SAMPLE COURSE
A Behavioral Science Lifeskills Curriculum For Overcoming Self-Defeating Thoughts and Behaviors

“Let us not look back in anger, nor forward in fear, but around in awareness.” —James Thurber

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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.
Since we first started working with justice-involved individuals in 1975, we have continuously evolved and have integrated the latest research, while retaining 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 adult and juvenile 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 individuals overcome the self-defeating thoughts and behaviors that can keep them from that can keep them from living a full and productive life without criminal justice involvement. Our evidence-based curriculum is based on decades of experience in working with adult and juvenile offenders who have exhibited at-risk thinking and behaviors.
Unit 1: Beginnings

The goal of this course 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 course 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.

The goal of the course is to help you be a healthier, happier more productive person by dissolving self-imposed obstacles and limitations that we often place on ourselves.

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.

<table>
<thead>
<tr>
<th>Millers</th>
<th>Johnsons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martha and Ken</td>
<td>Sue and Ralph</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>24</td>
<td>30</td>
</tr>
<tr>
<td>72</td>
<td>98</td>
</tr>
</tbody>
</table>

1900 1st Generation - Great Grandparents
1930 2nd Generation - Grandparents
1960 3rd Generation - Parents
1990 4th Generation - Children

Total = _____         Total = _____

Questions:

a) How many people born into the Miller family group, so far? ___________  The Johnsons? ___________

b) When you add the families together, how many in each generation?
1st __________, 2nd __________, 3rd __________, and 4th __________.

c) Which of the two family groups do you think is doing better? ________________________________

Why? _______________________________________________________________________________________

d) Which generation do you think was the safest to grow up in—the 1930s or 1990s? ________________________

Why? _______________________________________________________________________________________

Sample Lifeskills Course
e) Which family group would most likely have the most anger problems? ________________________________________

As we will discuss, the subconscious mind doesn’t know right from wrong. People can be programmed into believing things that are not true 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.

<table>
<thead>
<tr>
<th>Miller</th>
<th>Johnson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love, harmony, patience, hope, kindness, family get-togethers, vacations, college, good-paying jobs, happy children, drug free, no criminal records</td>
<td></td>
</tr>
</tbody>
</table>

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 with all things the two-parent income can provide. His parents’ income is $85,000 a year.

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, dirty 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?

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? ________________________________________

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

Non-Nurturing Home
- Forces them outside
- Exposes them to danger
- Stunts emotional growth
- Produces damaged adults
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** learned that when he had an angry, negative thought, he had only two to three seconds to turn it away before it took control of him. As time went on he became more aware of these negative thoughts and was, with greater frequency, able to stop his negative thoughts and replace them with positive ones. 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 victims and survivors.
Victims

Keep things bottled up inside and are ashamed to share or talk about their anger management problems.

Re victimize themselves repeatedly and keep paying the price for their lack of control.

Don’t move on with life, and their lack of self-control keeps them captive. They stay in the darkened room.

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.

Survivors

Have sought anger management counseling and are willing to share (talk about) their problems, when appropriate.

Paid the price and overcame their anger issues and are no longer victims. They are moving on in life.

Have found the door out of the darkened room and have gone through the door into a brighter day.

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.

I can be a victim or a survivor; it’s my choice. T or F?

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 thriver? ________________

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 YOU, IT IS YOUR PROGRAMMING

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

14. People from abusive beginnings like Jason often have a lifetime of problems with anxiety, 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 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. Note: There can be more than one answer for some statements. (See page 6)

____ Greatly improved his life
____ No goals, just same old thing
____ Stabbed someone, went to prison
____ Happy, excited about life
THINGS TO CONSIDER

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

Set goals and keep them. **If you don’t know where you are going, that is where you will go.** And when you get there, you won’t know you are there. 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 your substance abuse 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.

______________________________

APPLICATION AND SKILL BUILDING

List **2 ways** in which you can become a **survivor** as opposed to a victim.

1) ____________________________________________________________________________________

2) ____________________________________________________________________________________
Unit 2: The Truth versus Untruth

$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 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.

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

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, an honest citizen, 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 😊**
- Happy - Honest - Peace of mind - Kind - Relaxed
- Forgiving - Healthy - Loving - Patient - Caring

**Curt Johnson - Untruth - Criminal 😞**
- 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
- Votes
- Thinks well of himself
- Donates time to his community

**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? ____________________________

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:

<table>
<thead>
<tr>
<th>GROWTH</th>
<th>STAGNATION</th>
<th>DECAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Creative • optimistic • teachable • loving • validating • appreciative • understanding • balanced • responsive • open minded • patient • intimate • helpful • courageous • self-mastered • happy • truthful • harmonious • forgiving • responsible • kind • nurturing • hopeful • affectionate • orderly • disciplined • wise • intelligent • reasonable • humorous</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Bored • listless • sluggish • shallow • confused • unsure • procrastinating • uncaring • unreliable • melancholy • lazy • follower • existing • user • unaware • random • marginalizing • discouraged • coasting • unmotivated • haphazard • without goals • status quo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Angry • vengeful • addicted • self-deceived • prideful • captive • hateful • use drugs • arrogant • critical • jealous • mean • hostile • violent • abusive • detached • in denial • blaming • demeaning • selfish • self-justifying • abuser • provoking • controlling • worried • fearful • overwhelmed • untruthful • enabler • self-centered • pessimistic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.”

<table>
<thead>
<tr>
<th>Below 500 People</th>
<th>Above 500 People</th>
</tr>
</thead>
</table>

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Unit 3: Anger Avoidance

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. **Curt** grew up in a very abusive, dysfunctional home. His home was filled with drugs, alcohol and violence. His dad beat and verbally abused him, 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 would 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 come 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?

4. 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 Jessica was feeling? ___________________

   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 cause. 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? ________________________________

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.
   ___ Lack of job or money
   ___ Alcohol
   ___ Drugs
   ___ Being put down
   ___ Tired / lack of sleep
   ___ Guilt / shame
   ___ Anger / fear
   ___ Family problems
   ___ Pregnancy
   ___ STD’s
   ___ School problems
   ___ Trouble with the law
   ___ Peer pressure
   ___ Low self-esteem
   ___ Stress / depression
   ___ 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 bad 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 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 them. So relax and stay out of the ring of fire.

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

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

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

13. What is your plan to stay out of other people's ring of fire? _____________________________________________________

Opposite to the “Ring of Fire” is the “Ring of Peace.” At its center are “above 500” people who are compassionate, caring, understanding, and non-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? ________________________________________________________________
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 your are not happy and successful, it is your fault.

Test

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

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.
COACH’S EVALUATION

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

• This course was designed to help everyone, not only those involved in anger problems. What are your feelings about this program?
  ________________________________________________________________________________________________
  ________________________________________________________________________________________________
  ________________________________________________________________________________________________

• Were there any parts in the course that helped you personally? _______ If yes, how? ________________________________
  ________________________________________________________________________________________________

• Did the course in any part relate to your student’s life? _______ How? __________________________________________
  ________________________________________________________________________________________________

Coach’s Name: ___________________________________ Relationship to Student: _________________________________

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

STUDENT’S EVALUATION

Please complete the following evaluation of the program. We are very interested in your response. If you need more room, use page 54 or attach a sheet of paper. Please use dark ink.

What are your general feelings about this course?
  ________________________________________________________________________________________________
  ________________________________________________________________________________________________
  ________________________________________________________________________________________________

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

What was the most helpful part of the course? __________________________________________________________

What was the least helpful part? ______________________________________________________________________

Will you ever purposely commit a crime again? ___________

What do you plan to do differently in your life to prevent this situation from happening again? ______________________________
  ________________________________________________________________________________________________
  ________________________________________________________________________________________________

Student’s Name: __________________________ Date Started: ________ Date Finished: ________
Referring Court or Agency: __________________________________________________________ State:___
Your Occupation: ____________________________ Sex: Male  Female  Age: ________
SAMPLE LIFESKILLS COURSE (S LC)

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

Student's Signature: X ______________________________________________________ Date _______________________

Coach's Signature: X _____________________________________________________ Date _______________________

Fill in your full legal name and current mailing address. (Please Print)

Student's Name: __________________________________________________________________________________

Coach's Name: ___________________________________________________________________________________

Student's Mailing address: ___________________________________________________________________________

Student's City: ___________________________________________________________ State Zip Code: ______________

Student's Phone #: _________________________________________________________________________________

BEFORE MAILING:

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

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

If this course was assigned by an agency other than ACCI, follow the agency’s instructions.
FULL COURSE LIST

ADULT SELF-DIRECTED COURSES
Anger Management
Offender Corrections
Driver Responsibility
Substance Abuse
Marijuana Awareness
Contentious Relationships
Parenting
Cognitive Awareness
Offender Responsibility
Bad Check
Theft/Shoplifting
Sex Offender
Employment
Minor in Possession
Driving Under the Influence
Domestic Violence

EDUCATION LIFESKILLS COURSES
Group, Self-Directed, and eLearning
Positive Thinking Skills
Infinity — Media Awareness
Leadership
Bullying Prevention
Financial Intelligence
Captivity — Substance Abuse Prevention
Elevation — Cognitive Employment for Teenagers
Marijuana Prevention
Truancy Prevention
Serendipity — Cognitive Sexual Awareness
Boundaries — Dating Violence Prevention
Distracted Driver
Vaping Awareness

JUVENILE SELF-DIRECTED COURSES
Youth Driver Responsibility
Marijuana Awareness
Minor in Possession
Youth/Parent
Anger Avoidance
Self Awareness
Substance Abuse
Theft/Shoplifting

GROUP COURSES
Adult
Offender Corrections
Cognitive Awareness
Substance Abuse
Juvenile
Youth Corrections

GROUP AND FACILITATOR MANUALS ALSO AVAILABLE
ALL COURSES ALSO AVAILABLE IN eLEARNING FORMAT

CRIMINAL JUSTICE PROGRAMS

GROUP FACILITATION
SELF-DIRECTED IN-HOUSE
CORRECTIONAL FACILITIES
LIFESKILLS LINK
AFFILIATE OPPORTUNITY

OUR TECHNOLOGY RESOURCES:
CORRECTIONSLIFESKILLS.COM
LIFESKILLS LINK
INTEGRATED LEARNING MANAGEMENT SYSTEM
If we never change negative thinking, we will never change negative behavior.

ACCI’S AREAS OF FOCUS:
- Corrections
- Education
- Military
- Mental Health
- Family
- Corporate

SELF-DIRECTED LEARNING COURSES

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