

IT'S YOUR LIFE: CORE SKILLS WE ALL NEED TO KNOW AND TEACH

MONDAY

CHOICES: What is positive/negative choice making, and how does it affect my life and my sobriety?

- a. Thinking Errors. How do thinking errors create or continue unsuccessful choices?

- b. Problem Solving steps. What are the steps and how do they make successful choices easier?

- c. Personal Responsibility. What is REAL responsibility and how does it actually make positive choices stronger in the long run? _____
- d. Rules. What are Mandatory, Optional, and Discretionary rules? How do clear rules make good choices stay in place longer? _____
- e. Alcohol/Drugs destroy wise and successful choices. How and why?

- f. Goal Setting: What is it, and how does it make choices work together for strength.

- g. Coaching and Accepting: Why and how to do it? How does it make choices understandable and easy to learn and teach others? _____
- h. Learning from good authority. How do I avoid Yellow Sky Thinking, and then build wisdom and knowledge without kissing up or fighting with authority? _____

WEDNESDAY

RESPECTING/UNDERSTANDING YOURSELF: How to know yourself better and understand feelings.

- a. Thinking Errors. How do they hide your real self and make unhealthy secrets too powerful.

- b. Problem Solving Steps. How to sort out confusion in yourself and become stronger.

- c. Personal Values. How to know and show yourself respect and honor.

- d. Spiritual beliefs. What are they for you, and how do they make you strong and committed.

- e. Emotions and insight. Where do anger, fear, love, hate, empathy, nurturing come from?

- f. Culture and Race: Knowledge, power, and respect from your roots, and for other people's roots.

- g. Self Esteem: What is it? How does it give you true courage to try new things and solve old problems? _____
- h. Health: How to get better health and how it helps with recovery.

- i. Drugs and Alcohol: How they rob you of self respect, and cover up inner feelings.

- j. Coaching and Accepting: How does this build respect, understanding, and self confidence?

THURSDAY

LIVING WITH OTHERS: Healthy relationships with authority, friends, and coworkers.

- a. Thinking Errors. How to stop making others feel hurt, confused, and pushed away.

- b. Problem Solving Steps. How to sort out confusions with others and solve misunderstandings.

- c. Coaching and Accepting. How to build understanding, learning, and successful relationships.

- d. Authority Relationships. Accepting wise authority without kissing-up or showing disrespect.

- e. Empathy. How is it different than sympathy? How does it help us understand and support others by feeling what they feel? _____
- f. Personal Rights of self and others. How to be safe, respected, appreciated, and independent.

- g. Trust. How to get more trust, and how to wisely give it to others.

- h. Rules and laws. How does each kind of rule help us succeed in living with others.

FRIDAY

FAMILY RELATIONS: How to feel supported, support others, and still continue to grow into an adult?

- a. Thinking Errors. How do these make family relations weak, confusing, painful, not honest.

- b. Problem Solving steps. How do these make clear, strong, proud, and open minded family relations?

- c. Family Roles. What is your family role and how does it work or not work for you?

- d. Family Generations. What are the struggles and triumphs of your family's generations? How does each family member change or handle things differently as they get older or have children?

- e. Boundaries. Healthy boundaries and how to get more of them, while still showing support for family.

- f. Drug and Alcohol. How have these destroyed family trust, honor, respect, family futures?

- g. Coaching and Accepting. How can this skill help families learn, grow, and practice to become strong.

- h. Healing, Grief, Loss. How do these work, why are they important, what are the stages?

- i. Family privacy-vs-hurtful secrets. Speaking "truth" with courage and love.
