

Recover Appalachia

Adult Theft/Shoplifting Lifeskills 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 Theft/Shoplifting Life-Skills course.

The main goal of this class is to help adult's overcome life controlling problems and be more happy and successful. This course covers a wide range of cognitive skills designed to assist you in your quest to be free and not controlled by outside influences. It is an excellent course for those involved in theft and other issues that arise from involvement in the criminal justice system.

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: Theft

- My Report
- Shrinkage-Shrinkage is a retail term used to describe losses from damage and stolen products.
- Theft and Drugs
- Freedom

Week 2: Putting Life in Forward

- If a person keeps on..... They will keep on getting.....
- Winners and Losers
- Mistake vs Choice
- Wants vs Needs
- Stress in Life

Week 3: The Subconscious Mind – Right versus Wrong

- Values
- Values for Children
- Good vs Bad
- Determining Right from Wrong
- What is the Truth about Me
- Truth vs Untruth

Week 4: Crime and Laws

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

Week 5: Skills for Life

- Increase Happiness in your Life
- Reduce Anger in your Life
- Take Action
- Change you Attitude
- Focus on your Good Points

- Be Grateful for what you have
- Avoid the Swamp of Despair
- Humor and Laughter
- Looking at the Big Picture of Your Life
- Put Power into your Life

Week 6: Ten Cognitive Skills for Successful Living

- Understanding Thoughts
- Growth vs Decay
- Living and Thinking in the Present
- Living Outside the Box
- Self-Deception
- Validation
- Power of Words
- Positive Affirmations
- Stay Out of Other's Ring of Fire
- Stand Up to Life

Week 7: Closure

- Steps to Change
- Not Automatic- Takes Conscious Effort
- Nourish Your Responsive Self and Develop a Healthy Way of Being
- Taking Inventory of your Talents and Positive Offerings

Week Test & Evaluation