

SAMPLE LIFESKILLS COURSE

A Behavioral Science Lifeskills Course For Overcoming
Self-Defeating Thoughts and Behaviors



“LET us not look back in anger, nor forward in fear, but around in awareness.”
-JAMES THURBER

A SELF-DIRECTED LEARNING COURSE

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The philosophical model that drives American Community Corrections Institute is represented by the diagram below. It is that our thoughts drive our feelings and emotions, which produce our attitudes and behaviors, that result in the consequences of our lives. If we never change our faulty thinking, we will never change our self-defeating behaviors.

If we keep on thinking what we have been thinking, we keep on doing what we have been doing, and we will keep on getting what we have been getting.



If we want to change what we have been getting, then we will have to change what we have been thinking. Otherwise nothing will change.

Since we first started working with court-referred clients in 1975, we have continuously evolved and have integrated the latest research, while retraining our potent, cognitive restructuring style of curriculum development. The following are some of ACCI's content development techniques and strategies that are infused into all of our courses:

- ✓ We use well-written vicarious stories to disarm our participants' objections to what they are learning.
- ✓ We carefully use 'You' statements. We have mastered the art of using strong, third person references as a way to help our participants to see their lives in a new way.
- ✓ Our material works simultaneously in the Cognitive Domain to challenge thinking errors and the Affective Domain to build empathy, self-confidence and empowerment.
- ✓ The cognitive behavioral philosophy that drives our content development is that the subconscious mind doesn't know right from wrong and that there are 3 main ways to get information into the subconscious mind. 1. Repetition 2. Trauma 3. Emotion. It is for these reasons that we use a healthy sense of emotion and repetition by design.
- ✓ All of our self-directed learning courses are designed to be completed with a pro-social "coach" or mentor. It's all about relationships! Participants sink deeper into our content while in the presence of a person of trust. The conversations between the participant and informal coach lead to responsibility, accountability, and increased comprehension, which result in greater application of the cognitive thinking skills being taught.
- ✓ The curriculum demonstrates that people are often many times more talented and capable than they think they are. The main obstacle in their lives is their negative thinking, which leads to negative behavior.
- ✓ We are careful not to use any type of labels in our material. Nor do we employ manipulative or punitive methods to motivate participants.
- ✓ ACCI's content has no agenda for race, religion, gender, sexual orientation or political preference. We have a single focus of helping people face and overcome their self-defeating thoughts and behaviors.
- ✓ Our curriculum is not educational-based; we can't educate people to change. It is the purest form of cognitive restructuring that assists the participant in a journey of intervention and self-discovery.
- ✓ Teaching doesn't always equal learning. Self-directed learning always leads to greater retention and application. It is all about ownership,

The overall objective of the curriculum is to help people overcome the self-defeating thoughts and behaviors that can keep them from progressing. Our evidence-based curriculum is *based* on years of experience in working with people who have exhibited anti-social behaviors.

UNIT 1 Beginnings

Coach: _____

The goal of this workbook is to not only help you with your anger management problem(s) but to also help you see the big picture of your life. Anger is a secondary emotion that can be caused by one or many primary emotions that, in turn, have a deeper source. This workbook will give you the cognitive skills necessary to deal with the deepest issues in your life that could be causing your anger.

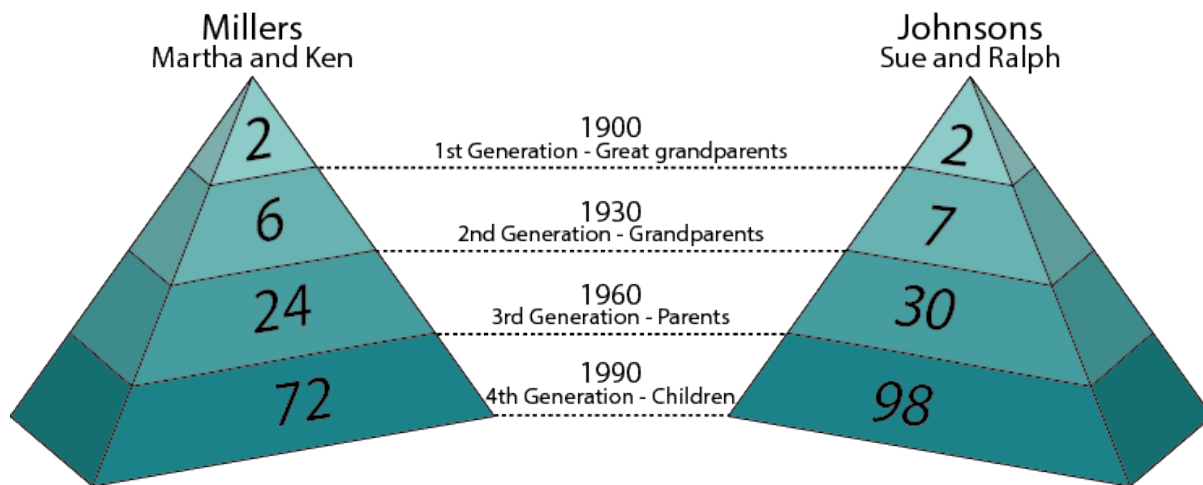
Often the answers to your future can be found in your past. What has happened in your life, so far, could equal much of your future if you don't take steps to change. The good and bad done to you, and your values and habits, are imprinted in your brain something like a cassette tape that keeps playing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

This is a cognitive (self-awareness) course designed to help you overcome negative thought patterns that may be holding you down from achieving your full potential.

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

Our story starts in 1900, when Martha Penny married Ken Miller and Sue Polk married Ralph Johnson. Martha and Ken were raised in loving homes by hard-working parents. Ralph was 26 when he married 16 year-old Sue, who was escaping a poor home. Ralph grew up being abused and beaten by his dad while his mother looked on. Ralph hated women. He was mean and beat his dogs, horses, and other farm animals. Why? _____

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

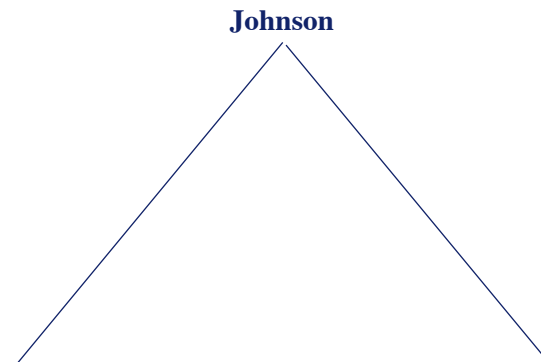


Questions:

- How many people born into the **Miller** family group, so far? _____ The **Johnsons**? _____
- When you **add** the families together, how many in each generation? 1st _____, 2nd _____, 3rd _____, and 4th _____.
- Which of the two family **groups** do you think is doing better? _____ Why? _____
- Which **generation** do you think was the safest to grow up in—the 1930s or 1990s? _____ Why? _____
- Which family **group** would most likely have the most anger problems? _____ Why? _____

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

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



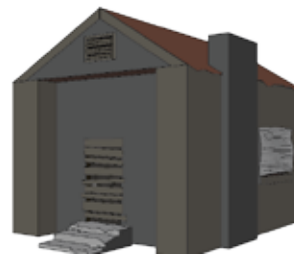
Scott is from the Miller family group and Jason is from the Johnson family group. Scott is a normal high school senior. He lives in a stable home, has his own comfortable bedroom, as well as other things a two-parent income can provide.

3. **Jason's** home is just the opposite. He is the second of five children. His dad was an alcoholic who abandoned his family. His mother was a drug addict who turned to prostitution to support her habit. **Jason** grew up in an **angry, disorganized, contentious home**. He lived in **poverty** and on **welfare**. He **suffered** from fear, stress, and depression. He **felt** abandoned, overwhelmed, devalued, helpless, and hopeless. **Jason** turned to drugs to medicate his hurts, and anger was a constant part of his life. Why? _____
4. As we grow older, we begin to understand that life isn't always fair; that bad things happen to good people. We didn't get to choose our parents or the kind of home we were raised in. We didn't get to choose our beginnings, but we can choose our endings. **Jason** isn't being punished. It's just the hand he was dealt. Can **Jason** stand between his **past** and his **future** so that he can write a better ending for his life? _____

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

Nurturing Home

Non-Nurturing Home

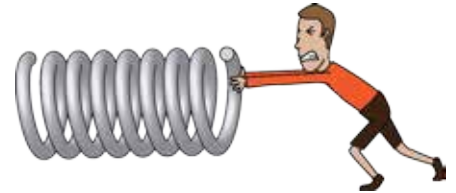


Allows them to mature
Provides safety
Stimulates emotional growth
Produces healthy adults

Forces them outside
Exposes them to danger
Stunts emotional growth
Produces damaged adults

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

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



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

- I was going in the same direction as the rest of my family—drugs, jail, anger, and death. My subconscious mind was programmed with the untruth, and I lived on the bottom. I learned that I am many times better than I thought I was. I also learned that coming from an abusive home wasn't my fault.
- I learned that although I didn't have control over my beginning, I do have control over my ending. I am a new person every day and I can block the wrong done to me. I can forgive and forget so that I can go on with my life. My past doesn't have to become my future. I can live life without anger.
- And finally, I learned that I am in charge of my own ship. I can steer it where I want. If I don't change course, I will keep suffering the negative consequences of my actions. Life will get harder and harder until I either change or die.

CHOICES

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

Jason learned in his anger management class how to let go of all the hate, anger, and negative emotional baggage he had been carrying. He HAD to do it if he wanted to be happy. Happiness is a choice.

7. **Jason** also learned that when he had an angry, negative thought, he had only 2 to 3 seconds to turn it away before it took control of him. As time went on, he became more aware of these negative thoughts and was, with greater frequency, able to stop his negative thoughts and replace them with positive ones. Do you think this was easy to do? _____ Over time, what do you think happened? _____

8. The decisions we make in our **youth** can last a lifetime. What are some **good decisions** you have made? _____

9. Describe the life of a **person** "out of control." _____
- _____
- _____

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

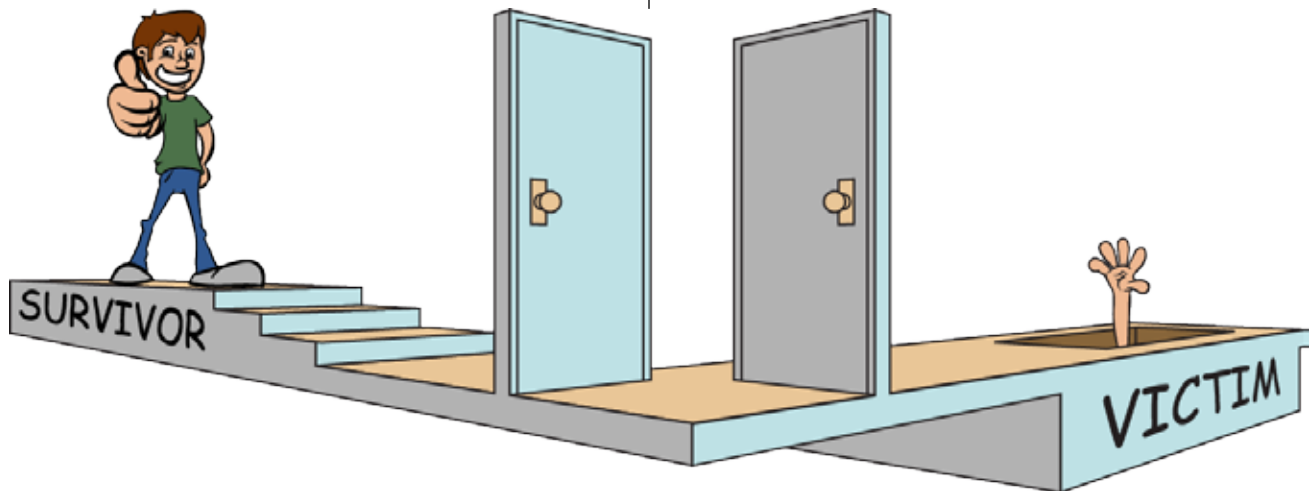


VICTIM OR SURVIVOR

We can become a victim at any stage in our life. We can, for example, be abused as a child or victimized through substance abuse. If we stay a victim, we can never be a survivor. Victims relive their abuse; survivors leave it behind and go on with life.

The following are some characteristics of survivors and victims.

Survivors	Victims
Have sought anger management counseling and are willing to share (talk about) their problems, when appropriate.	Keep things bottled up inside and are ashamed to share or talk about their anger management problems.
Paid the price and overcame their anger issues and are no longer victims. They are moving on in life.	Victimize themselves repeatedly and keep paying the price for their lack of control.
Have found the door out of the darkened room and have gone through the door into a brighter day.	Don't move on with life, and their lack of self-control keeps them captive. They stay in the darkened room.
Are able to be more sensitive and offer help. Helping others increases their self-esteem. They are more relaxed and in control of their emotions.	Feel more anger in life; they don't like themselves. They don't make good partners because they are preoccupied with themselves and their anger issues.



11. What can happen when a person stops being a **victim** and chooses to be a **survivor**?
-
12. Are you presently a **victim**, held captive by your negative emotions? ____ If you are currently a **victim**, what can you do to not only become a **survivor** but also a **thrivor**?
-
13. **Determine if the following statements describe a victim or survivor. Put a “V” for victim or an “S” for survivor.**
- | | |
|---|---|
| ____ Bonded to others through hate | ____ Is controlled by addictions |
| ____ Is happy and optimistic | ____ Has more freedom in life |
| ____ Stays in the swamp of despair | ____ Will pass anger on to offspring |
| ____ Wallows in self-pity | ____ Has a lot of emotional problems |
| ____ Loses self-control easily | ____ Has goals and is moving on with life |
| ____ Cries and throws fits | ____ Goes outward, heals others |
| ____ Refuses to talk about deep hurts or problems | ____ Feeling anger and/or hostility |
| ____ Is more forgiving, less reactive | ____ Is resistant and self-deceived |

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

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

14. People from abusive beginnings like **Jason's** often have a lifetime of problems with anxiety, anger, panic attacks, nervous habits, digestion problems, bad dreams, and many other physical and emotional ailments. Why?
-
15. Why is it hard to convince people from homes like **Jason's** that a lot of their problems are a result of their bad programming and are not of their own doing?
-

PROBLEM SOLVING

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

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

THINGS TO CONSIDER

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

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



WHAT SUCCESSFUL PEOPLE DO

Successful people set goals and keep them.

SUMMARY

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

*I have great power to move my life forward
by releasing my past.*

Unit 1 Review: Discuss with your coach what you have learned from this unit.

UNIT 2

The Truth versus Untruth

Coach: _____

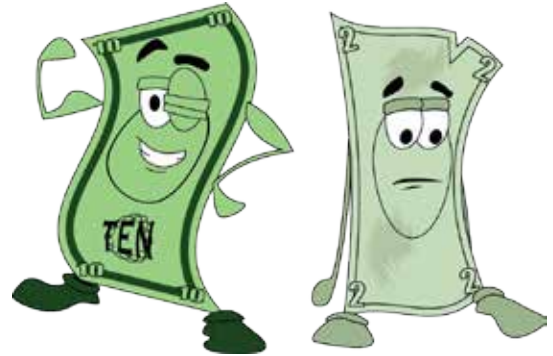
\$2.00 PEOPLE

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

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

2. There is a growing subgroup in our society made up 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? _____
3. The main difference between happy, **successful** people and unhappy, **unsuccessful** people is their thoughts; “\$2.00 thinking” people are just as good as “\$8.00 thinking” people, but don’t know it. T or F?
4. Do you know any “**\$2.00 thinking**” people? ____ How did they get this way?

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



BLOCKERS

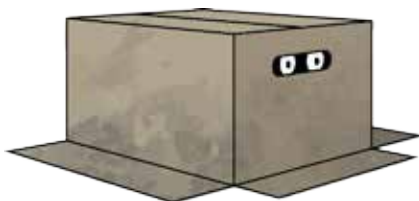
We can be blockers. Instead of transferring our negative scripts to our children and future generations, we have the power to rewrite our scripts and what we pass on. We can reduce the negative we have received. We can stand between the past and the future and rewrite the future.

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

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



LIFE IN A BOX



People who live in the box don’t progress in life. They live in denial, and blame others for their problems. They recycle in a rut with the same old thinking errors and self-defeating behaviors. People who live outside the box have more happiness and freedom.

8. What is **life** like for people who **choose** to live in the box? _____

THE PIT: The prison doors of the mind that hold our negative thoughts are never locked; all we have to do is push on them and leave. Each new day offers us an opportunity to start over.

9. Why do people keep **digging** themselves deeper into the pit when all they have to do is stop and get out? _____



WHAT IS THE TRUTH ABOUT ME?

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

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

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

TRUTH VS. UNTRUTH

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

Scott Miller - Truth - Good Citizen	Curt Johnson - Untruth - Criminal
Happy - Honest - Peace of mind - Kind - Relaxed Forgiving - Healthy - Loving - Patient - Caring	Unhappy - Dishonest - Anxious - Depressed - Angry Stressed - Sick - Hateful - Suspicious - Vengeful
Scott's Life: 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:

11. 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**? _____

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

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

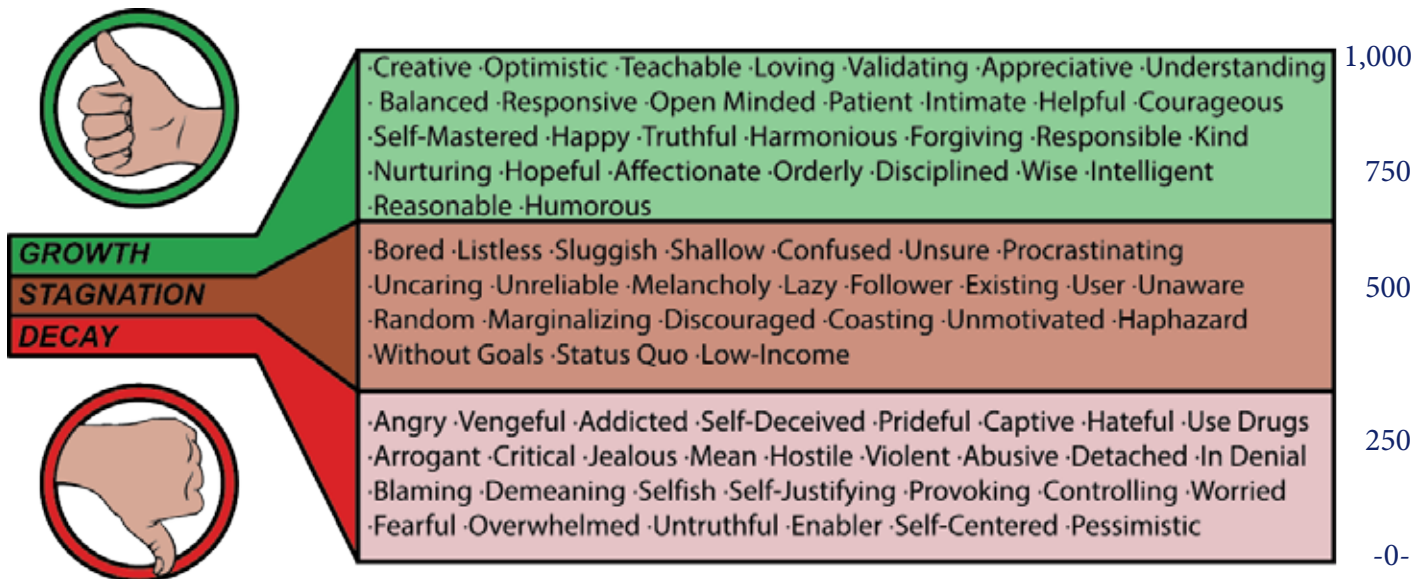
14. If we are living the **truth** and venture over to the **untruth**, how does it make us feel?

15. People who choose to live the **untruth** are not as successful or happy in life. T or F?

16. 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

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



17. What does this chart mean to you? _____

18. Most of the **Millers** live above **500** (in light and growth), whereas the **Johnson** clan are bottom dwellers, living in darkness, stagnation, and decay. For example, most people with **serious addictions** to substances such as cocaine, pornography, gambling, alcohol, and meth, naturally **sink to the bottom**. Many never get out. What is life like for a person who lives in decay (at the bottom) and who **chooses** to stay or can't find a way out?

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

20. Describe the life of **someone** who chooses 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.

21. 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 on how a person **chooses** to live. Can the **wealthy** and **famous** be "below 500" bottom dwellers? _____ How? _____

22. The biggest factor that divides people on the **bottom** from the people on the **top** is their attitude toward **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**."

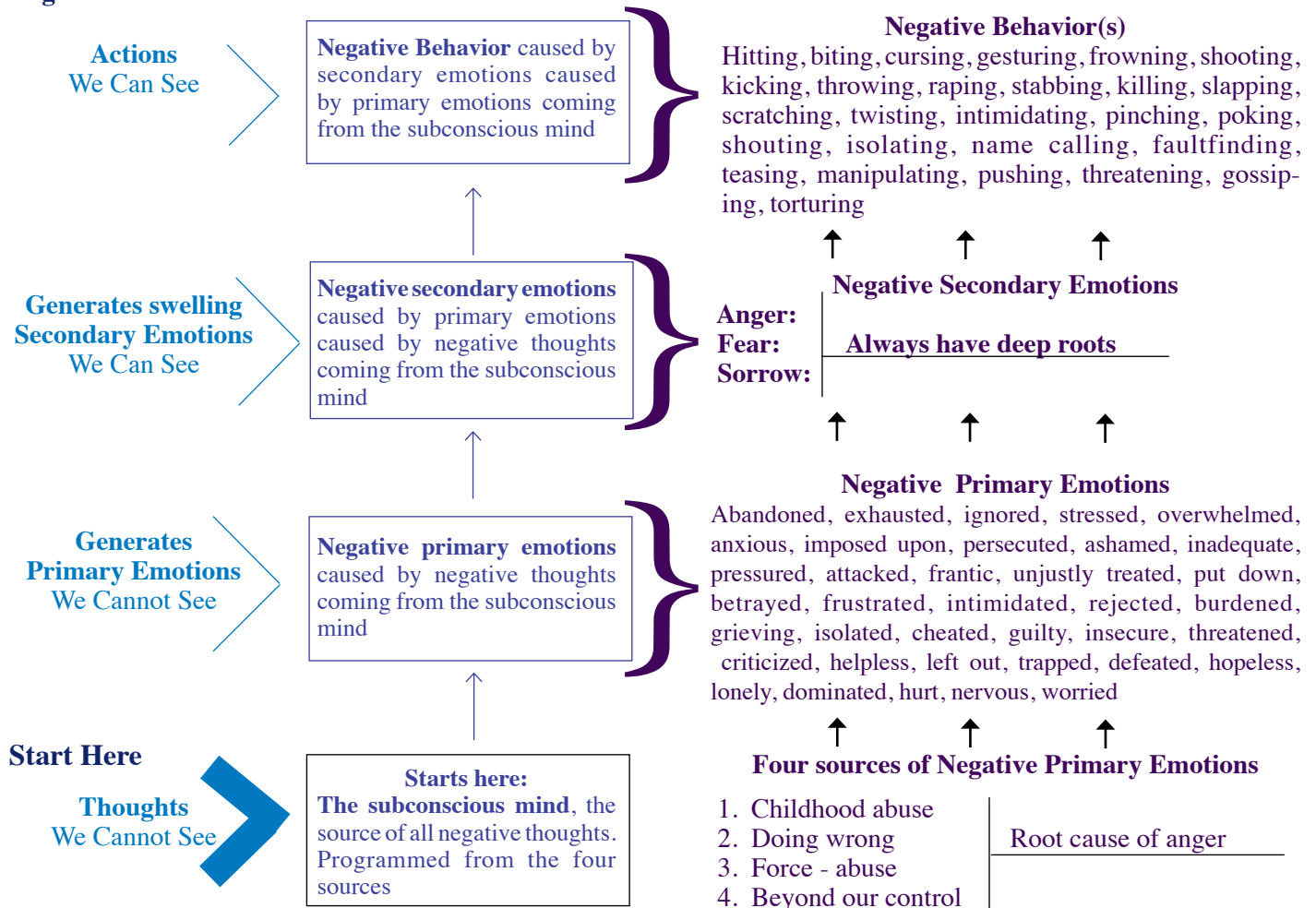
Below 500 people	Above 500 people

UNIT 3 Anger Avoidance

Coach: _____

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?



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

ANGER VOLCANO

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

8. Questions

a) If angry people don't get rid of the root causes of their anger, what will they continue to do? _____

b) What kind of **primary emotions** do you think **Jason** and his cousins were feeling before they healed? _____

c) Are there a lot of people 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 eliminating the root causes. What are the four root causes? _____

f) What are some of the **behaviors** (eruptions) you see happening in society? _____
What do you think are the **root causes**? _____

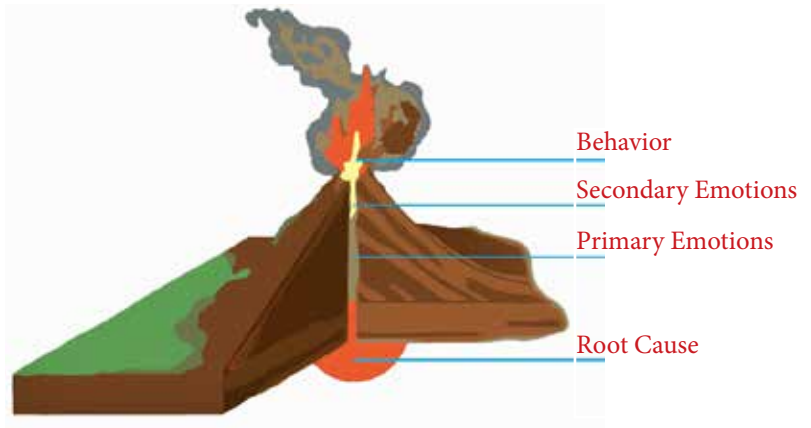
g) If **anger** is currently a problem in your life, what are some of **your** root causes? _____

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 did **Curt** continue to have extreme **anger** in his life? _____

j) Do you think people in society would benefit from information on **anger** management? _____ Would it help lessen some of the eruptions? _____

Root Cause of Anger



ANGER SHIELD

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



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

LIFE'S STRESSES AND SELF-CONTROL

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

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

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

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

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

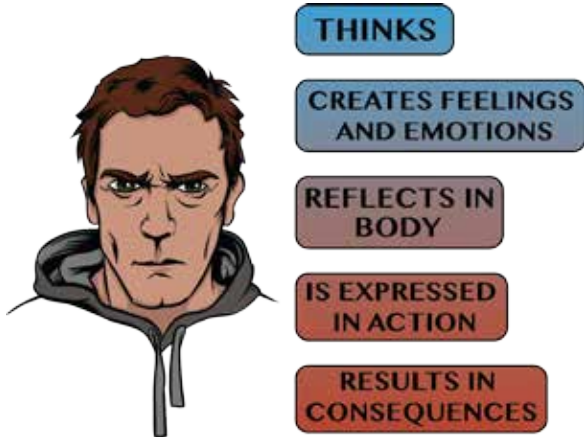


8. What do we see when a person's **flask** spills over? _____

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

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

Curt, a negative person:



What does this diagram mean?

Example:

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

10. Questions:

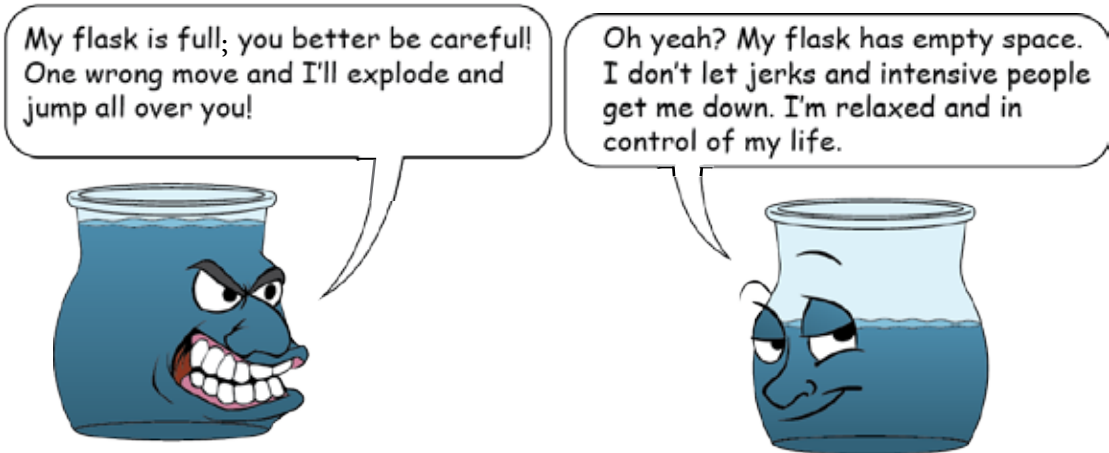
- a) **April** was not seeing another man. What caused her to get hit? _____
- b) Most people **stop** at #3. But what do we see a lot of today? _____
- c) Once we let **anger** in, what do we have to do with it? _____
- d) **April** left **Curt** and started dating **Jesse**, who is a loving, kind,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

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

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** that 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**? _____



RING OF FIRE

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

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

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



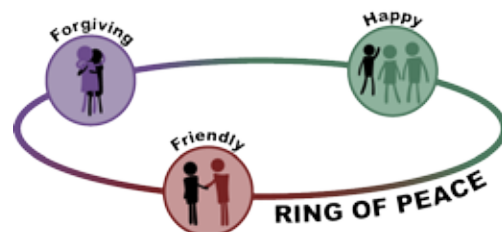
12. Describe the **behavior** of people who live inside a **ring of fire**: _____

13. What is your **plan** to stay out of another's **ring of fire**? _____

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

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

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



REVIEW

We at ACCI hope that this self-awareness course has helped you in your quest towards self-improvement and more freedom in your life. You are captain of your own ship. You have a choice; you can steer it into troubled or calm waters. If you are not happy and successful, it is your fault.

EXIT TEST

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

1. How many are there in the Johnson family pyramid?
 104 people
 137 people
 126 people
2. Of the Johnson cousins, who succeeded in life?
 Curt
 Scott
 Jason
3. Scripting is the same thing as
 writing
 programming
 remembering
4. The subconscious mind
 can be blocked by the conscious mind.
 doesn't know right from wrong.
 stops when it gets too full.
5. Growth, stagnation and decay are . . .
 determined at birth.
 a choice.
 the life of a plant.
6. You can determine right from wrong by
 listening to others.
 doing what most of society is doing.
 observing what it produces, the results.
7. Debbie Johnson felt like a \$2 woman because
 of the way she was scripted as a child.
 she carried a \$2 bill with her all the time.
 she was attracted to \$2 men.
8. A self-deceived person
 is liked by others.
 denies the truth and blames others.
 constantly forgets things.
9. The meeting of our emotional needs as a child depends
 on nutrition.
 on scripting.
 on functional parents.
10. People who have their emotional needs met
 make more money.
 feel validated and secure.
 go on more vacations.

Evaluation of *Sample Lifeskills Course*

STUDENT'S EVALUATION

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

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

What was the most helpful part of the workbook? _____

What was the least helpful part? _____

Will you ever purposely commit a crime again? ____ Explain. _____

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

ACCI'S AREAS OF FOCUS:

CORRECTIONS
MILITARY
FAMILY

EDUCATION
MENTAL HEALTH
CORPORATE

*If we never change negative thinking,
we can never change negative behavior.*



Sometimes
Recycling
is **Not**
a good
idea.

AMERICAN COMMUNITY

LIFESKILLS

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