

Recover Appalachia

Adult Cognitive Life-Skills Course

“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.” ACCI

Welcome to the Adult Life-Skills course.

The main goal of this class is to help adult's overcome life controlling problems and be more happy and successful. However, changing life by overcoming negative values, attitudes and behaviors isn't easy. Sometimes it means being open to new thoughts and ideas. So if some things in this course are a little painful and participants have to struggle, this is good. On the other side of one's struggle will be a better, happier individual.

To err is to be human. Part of life is learning from our mistakes. Life isn't over until it's over. We can take control, rewrite our own scripts, and give ourselves the ending we want.

Agreements:

1. It is important to be on time. The instructor will set times for breaks. Late students may not be readmitted.
2. There will be no tobacco use in the classroom. All electronic devices (including cell phones) must be turned off during class sessions.
3. Any person who comes to class under the influence of alcohol or drugs will not be admitted.
4. In order to receive a certification of completion for this program, each person must participate and follow instructions. Anyone causing a problem in class will be asked to leave.
5. All students are free to say whatever they feel as long as they do not infringe on the rights of other members of the group.
6. Each person is responsible for his or her own learning. It is okay to have a good time.
7. Each person must attend all sessions in order to receive a certificate of completion.

Week 1: The Subconscious Mind-Right verses wrong

- Blockers
- Good versus Bad
- Determining Right from Wrong
- What is the truth about me
- Problem Solving

Week 2: Crime and Laws

- The cost of Crime
- Enablers
- Offenders
- Society's Laws, Universal Laws
- Values
- Courts and Law Enforcement

Week 3: Human Needs

- Hierarchy of Emotional Needs
- Profiles
- Society's Groups
- Emotionally Damaged Children

Week 4: Anger Management

- Controlling Anger
- Primary and Secondary Emotions
- Life's Stress and Self-Control
- Sources or Anger
- Abuse
- Mental-Self
- Empathy

Week 5: Consequences

- Consequences of Choices
- Overcoming Mistakes
- Worry

- Problem Solving

Week 6: Relationships

- Good Relationships
- Marital Test
- WIN/WIN Relationships
- Domestic Violence
- Women in Society
- Parenting
- Family Values

Week 7: Leading and Managing Life

- Tips om Managing Life
- Self-Esteem
- Self-Motivation
- The Past vs. The Future
- Putting Life In Forward
- Time-Out
- Mind Talk (Self-Talk)

Week 8: How to be Happy and Successful in Life

- Happy Test
- How to be Happy and Successful in Life
- Stress and Depression
- Depression Test
- Self-Talk- Positive Affirmations
- Success in Life
- Problem Solving

Week 9: How to Change and Improve Life

- Self- Awareness
- Goals
- Changing Others
- Tips on Self Change

Week 10: Drugs and Alcohol

- The Cost of Drugs
- Your Report
- Mind Talk
- Problem Solving