** people? What do you think?

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

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

Positive person with good values	Negative person with bad values
Honest • Dependable • Patient • Forgiving • Loving • Loyal • Responsible • Trustworthy • Sharing • Considerate • Faithful • Optimistic • Humorous • Sincere • Helpful • Truthful • Kind • Obedient • Cheerful • Understanding	

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

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

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

27. Not everyone from the **Johnson family** turned out bad, and not everyone from the **Miller family** turned out good. Good or bad is a choice no matter what your beginnings. Do you agree? _____

DETERMINING RIGHT FROM WRONG

N-12

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

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

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

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

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

31. If most of the people in a society do **wrong**, does that make it **right**? _____ What will happen to that society?

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

33. In the future, if **laws** were passed which said child pornography was legal, would that make it **right**? _____
Why? _____
34. We can tell **positive people** from **negative people** by observing their **behavior**. Good people mostly do **positive things**; **negative** people mostly do **bad things**. Once a **negative person**, always a **negative person**. What do you think? _____
35. **Who you are is what you do, and what you do is who you are.** Gary Johnson, another of Jason's cousins, is a gang leader involved with drugs, shootings, rape and theft. Is he a **positive** or **negative person**? _____
36. How can we tell that Gary is a negative person? _____

\$2.00 PEOPLE

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

37. **Cooper's** aunt, **Debbie Johnson** grew up in an abusive home where her step-father physically, verbally, and emotionally abused her. In her desperate need to find love and affection, she sought out \$2.00 men who in turn abused her. Why did **Debbie** seek out \$2.00 men? _____
Would she feel **comfortable** dating an \$8.00 man? _____ Why? _____
38. There is a growing subgroup in the U.S. of **emotionally damaged**, "\$2.00 thinking" people who go from one **damaged person** to another, desperately trying to fulfill their **emotional needs**. Do you know anyone like this?

39. The main difference between **happy**, successful people and **unhappy** people are their thoughts; "\$2.00 thinking" **people** are just as good as "\$8.00 thinking" **people**, but don't know it. T or F?
40. If you look closely, there are most likely "\$2.00 to \$5.00 **thinking**" kids in your school. How did they get this way?

41. Regardless of what happened to us as **children**, we are still responsible for our lives. If we let others put us down, hurt our self-esteem, shame us, make us angry, lose control, or abuse us, it is **our responsibility**. No one can put us down unless we give them our permission. T or F?

WE ARE WHAT WE THINK

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

How they were brought up	Possible results in adult life
a) Dirty house	_____
b) Low income	_____
c) Poor social skills	_____
d) Beaten - physically abused	_____
e) Put down - emotionally abused	_____
f) Drugs and alcohol	_____
g) Cussing and swearing	_____

42. Teenagers can't change their **scripting**. They will always do what their **parents** did. T or F?
43. Some people **struggle** for years to change their **negative** scripting. People with good scripting and good beginnings don't have to **struggle** as much. T or F? Is this fair? _____
44. As stated, the purpose of this course is to help **teenagers** understand that much of their **success** in life is controlled by their **thoughts**. Successful people must have successful thoughts. Is this true? _____

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. The youth should read the untruth, then the parent read the truth on the same line.

Untruth - Lies	Truth
I am not as good as others.	Yes, you are, but you may not know it.
I am not as smart as others.	Wrong! You're just smart in your own way.
I am only worth \$5.00 an hour.	Wrong! You can make twice that and more.
I am me; I can't change.	Wrong! Everyone can change.
It is always someone else's responsibility.	Wrong! It is probably mostly your responsibility.
I can't change others.	Wrong! You can, by changing yourself first.
A little stealing is OK.	Wrong! Stealing is 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.	_____

45. Why do people believe they are **no good** when, in fact, they really are good? _____

TRUTH vs. UNTRUTH

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

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

46. People like **Curt** who live outside the **truth** aren't truly happy. They are constantly paying the price for doing wrong because they are out of harmony with the **truth**. Have you lived outside the **truth**? _____

47. **Curt** stole from his employer for two years and was never caught. Did he win or lose? _____ You can hide from others, but can you hide from yourself? _____ What you do to others you do to yourself. T or F?

48. Life is tough enough when we live the **truth**. But what is life like if we choose to live the **untruth**?

49. If we are living the **truth** and venture over to the **untruth**, how does it make us feel?

50. Teenagers who choose to live the **untruth** are not as successful or happy in life. T or F? Why? _____

51. What do you want to choose in life: **truth** or **untruth**? Why?

Truth:	Untruth:
Honesty	Criminal Activity
Patience	Anger
Kindness	Meanness
Love	Hate
Sharing	Selfishness
Self-control	Drugs/Alcohol
Relaxation	Stress
Productivity	Laziness
Responsibility	Denial
Happiness	Sadness

APPLYING WHAT WE HAVE LEARNED

Many members of the Johnson and Miller families still live in the same small town. Their kids go to the same schools. Cooper Johnson's aunt, Debbie, who grew up abused, now has AIDS and has come back home to die. Debbie's oldest child, Becky, is a freshman.

Becky was sad and depressed. She knew about her mother's condition. Becky worried about what would become of her and her two younger sisters and brother. They had no money and lived off the help of relatives. Becky had few clothes, no friends and was ashamed of her condition. Her first day at school found her eating alone at lunch. Becky tried to hold back the tears, but they swelled up and ran down her cheeks.

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

52. Questions:

- a. How important was **Tammy's** friendship to **Becky**? _____
- b. What can it feel like to be **lonely** and without **friends** at school? _____
- c. What can happen if kids at **school** call their **classmates** names, snub them, or cause them to be lonely and isolated? _____
- d. **Tammy** was there for **Becky** through her mother's death and the hard times. When **Tammy** hugged **Becky**, what was the message that **Becky** received? _____
- e. If students were **accepting** and **friendly** toward their classmates instead of **putting them down**, how might their school be affected? _____
- f. **Becky's** mom, **Debbie**, was a "\$2.00 thinking" woman trying desperately to fulfill her emotional needs. If **Debbie** had been brought up in a more loving, functional home, would her life have turned out differently? _____ Why? _____
- g. How important is a **good childhood**? _____
- h. When a **human being** is deprived of love, of nurturing, of feelings of security, or is physically abused, he or she will become emotionally damaged. Are there a lot of **emotionally damaged** youth in our schools today? _____ How can the less damaged kids in school help? _____
- i. When you increase a person's **self-esteem**, you also **increase** his/her **ability to focus and learn**. Are there many students doing poorly in school because of personal problems? _____
- j. Do you think a **friendly school** (where there is more acceptance of others and less fear, taunting, and put downs) would foster an atmosphere where more **learning** would take place? _____ Would overall grades increase? _____ Why? _____

DETERMINING RIGHT FROM WRONG

53. Put an "R" for right or a "W" for wrong.

- | | |
|--|--|
| <input type="checkbox"/> Make fun of a fellow student
<input type="checkbox"/> Be honest and tell the truth
<input type="checkbox"/> Cheat on a test
<input type="checkbox"/> Be obedient to parents
<input type="checkbox"/> Spread a false rumor, gossip
<input type="checkbox"/> Turn in a student for selling drugs | <input type="checkbox"/> Use illegal drugs
<input type="checkbox"/> Be friends with unpopular kids
<input type="checkbox"/> Smoke cigarettes
<input type="checkbox"/> Watch hard-core pornography
<input type="checkbox"/> Return a student's purse
<input type="checkbox"/> Steal from lockers |
|--|--|

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, what are some natural consequences of taking drugs? _____

CT #74

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

Cooper Johnson and his siblings received negative programming. Cooper’s mother started out as an “\$8 thinking” woman, but was beaten down to a “\$2 thinking” woman by her “\$2 thinking” husband.

54. Two dysfunctional people got together and had children. What was the result?

55. Cooper was poorly scripted by his father and grandfather, who started it all. Was it Cooper’s fault he was born into the dysfunctional Johnson clan? _____ Even so, is it his responsibility to stop the cycle of abuse and bad programming? _____

The most important single thing that determines the success or failure of a person is his/her subconscious programming. We can see this in the Miller and Johnson families. The Miller children received a message of love and grew from it. The Johnsons received a message of hate and anger; they shrank because of it.

N-15

56. Cooper learned that his bad circumstances in life weren't all his parents' fault. They were also victims of childhood abuse and neglect. Cooper’s father was often beaten with a leather belt. Later in life, he turned to alcohol to medicate his hurts. His mother started out good, but was beaten down and gave up. Children should not blame their parents until all the facts are known. T or F?

57. Cooper also learned that much of life is based on perception and untruth. He learned he wasn't his bad memories of being called a loser and failure, and that he could understand his parents and forgive them for what they did and go on with life. Forgiving others of what they did to you is not always easy to do. T or F?

Cooper learned powerful truths that freed him from the captivity of his negative thinking and reduced his anger.

58. Cooper learned that no parents are perfect. Life isn't about perfection, but about learning, struggling, and forgiving. Do a lot of parents feel bad because of their poor example and how they programmed their children? _____

59. It doesn't matter how you got here. What matters is that you are here. It doesn't matter if you...

- had one parent or two.
- don't know who your father is.
- have different colored skin.
- have a learning disorder.
- were lonely, fearful, or abused as a child.
- have been in jail or prison.
- have chemical addictions.
- have parents who divorced.
- were adopted or conceived in a test tube.
- are rich or poor.
- didn't make it through school.
- made bad decisions in your past.
- are physically or mentally handicapped.
- have hurt others in your past.

60. The truth is: opposition or adversity in life can make you a stronger person if you let it. Why doesn't the above matter?

CT #76

Remember, it is not all you. Much of who you are has come from your parents and their parents. Children have no control over what goes on their subconscious tapes. If you don't like your past, just start over. Write down your past hurts, put them in a small box, bury them in the ground, and walk away.

N-16

WHAT SUCCESSFUL PEOPLE DO

N-17

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

SUMMARY

N-18

A person's values, attitudes and behavior are always with him/her. It is who he/she is. Successful people have good values and it is reflected in their attitude and behavior. Positive thoughts create positive behaviors.

Unit 2 Review: What did you learn from this unit? _____

Unit 2

1. The subconscious mind ...
 - A. takes up to 35% of your brain.
 - B. doesn't know right from wrong.
 - C. can put you to sleep.
 - D. shuts off when it gets too full.

2. Two dollar-thinking people ...
 - A. collect two dollar bills.
 - B. have more fun in life.
 - C. are really \$10-people, but don't know it.
 - D. are not responsible for their lives.

3. You can tell right from wrong ...
 - A. by the results
 - B. by listening to others.
 - C. by meditating.
 - D. deciding the outcome.

4. The following is a lie.
 - A. I am not as good as others.
 - B. I am me I can't change.
 - C. I am only worth \$2.
 - D. All of the above.

5. Who became Becky's best friend?
 - A. Debbie
 - B. Misty
 - C. Tammy
 - D. Jenny

UNIT 3

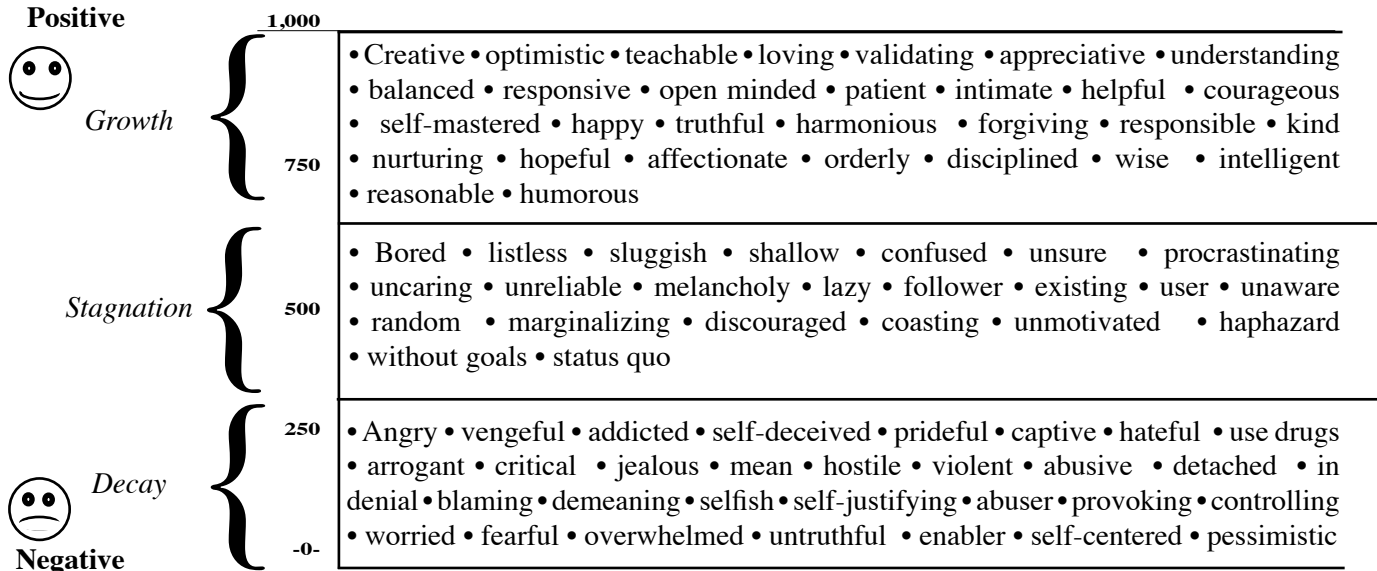
Growth vs Decay

Coach: _____

N-19

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

N-20



1. What does this chart mean to you? _____
2. Most of the **Millers** live above **500** (in light and growth), whereas the **Johnson** clan are bottom dwellers, living in darkness and decay. For example, most people with **serious addictions** such as cocaine, pornography, gambling, alcohol, and meth, naturally sink to the bottom with many never getting out. What is life like for teenagers who live in decay (at the bottom) who **choose** to stay or can't find a way out?

3. What is life like for a **teenager** who chooses to be a 750 person, living in growth?

4. What is life like for a **teenager** who choose to live in stagnation?

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

N-21

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** be "below 500" bottom dwellers? _____ Describe a person who lives in decay. _____
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

CT #14

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.

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

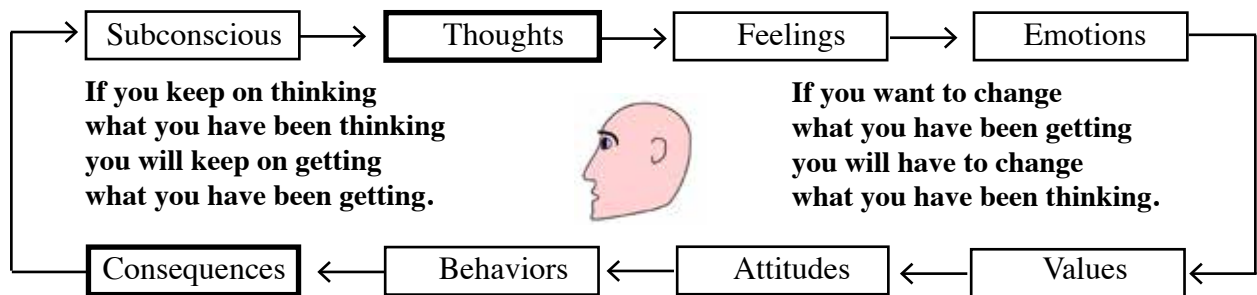
THOUGHTS

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

9. One of the greatest **cognitive** skills that can be learned from this course 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.

The Cycle of Thoughts



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

NOTE: The reinforced message of this course 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.”

N-22

CT #38

A productive, happy life really requires us to think more of the good thoughts and less bad, self-destructive thoughts. It is about becoming self-aware (cognizant) of our negative thoughts and diverting them as soon as possible. It has been shown 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.

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

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.

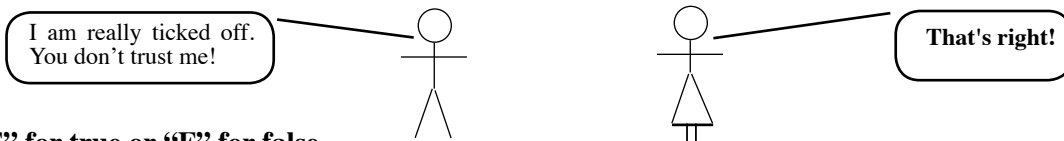
18. One of the great **liberating** thinking skills **Cooper** learned was to live in the **present**. This is how he **accomplished it**:

Past	Present	Future
<p>When Cooper 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. Cooper's cousins never learned this skill and stayed in the box of self deception; arguing, blaming and selfishness drove the consequences of their lives.</p>	<p>Each morning when Cooper got up, he sat on the edge of his bed, said a silent prayer of thanks and then meditated on the positive 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.</p>	<p>As a result of the positive changes in his thoughts and his living in the present, Cooper 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.</p>

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

LIFE IS A MIRROR

As a general statement, 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?

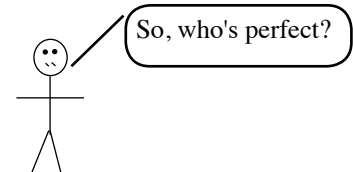
- 23. There are two kinds of **freedom**, physical and mental. Describe how a person can lose his/her physical freedom.

- 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.**

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

- 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 LAWS



- 27. **Have you ever broken the law? _____ 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. **If you did it on purpose, which of the following may have been your reason:**

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

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

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

CONSEQUENCES OF BREAKING LAWS

N-27

Youth who choose to break society's laws 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 society's laws? 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 victim(s)	_____

THOUGHTS DRIVE CONSEQUENCES

N-28

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 Cooper'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

S-14

One of Cooper'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. T or F?
- True life is unpredictable and can't be duplicated in sitcoms because of deep human feelings and emotions. T or F?
- The father died two years later but left a lifetime of good memories. What kind of memories would you like to leave to your loved ones about your time spent with them? _____

FORGIVENESS

When Cooper 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. T or F?

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

Forgiveness frees 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. T or F?

What are three things about forgiveness that Cooper 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. T or F? **CT #16**

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

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

But what started to happen after about two weeks? _____

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

WHAT SUCCESSFUL PEOPLE DO

Successful people choose to think and live above 500

SUMMARY

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

Unit 3 Review: Discuss what you learned from this unit.

NOTE:

Cooper 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 3

1. Growth, stagnation, and decay is ...
 - A. determined at birth.
 - B. a choice.
 - C. the life cycle of a plant.
 - D. determined by how much money you have.

2. People who live in decay are ...
 - A. courageous.
 - B. truthfull.
 - C. forgiving.
 - D. self-deceived.

3. People who grew up in growth ...
 - A. will always stay there.
 - B. deserve it.
 - C. can end up in decay.
 - D. are smarter.

4. What is true?
 - A. Thoughts = Consequences
 - B. The earth is bigger than the sun.
 - C. There is happiness in doing wrong.
 - D. You can't change, life is too hard.

5. What is true.
 - A. You can't change the past.
 - B. You can change the future!
 - C. You can learn to interrupt negative thinking.
 - D. All of the above.

UNIT 4

Finding Success

Coach: _____

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 avoid anger. Which is worse, to be **physically** or **emotionally** handicapped? _____
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 damaged people 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

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

Harmful - Dysfunctional Home

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 handicapped** 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 damage 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.

Test #1

While I was growing up . . .

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

Yes	Sometimes	No
5	4	3 2 1

Total:

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

← Healthy direction Unhealthy direction →

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. T or F?

CT #49

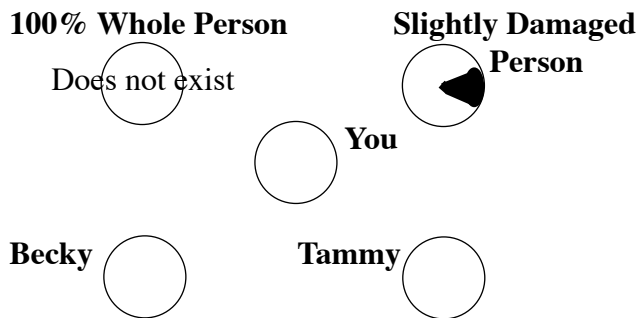
It is believed that at least 80% of the 70 million homes in America are dysfunctional to one extent or another. No home or parent is perfect.

- 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? _____
- 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.

N-36

- 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.
- How do you think **Becky** and **Tammy** would score on the Emotional Needs Test? (On Page 12.) Guess at their score:
Becky's score: _____ **Tammy's** score: _____
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, anger, and focus on themselves. They end up living "below 500," in decay, with other miserable people like themselves.

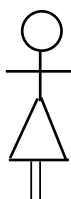
11. What is the opposite of self?

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 decay. T or F?

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.

Human Being



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?

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

- 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 and 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. T or F?

BECKY JOHNSON

S-15

Let's go back to Cooper's cousin, **Becky Johnson**. Her life mirrored Cooper's and his sister. 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 died of brain cancer. **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 damaged 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. Which important emotional needs did **Becky** get filled by her new family? _____
19. What rewards in life do you think **Becky's** coach and her husband will receive for taking **Becky** into their home?

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

21. If you have had some **similar** problems in your life, can you put them behind and make tomorrow a new day?
_____ How? _____
22. 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 ?
23. **Devon** brought great love, maturity, and stability into their marriage. What could have happened if **Becky** had married someone with beginnings like her? _____ How important is the person you marry?

24. If you interviewed **Becky** today as a 48 year-old grandmother, what would she say about her life?

CT #53

UNFULFILLED EMOTIONAL NEEDS

N-37

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.

25. The orphans that were **hugged** thrived while the others were **sickly** and **dying**. Why?

26. Older children that were later **adopted** grew 8 to 10 inches in one year. Why?

27. 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.

28. 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. T or F?

29. 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 filled with 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.

N-38

30. 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? _____

31. 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 course about the results of unfulfilled emotional needs, as listed on page 20? After years of counseling thousands of youth and adults, the producers of this course have observed the results when people are not nurtured or loved.

N-39

32. 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.
- have more anger, frustration, and violence in their lives.
- raise emotionally damaged children and the cycle continues.
- lack power to move their lives forward.
- turn to drugs and alcohol to cover their hurts.
- be more sexually active and have more STDs.
- have more illnesses and age quicker.
- have more emotional and mental health problems.
- commit spousal abuse.
- lack empathy or feelings for others.

33. **Cooper 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. T or F?

CT #26

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, colorful 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.

34. How can nature make us feel good?

35. What good has the earth done for you?

You look up into a soft, pastel-blue sky splashed with brilliant, 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 snow capped mountains beyond. Everything is carpeted in a thick green, with patches of wildflowers as far as the eye can see. In a distant, deep-blue lake you view the reflection of the snow-capped mountains and think: "I cannot tell which is real and which is the mirror."

36. What can you do to have more peace and calmness in your life?

37. You have a choice to think positive or **negitive**, both have consequences. T or F?

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.

38. 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 angry, 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. T or F?
- Have you found the **door** yet, or are you still in the **darkened room**? _____
- What does the **darkened room** represent? _____
- What does the **door** represent? _____
- What does the **beautiful world** outside the darkened room represent? _____
- 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.

39. What do you keep **waiting for** that so far hasn't come? _____
40. What can you do **this week** to be happier? List three things.
- 1) _____
- 2) _____
- 3) _____

CT #17

SELF-TALK and POSITIVE AFFIRMATION

N-40

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.

41. What are some **good things** you should say to yourself? _____
42. 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 affirmations put 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.

43. 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

44. **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.

45. **In addition to what has been discussed, check the activities 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: _____ |

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

47. 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?

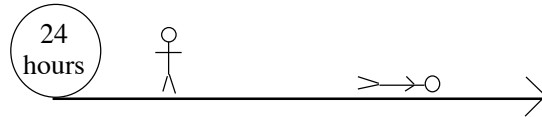
CT #27

STAND UP TO LIFE

N-41

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?

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



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

46. **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 |

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

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

- | | | |
|---|--|--|
| <input type="checkbox"/> Family problems | <input type="checkbox"/> Health problems | <input type="checkbox"/> 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"/> Relationship problems |
| <input type="checkbox"/> Anger / Self-control | <input type="checkbox"/> Problems with the law | <input type="checkbox"/> Other: _____ |

49. 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 always options. Sometimes, we have so many problems at the same time we become overwhelmed, depressed, and emotional.

50. 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 some 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? _____

CT #9

DECISIONS

N-42

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." There is no success in doing wrong.

51. **Cooper** and **Becky** made correct decisions and lived in growth. They were rewarded with **new visions** of their potential and opportunities. **Curt** decided to live in **decay** and kept receiving the negative. Life would get harder and harder until he decided to change. Do you know someone who went from **growth (started out good)** to **decay**?
___ Describe his/her life. _____
52. **Cooper** 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: _____
53. Mark "T" for true and "F" for false.
- ___ Teenagers who choose to live decay, 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, sex, 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 IS

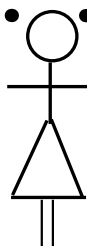
N-43

When something bad happens to us, it is what 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.

54. Sometimes we can feel like our life is like 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? _____
55. 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** that successfully dealt with their **problems** and others that didn't. Described their behavior.
Successful: _____
Unsuccessful: _____

DECISIONS - GROWTH or DECAY??

Mmm, I can choose to do right or wrong. I can choose to be caring or selfish, kind or mean, obedient or rebellious. ! It is my choice.



If I choose to live in growth, I will be happier. If I choose to live in decay, my life will suck. I can't be both, I must choose one or the other.

CT #68

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. T or F? If we are not responsible for our lives, then who is? _____

Although our subconscious mind doesn't know right from wrong, our 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 the problems in their lives?

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 suicide or turn to drugs and alcohol to medicate their pain. They see few options in their lives when, in reality, there are many options. Have you ever felt helpless and hopeless? _____ If so, how did you get out of it? _____

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 PEOPLE DO

Successful people find success by living above 500.

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.

Unit 4 Review: What have you learned from this unit? _____

Unit 4

1. How many hierarchy of enotional needs are there?
 - A. 4
 - B. 6
 - C. 8
 - D. 10

2. Selfish, self-centered people are ...
 - A. critical, argumentative, and demanding.
 - B. arrogant, mean, and comtrolling.
 - C. never satisfied and quick to anger.
 - D. All of the above.

3. What was Becky's husband's name?
 - A. Devon
 - B. Mark
 - C. Charley
 - D. Frank

4. If you never change your thoughts ...
 - A. you can never change your sleep patters.
 - B. will have a happier life.
 - C. you can't change your behavior.
 - D. change your thoughts.

5. If you are having a bad day, you can instantly change it by ...
 - A. eating chocolate.
 - B. expressing your anger,
 - C. blaming others.
 - D. changing your thoughts.

UNIT 5

Avoiding Anger

Coach: _____

N-47

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 in life that cause us most of our anger.

N-48

Source 1: ABUSE	Source 2: DOING WRONG	Source 3: FORCE	Source 4: THINGS BEYOND OUR CONTROL
When someone is abused, they naturally have a tendency to get angry. Abuse is not natural. The Universal Laws have been broken against him/her. They have feelings of hate, mistrust, and vengeance. Abuse causes anger in a person's life.	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.	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; <u>you</u> will only experience frustration, anxiety, and your own anger. Being forced causes anger in others.	There are many situations in life over which we have no control. These include: backed up traffic or someone pulling in front of us, people taking advantage of us, etc. We can choose to become angry or not; <u>it's our choice</u> .

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.

N-49

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?

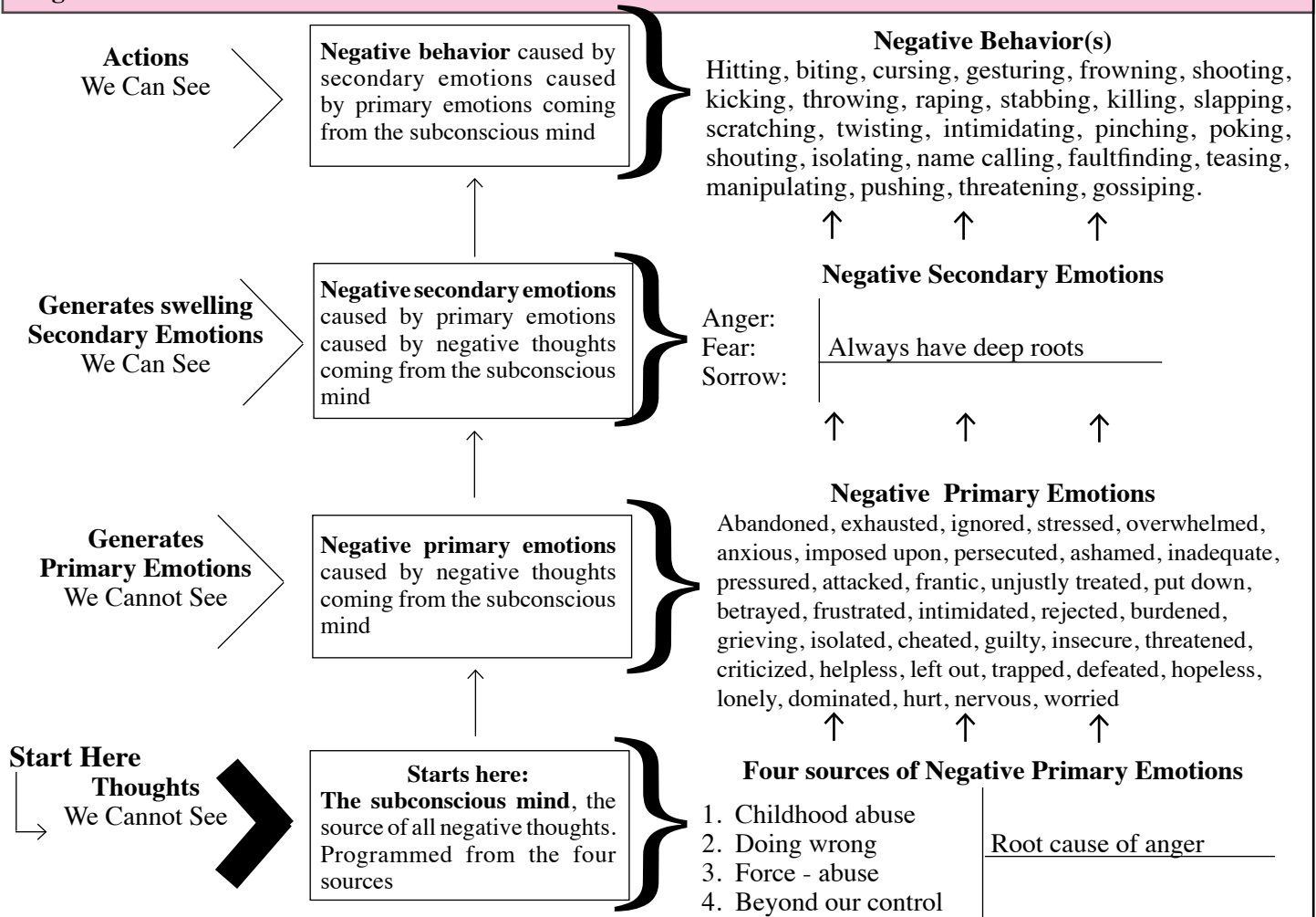
4. As we will discuss on the next page, the **four sources of anger** cause primary emotions that trigger secondary emotions, these can swell in us and can erupt like a **volcano** into a flurry of negative behavior, like hitting, screaming, biting, stabbing, etc. T or F?

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?

CT #34

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 would 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 volcanos erupt 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?

9. Questions

- a) If an angry person doesn't get rid of the root causes of his/her anger, what will he/she 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?

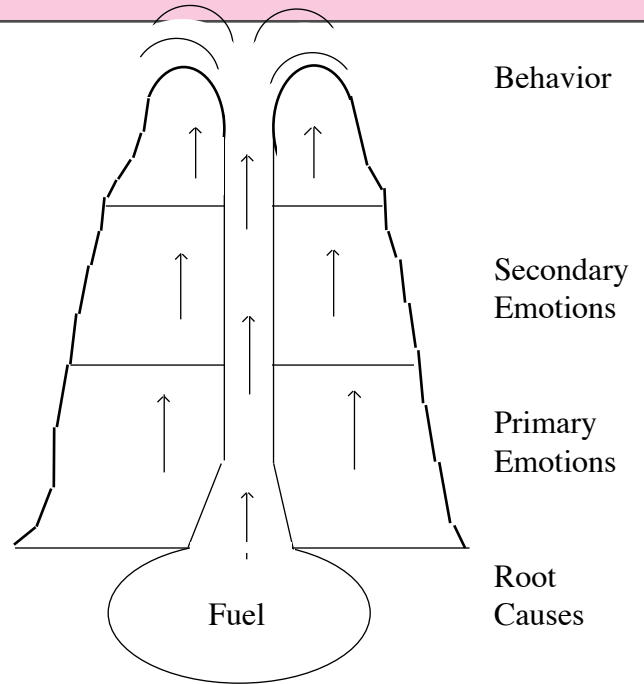
- d) How can we tell there is a lot more **anger** in people's lives today?

- 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?

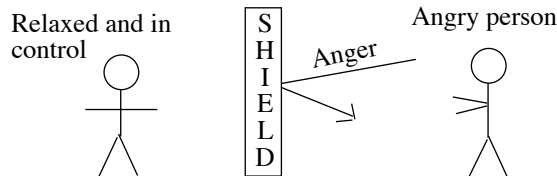
- h) What kind of **negative primary emotions** have you felt in your life? Go back to the previous page and underline the ones you have experienced. What caused you to feel these emotions? _____
- i) **Jason** no longer has extreme anger in his life because he forgave his abusers. He is not doing wrong, 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 avoidance? _____ 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"/> STD's | <input type="checkbox"/> School problems | <input type="checkbox"/> Trouble with the law |
| <input type="checkbox"/> Peer pressure | <input type="checkbox"/> Low self-esteem | <input type="checkbox"/> Stress / depression | <input type="checkbox"/> Sexual relationships |

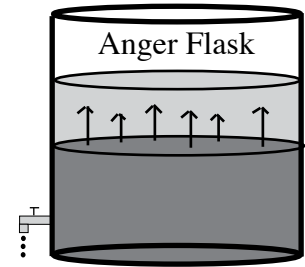
11. How many did you check? ____ Have you had a **stressful** life? ____ Why? _____

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?



(1) Thinks



(2) Creates feelings and emotions



(3) Reflects in body



(4) Is expressed in action



(5) Results in consequences

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

N-54

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 damage can they do to their physical self?

18. **Curt has a weak mental self. His life is a mess. He has little self-control. Becky has a strong mental self and keeps her bodily urges, anger, and addictions in control. Put a "C" for Curt or an "B" for Becky by each of 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 pornography |
| <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 many sex partners | <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

N-55

- A. **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?**
- B. **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.**
- C. **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. Why are you treating me this way?" What happens when you lash back with a "you" message?**
- D. **When someone is in your face screaming at you, don't respond. Mentally step to the side of yourself. Watch their face with amusement. Notice the veins in their neck popping out. Observe their body language. What are their arms doing? Listen to the tone of their voice. Observe how immature and foolish they look. Be calm. Breathe deeply. Be glad you didn't jump in and give up your control.**
- E. **Be aware that anger is often a form of manipulation. The angry person is using anger and threats to get his or her 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.**
- F. **You can quickly stop the anger by agreeing with them. "You may be right. Let's discuss it. Let's consider both sides."**
- G. **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."**
- H. **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. T or F?**

CONSEQUENCES

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

Remember, even if you are not caught doing wrong like 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	

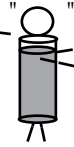
THINGS TO CONSIDER

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. _____

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

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

I'm ticked off! My flask is full. You better be careful what you say or how you look at me. I'll explode and jump all over you. I'll smash your face in.



Oh, Yeah? My flask is mostly empty. I don't let jerks and insensitive people get me down. Other people can't control me because I don't give in to their anger. I'm relaxed and in control of my life.

You can put up a **shield** between you and **angry** people. If you let the anger in, you have to either express it or squelch it; both are damaging. Theory III is the best. T or F?

Don't live in the dark world of past hurts and wrongs. Forgive your tormentors and abusers. Life is to be lived in the future not the past. Life begins anew each day. True freedom is not hating others. T or F?

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? _____

CT #47

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. _____	_____
2. _____	_____
3. _____	_____

WHAT SUCCESSFUL PEOPLE DO

Successful people learn how to avoid anger in their lives.

SUMMARY

People who let others and circumstances anger them give up their control. True freedom comes with self-control. 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.

Unit 5 Review: What are the four major sources of anger? _____

N-56

N-57

Unit 5

1. Which one of the following statements is true?
 - A. Anger is natural, you can't control it.
 - B. It is best to hold anger in.
 - C. Those who anger you, control you.
 - D. Anger is necessary to get your way.

2. Anger is ...
 - A. a secondary emotion.
 - B. a primary emotion.
 - C. easy to avoid and control.
 - D. a great motivator to fix things.

3. You can avoid anger by ...
 - A. not going to family reunions.
 - B. sleeping in late.
 - C. becoming a hermit.
 - D. quickly forgiving others.

4. A major force behind anger is ...
 - A. childhood abuse.
 - B. doing wrong.
 - C. forcing or being forced.
 - D. quickly forgiving others.

5. We can deal better with life's stresses when we ...
 - A. medicate ourselves with drugs.
 - B. drain our anger flask.
 - C. get married.
 - D. watch TV.

UNIT 6

Skills for Life

N-58

The following are nine 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 _____

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

- What was your score? _____ Which **bracket** are you in? _____ According to the People Skills Test, what are some areas that you need to improve? _____
- 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. T or F?

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.

- 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? _____
- Which of the two is a **gem** that will attract people? _____ Which is a **user** that will repel others? _____

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. |

CT #18

SKILL # 2. Seek Wisdom - What does the following mean?

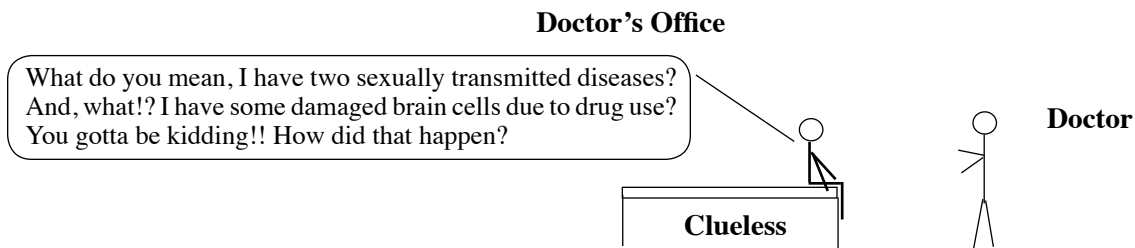
Information is knowledge.
When properly applied, it is called wisdom.
Without wisdom knowledge is useless.

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

- 5. 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 sex and the use of drugs, but continue to ignore the information. Why? _____
- 6. Much of the information going into a **teen's** head doesn't benefit him/her because he/she don't apply it. T or F?

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.

- 7. Describe an unwise **teenager**. _____
- 8. 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.

- 9. How **wise** have you been during the last two years? Be honest. **Wise** 7 6 5 4 3 2 1 **Unwise**
- 10. 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.

11. **Determine if the following is wise, "W" or unwise, "U."**

- | | |
|--|--|
| ___ Always goes along with friends. | ___ Turns in a student making threats at school. |
| ___ Drops out of school. | ___ Gives in to body urges. |
| ___ Just uses drugs once in a while. | ___ Develops a bad relationship with family. |
| ___ Relies on friends for direction and self-esteem. | ___ Believes everything that friends say. |
| ___ Sexual relationships. | ___ Follows the advice in this course. |
| ___ Obeys parents. | ___ Sexting. |

12. A **wise teenager** will use his/her common sense and good judgement. T or F?

CT #4

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.

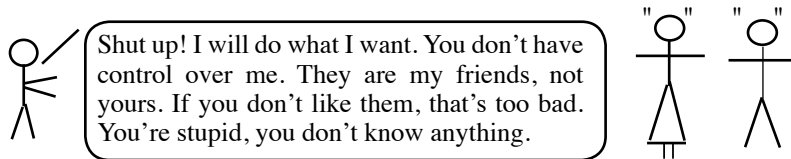
Friend	User
Feels your pain	_____
Understands, is concerned about you	_____
Doesn't give up on you	_____
Wants your happiness	_____
Won't take your possessions or money	_____
Won't urge you to break a law	_____
Won't urge you to take drugs	_____

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

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. Is it hard for **young people** to go against the bad their **friends** are doing? ____ Why?

15. Millions of young people today from abusive homes find **gangs** or **friends** to attempt to fulfill their emotional needs. T or F?
16. What trouble can **bad friends** (users) get **teenagers** into? _____
17. Why is it important to choose **friends** wisely? _____
18. Looking ahead, as 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. T or F?



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 **Cooper's** cousins, made some bad choices. She started having sexual relationships with boys and became pregnant. A year later, her doctor told her she had a **sexually transmitted disease** that scarred her fallopian tubes, which rendered her **sterile**, unable to have children. Why do so many **teenage girls** make bad decisions regarding their sexual health? _____
21. **Damon**, age 17, another cousin of **Cooper**, fathered three children by two different girls. He won't marry, pay child support or be part of his kids' lives. Name three different ways **Damon's** actions will cost taxpayers.
 1. _____
 2. _____
 3. _____
22. Teens would be **safer** and **happier** if they would wait to have adult relationships. T or F?

SKILL # 5. Be yourself. What does the following drawing say about peer pressure?



True
friends
want
your
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, is addicted to nicotine, and can't have children because she contracted a sexually transmitted disease called chlamydia. 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 the wishes of **peers**?

- Wise** and **intelligent teenagers** apply their knowledge of the dangers of sex and drugs. **Unwise teenagers** do the opposite. T or F?
- Unwise** teenagers can become **wise** as soon as they are willing to see and apply the **truth**. T or F?
- Frequently, teenagers who live in the **darkened swamp** of drugs, crime, theft, violence, and dishonesty, try to pull others in with them. Why? _____
- What is your plan to avoid becoming one of the many **teenagers** who blindly follows his/her **friends** into the **swamp**? _____
- It is your choice! You can choose **freedom** by climbing the mountain or you can **choose** to lose your freedom by entering the swamp. T or F? 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. T or F?
- 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?

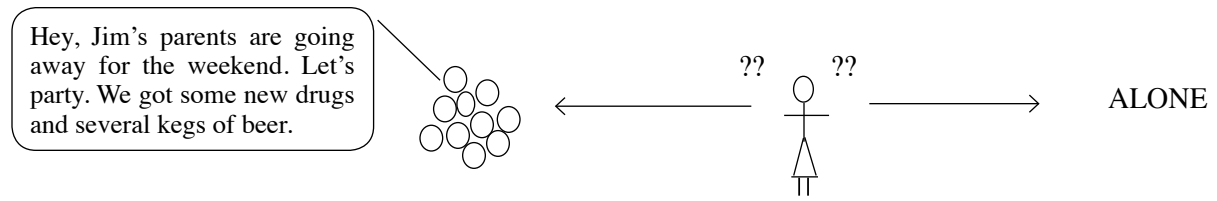
26. Take the following test. Check the thoughts and situations you have had. Circle your score from 1 to 5.

	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

Fence Post	11 - 24	25 - 35	36 - 55	Willow
	Strong	Mediocre	Weak	

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? _____



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 woman hated her ex-husband so much for running off with another woman that she closed herself to life and died a lonely, bitter woman. 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 14 and pregnant."	_____
b. "My parents are divorced; I feel bad."	_____
c. "I have a serious drug problem; my parents don't know."	_____
d. "My step-dad threw me out. I have no place to live."	_____
e. "I drink alcohol every day; my dad is an alcoholic."	_____

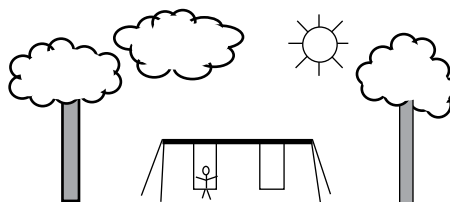
33. What are some of your options? _____

SKILL # 8. Learn to Enjoy Life - One of the major themes of this course 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.

Life Presses Those Who Do Wrong

Anger →	█	"	█	← Stealing
Drugs →	█	○	█	← Cheating
Lying →	█	⊥	█	← Violence
Abusing →	█	⊥	█	← Vengeance



True Peace and Freedom Come When We Do Right

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.**

- | | | |
|-----------------------|------------------------------|--|
| ___ Lie to parents. | ___ Have sex. | ___ Help a friend. |
| ___ Cheat on a test. | ___ Watch a violent video. | ___ Volunteer to help feed the poor. |
| ___ Smoke pot. | ___ Compliment their mother. | ___ Confess to parents something he/she did wrong. |
| ___ Give in to peers. | ___ Shoplift. | ___ Have a pet. |

37. If **YOU** are not happy, it is your fault. T of F?

SKILL # 9. Listen to Mr. Owl. Tell me, Mr. Owl! If I want to have a happy productive life, what should I do?

N-68

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.

N-69

Determine the truth or falseness of the following statements:

- a) If people have false programming and believe in the untruth, their lives will turn out badly. T or F?
- b) 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. T or F?
- c) 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. T or F?
- d) If you don't find the real you (the good and powerful you) but instead believe your bad scripting, it is your fault. T or F?
- e) The best way for me to be happy is to blame others for my problems and stay angry and upset. T or F?

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. If you don't know where your are going, that is where you will end up. T or F?

Self-esteem seeks its own level. If you are a "\$2.00 or \$5.00 thinking" teenager, what kind of friends will you seek?

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. T or F?

WHAT SUCCESSFUL TEENAGERS DO

Learn the basic skills of life and apply them.

N-70

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.

N-71

Unit 6 Review: Discuss with your coach what have you learned from this unit? _____

Unit 6

1. Who is a rare gem to look for?
 - A. 55 - 69
 - B. 70 - 84**
 - C. 14 - 54
 - D. None of the above.

2. What was Tammy's last name?
 - A. Johnson
 - B. Weston
 - C. Nelson
 - D. Miller**

3. Good friends ...
 - A. want your happiness.
 - B. won't encourage you to take drugs.
 - C. won't give up on you.
 - D. All of the above.**

4. It is good to be like a fence post because ...
 - A. you don't have to think.
 - B. it doesn't take much maintenance.
 - C. you won't bend to peer pressure.**
 - D. you don't get tired.

5. The best way to be happy is ...
 - A. lie to parents.
 - B. help a friend.**
 - C. cheat on a test.
 - D. watch a violent video.

COG THOUGHTS

41. There is no wrong that cannot be corrected.
2. Life is snow capped mountains and sandy beaches, not drug abuse.
3. Life offers many opportunities to do good.
4. Our choices ripple through time and affect others more than we realize.
5. Don't doubt yourself, you are better than you think you are.
6. Accept your shortcomings and defeats as learning opportunities.
7. Don't let your fears take you down the path of least resistance.
8. Friends who urge friends to take drugs, are not friends.
9. Stay on the road of life, don't wander down dry stony creek beds that lead nowhere
10. Remove yourself from the clutter of life.
11. Move forward under any circumstance.
12. Life does not require little.
13. Do not try to fight your battles alone
14. Your future is as bright as you think it is
15. Your days are of great importance
16. Don't wait for the right time to make changes
17. Your problems are light, compared to your opportunities
18. Look at your failures as opportunities for growth
19. When you validate others, you validate yourself
20. Choose the right, regardless of the outcomes and consequences
21. Stagnation and decay behind and live your days in growth
22. And boundary breaking, instead influence and invite change
23. It isn't our challenges but rather our reactions to those challenges, that define us
24. What we do shouts so loud, it drowns out what we say
25. When you are healed, heal others
26. We may not have control over our beginnings, but we do our endings
27. You are in charge of yourself; order yourself to do right
28. No one can bring you down without your permission
29. No trial that we experience is wasted on us
30. Be careful what you think, it could be wrong
31. You are many times more capable than you think you are.
32. Avoid a state of desire that triggers powerful cravings
33. You can't break the truth, you can only break yourself against it
34. These who anger you, control you
35. Who are occupied with self, have little room for others
36. If we are seeing people as objects, we are not seeing them as people
37. Fear can crush us into weakness or motivate us to be more courageous
38. If you are having a bad day, you're having bad thoughts
39. If we are not in charge of our life, who is
40. Be careful what you think, it could be wrong
- 41 you are more than yourself
42. A small act of kindness, keeps on giving
43. You can't break the truth, you can only break yourself against it
44. We may choose to ignore the truth, but it will always be there
45. Remove the clutter that leads to peace and tranquility
46. When we speak false words, they fall to the ground
47. What we think, affects our health
48. Don't open the door to bad thoughts, they can make you sick

49. We progress to a level in life, that we choose
50. What we put out, comes back
51. Pours in, pours out
52. The more you give, the more you get back
53. In our darkest hours, we are taught our greatest lessons
54. What you do to others, you do to yourself
55. Be grateful for what you have
56. Be careful, your subconscious thoughts could be wrong!
57. Difficult days are canceled with each sunrise.
58. We can determine right from wrong by the results.
59. Are a good driver because you want to be, not because you have to.
60. Drivers can trust you because you are looking out for them too.
61. Driving is a privilege, not a right.
62. If we are not seeing people as people, we are seeing them as objects.
63. There is no freedom in doing wrong.
64. Life is a gift
65. You can change as fast as you want to.
66. A smile requires less muscles than a frown.
67. We are not our emotions
68. Life offers a space of time to do good
69. You are as good as your thoughts
70. Those who hurry through life, miss life
71. Life is too precious to bleed out on the asphalt
72. Remember you are better than you think you are
73. If I don't take care of my body, who will
74. You are free to do wrong, but you are not free to choose the consequences
75. Can get no safer than the values of its drivers
76. Life is full of bright possibilities.
77. If you are not happy it is your fault
78. Be whole, people need people.
79. If you feel inadequate, it is because you are.
80. If your life is full of problems, you may be the problem.
81. We

ACCI
AMERICAN COMMUNITY CORRECTIONS INSTITUTE