



COURSE OVERVIEW



Personal Responsibility

(formerly Offernder Responsibility)

- ✓ Available in workbook
- ✓ Available in Spanish
- ✓ Available in eLearning

ITEM # W 119



COURSE DESCRIPTION

This workbook was written to help offenders overcome denial and accept responsibility for their actions. The objective of this course is to intervene in revolving criminal thinking. It is a cognitive restructuring lifeskills course designed to challenge deeply seated self-defeating thoughts and behaviors.

Whether people choose to live in growth or decay has a powerful impact on them, their significant others, and society as a whole. Living below 500 is fraught with many dangers, strong negative emotions, and life-demeaning results. It is a life filled with captivity, where the subjects have empowered other people and self-inflicted events to control their lives. What the captives don't understand is that the prison doors to their mind are never locked. All they have to do is push on them and leave.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal responsibility
- Overcoming self-deception
- Satisfying the emotional hierarchy of needs
- Growth mindset
- Anger avoidance



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 750 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 119

Workbook Pages: 64

Course Length: ~15 hours



COURSE CONTENT

UNIT 1: BEGINNINGS

Life is a gift of time and space to do much good.

UNIT 2: SUBCONSCIOUS MIND

Doesn't know right from wrong.

UNIT 3: GROWTH VS DECAY

Whether one lives in growth or decay is a choice.

UNIT 4: RESPONSIBILITY

If we are not responsible for our lives, who is?

UNIT 5: HUMAN NEEDS

Many people spend a lifetime trying to fulfill these needs.

UNIT 6: ANGER AVOIDANCE

Forgiveness is pardoning others without resentment.

UNIT 7: ADDICTIONS

The drug monster has no mercy.

UNIT 8: INNER BEING

You are who you are without thinking who you are.

UNIT 9: RELATIONSHIPS

The most important thing in a relationship is the people.



CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships
5. Substance abuse
6. Employment



LEARNING ACTIVITIES

Self-assessments | Role playing
Knowledge check | Self-reflection
Scenario-based learning | Focused journaling | Discussion with coach
Application and skill building

Personal Responsibility

Answer Key



To pass this course, the student must completely answer all the questions in this course and score 70% or better on the following test.

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