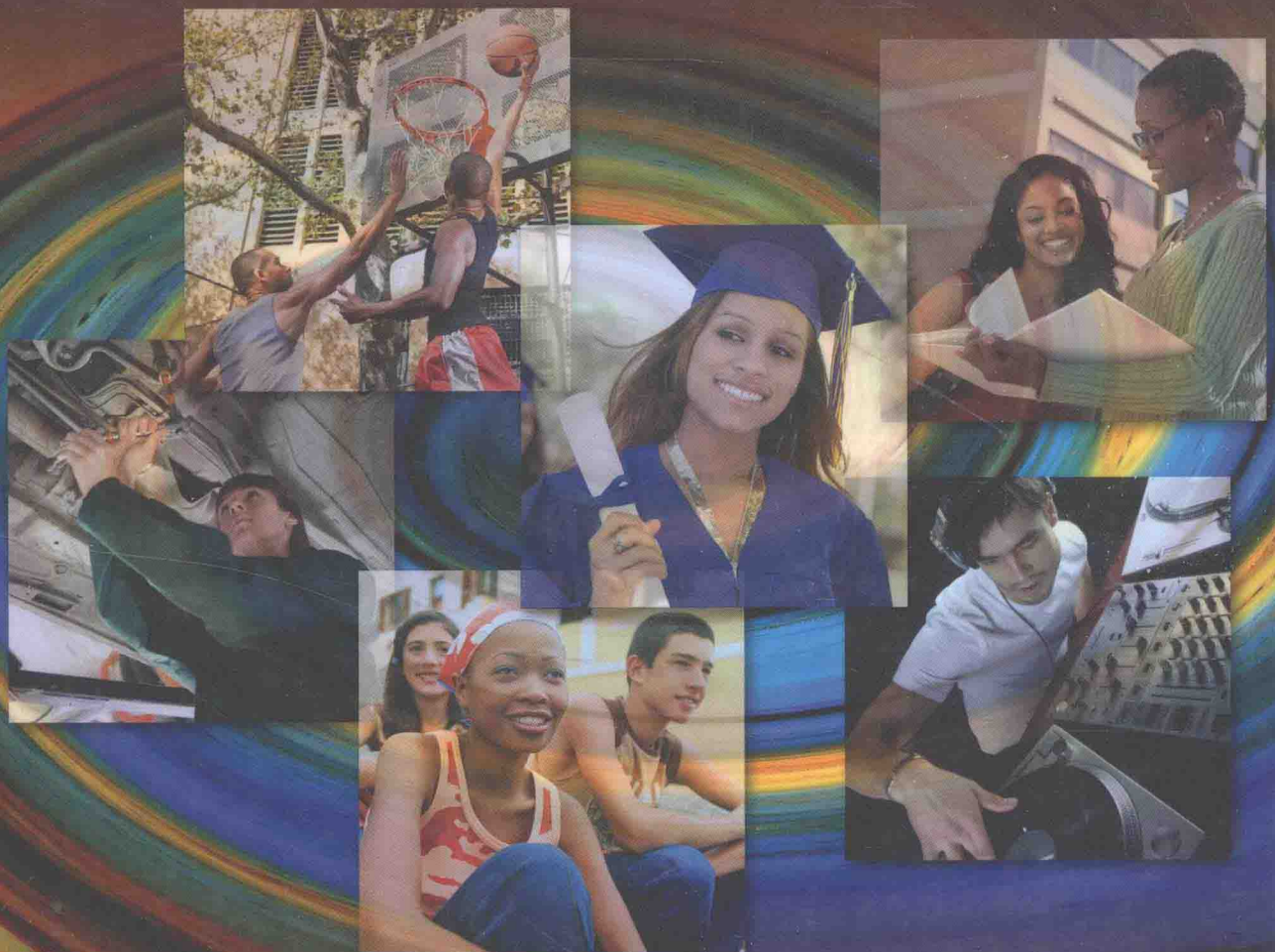


Pathways to Self-Discovery and Change

A Guide for Responsible Living

Second Edition



Harvey B. Milkman • Kenneth W. Wanberg

Pathways to Self-Discovery and Change A Guide for Responsible Living

Second Edition

The Participant's Workbook

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WELCOME!

Welcome to *Pathways to Self-Discovery and Change*. You have been selected because you have expressed concern about your past experiences with crime and substance abuse and a willingness to explore the possibility of change. As many as 90% of people in the criminal justice system have substance abuse problems. There are programs that work with people with criminal problems and there are programs that work with substance use problems, but this program is different in that we are *combining* criminal activity with substance use problems. We understand that there is a part of you that may not want to be here, which views treatment as a form of punishment. Yet there is another part that has a genuine concern about your future, the people you care about, and a desire to change the direction of your life. That is the part we want to support and help grow.

Thinking, Freedom, and Change

The *Pathways to Self-Discovery and Change* program helps us to gain *freedom and strength* by learning how to control the most important part of our mind: *our own thoughts*. Thoughts about ourselves, the world around us, and the feelings that come from those thoughts decide our behavior and actions. This program is designed to provide you with the knowledge and skills to become clear about how people and situations affect us and to *gain control over our own thoughts and feelings*. Then it is possible to *change and adjust our actions*.

To some extent, things that happen outside of us are not in our control because we are not of age, and we have lost some freedom because of our actions. But the actions that got us here in the program are *completely in our control*, and by *changing our thoughts*, we can avoid having our freedom and choice taken away. The idea is *not to tell you who and what to be* but to help you to gain a better understanding of the *events in your life and the workings of your own mind*. Then you can begin to feel the *power of self-improvement*, doing positive things for yourself and others.

What Does This Program Have To Do With Me?

Crime and drugs can be *very exciting*, and in the short run, they can bring a lot of things we want. They get the adrenaline moving, prop up our courage, and allow us to do things that set us apart from the crowd. Sometimes they seem to help us to get things that we think we deserve for our friends or even our families. But there are a lot of *bad things that come* from participating in those actions, as most of you in this program already know.

So what this program is really designed to do is to show you that you can be different, have personal strength, feel good, and gain respect from those around you, *without* using substances or committing crimes. There are a lot of things in the world that are just as, if not more, exciting—without the bad outcomes—as drugs and crime. Our goals are to see you increase your personal power, gain the freedom of making your own choices, become all that you can be, and to feel self-respect while earning trust from those around you.

HOW THE PROGRAM WORKS: PHASES I, II, AND III

This program is different from most others in that it is made for people who are in situations like yours. Notice that there are comics as well as stories of youth who have struggled with problems concerning substance abuse and crime. Although they are artistically interesting, the main purpose of the comic strip drawings is to help you understand the ideas within each session. The illustrations are *artistic ways to explain* the stories, and they contain details that help the stories come to life. They contain very serious content in picture format—not to be confused with a lighthearted comic strip in the Sunday newspaper. Within each session is a *section of the full story*, which can be applied to the *specific ideas* from that session. In most cases, the stories are told from both male and female perspectives. Program participants have found it very useful to understand gender differences in the causes, patterns, and consequences of substance abuse and crime and means to resolve problems in these areas.

You do not have to read the full-page stories, although your counselor may find them helpful depending on the subject matter. We do suggest reading them, however, in order to help you develop a better understanding of the program and how it can be applied to your life.

Each session is set up for an interesting and meaningful learning experience. Your counselor will use role-playing, modeling, performing action skits, and small group discussions designed to help you to *put into action and practice* life skills that will be of great help to you in real situations. The activities and worksheet exercises will allow you to get a better look at what you are thinking and feeling in different situations and help you to decide on *your own programs for change*.

We will take one step at a time in the process of change. There are *three phases* to the program, with each phase separated into several *chapters*. At the end of each phase, we will take a moment to *look at how you are doing* and whether or not you should continue on to the next phase. For the most part, you are required to be here. If that is the case, then we will take a break between each phase to *give you feedback* as to how you are doing in the program. During the feedback, you will be given a chance to explain what you think and feel about the program, and we will talk with you about how you can better make the program work for you. Now let's take a look at the phases.

PHASE I: WHAT? CHALLENGE TO CHANGE

Deciding What to Change

There are *10 sessions* in this phase and *five* important things that we want you to do.

First, we want you to *build trust*: trust in the counselor or counselors who will be running the program and trust in those who are in the program with you. Most importantly, we want

you to build a *trust in the program itself*. The reason we want you to trust your counselor and peers in the program is because we want you to open up and share with us your feelings and thoughts—essentially your story. Being open to *sharing your story* and considering your options by *hearing what others have to say* is the *essential pathway to self-discovery and change*. It is important, though, that you start talking about your *alcohol and other drug* (AOD) use, your criminal activities in the past, your worries and fears, and your problems and troubles in your life. Some of you may be more open than others, and some of you may have a lot of distrust, but we just ask that you give it a try.

Second, we want you to learn the facts about AOD and about criminal behavior. We will teach you some important ideas, some of which you will already know. But we want you to learn about how you have come to rely on drugs and criminal activities as you attempt to satisfy some of your needs and resolve some of the problems in your surroundings.

Third, we want you to become more aware of yourself; your relationship with AOD use and criminal behavior; and your thoughts, feelings, and actions about both. We want you to make a commitment to a long-term change in your thinking, believing, and acting.

Fourth, we will spend time helping you to understand the triggers that could lead you to a *relapse* (return to substance use) and/or *recidivism* (return to criminal behavior). We will teach you how to *avoid and prevent returning* to negative behavior, and this will be a very important part of this phase of the program.

Finally, we want to help you in developing a Self-Portrait (SP), or view of yourself that is a mirror of your many strengths and the problems that you have had to face in your life. You will be working together with your counselor and peers to help get an in-depth look into who you are and what you do. In this phase, you will decide on specific targets of thinking, feeling, and acting that you want to change. We will work together to develop your own Plan for Change (PFC)—the things that you decide on and can really do to gain your freedom, respect from others, and most importantly, your self-respect and optimism about your future.

PHASE II: HOW? COMMITMENT TO CHANGE

Using the Tools for Change

The idea of Phase II is to *discover the tools* and *learn the skills* to achieve the changes that you decided on in Phase I: What? Challenge to Change: Deciding What to Change. This phase will allow you to get stronger in your desire and ability to remain drug and crime free and to improve the quality of your life. The sessions in Phase II are designed to improve communication, deal with cravings and urges, develop a sense of responsibility to others, overcome prejudice, zero in on negative thinking, and manage uncomfortable feelings—particularly anger, guilt, and depression. Within the group setting, you will test out and practice these skills, which will allow you to live a comfortable, responsible, and fulfilling life.

PHASE III: NOW! OWNERSHIP OF CHANGE

Calling the Shots

Phases I and II of *Pathways to Self-Discovery and Change* are preparation for Phase III. In this final phase of the program, you will be *putting the knowledge* that you gained in the previous phases *into use* within your own life situation. That means looking at how to *avoid relapse and recidivism* (RR) (avoiding AOD use and crime) by mastering the skills of problem solving, decision making, and negotiating, as well as learning how to develop alternative lifestyles and activities that will help you maintain the changes you have made.

As a means to help you in real life, we will be taking some time to look at family, school, and job issues. An important part of *calling the shots* is to develop a sense of personal identity and to understand the importance of forming healthy and close relationships. Together, we will take an honest look at the connections between sexuality and affection and how to make responsible choices in this important area of our lives.

At this time, you will put together what you have learned and in the end make those things work for you. The power of ideas, skill, thoughts, and action that you have learned will become yours, as well as the freedom of choice over your thoughts and actions. At this point, the change becomes you, and you *begin calling the shots* over your actions instead of letting your actions control you.

Program Guidelines

These rules are to help you have a safe environment in order for everyone to be comfortable sharing and thus making the program mean something to everyone.

Abstinence: To Be Alcohol, Drug, and Crime Free

While in this program, we expect your goal to be AOD free and crime free. You might experience relapse in your thinking. Some people even backslide into using substances or committing crimes. If you are taking this program in a community setting, you may have cravings or slip into AOD use outside of the group, which might cause you to face increased criminal penalties. We want you to talk about these cravings and urges. You are expected to stop at this very dangerous and illegal lapse point and discuss your drug use with your counselor and judicial supervisor. We are not saying that we want you to quit the program if you have a relapse; however, you are not allowed to come to a session if you have been using drugs or alcohol. We may ask you to take a urine or breath sample, and if you are positive, you will be asked to leave. You are expected to set up an appointment with your counselor to discuss your relapse and how you can return to being AOD free and remain in treatment. You will probably have mixed feelings about all of this, but you will begin to feel the power of self-control if this is accomplished.

Be on Time and Attend All Groups

We ask that you are on time to the sessions, and if you must be late or absent, you are asked to let your counselor know ahead of time. You will be expected to attend all sessions, and if you are having some problems in attending, you will be asked to talk with your counselor and the group.

Taking an Active Part in the Program

You are expected to be an active member of the group, as this program is about your efforts to change. This means you take part in the discussions, activities, and your own learning process. By doing this, you show you want to change.

Confidentiality: Keeping What Is Said in the Group, in the Group

This is one of the most important guidelines for the program. In Phase I, we spend a great deal of time trying to build and develop trust between the members of the group and with the counseling staff as well. What is said and heard in the group is to stay in the group at all times. The counselors of this program will be held to the same confidentiality as the group. The only time the counselor can break the promise of confidentiality is if the counselor is concerned about your safety or the safety of others—if you are in danger of hurting yourself or another person or if there are people who need to be held accountable for child abuse.

Smoking and Eating in the Sessions

Smoking is not allowed in the group, and it will be left up to the group and counselor whether or not snacks and beverages will be allowed and what kind of breaks you will have.

It is now time to start the program. Good luck!

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PHASE I

WHAT?



CHALLENGE TO CHANGE:
Deciding What To Change



Chapter One: Building Trust and Motivation to Change

GOALS OF THIS CHAPTER

- To discuss the program.
- To get to know each other.
- To learn how thoughts affect feelings and actions.
- To recognize the importance of change.
- To unfold program guides and tools for change.

