

# OFFENDER RESPONSIBILITY COURSE OVERVIEW



## COURSE OBJECTIVES

The Offender Responsibility workbook was written to help offenders overcome denial and accept responsibly for their actions. The objective of this course is to intervene into revolving criminal thinking. It is a cognitive restructuring life skills course designed to challenge deeply seated self-defeating thoughts and behaviors.

## COURSE CONCEPTS

### UNIT 1: *BEGINNINGS*

- Choices

### UNIT 2: *SUBCONSCIOUS MIND*

- Right vs Wrong
- Subconscious Values
- Scripting
- Blockers
- Acting Out
- Good vs Bad
- Determining Right From Wrong
- What Is The Truth About Me
- Truth vs Untruth
- Belief vs Truth
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### UNIT 3: *GROWTH vs. DECAY*

- Perception
- Thoughts
- Society
- Judging Others
- Chronic Welfare Recipients
- Thoughts Drive Consequences
- Living and Thinking In The Present

### UNIT 4: *RESPONSIBILITY*

- Courts And law Enforcement
- What We Sow, We Reap
- Reasons For Breaking The Laws
- Consequences Of Breaking The Laws
- Setting A Good Example
- Life Is A Mirror
- Life

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## UNIT 5: *HUMAN NEEDS*

- Hierarchy Of Six Emotional Needs
- Needs
- Power Of Words
- Self-Talk-Positive Affirmations
- Success In Life
- Stand Up For Life

## UNIT 6: *ANGER AVOIDANCE*

- Controlling Anger
- Primary and Secondary Emotions
- Anger Volcano
- Anger Shield
- Life's Stresses and Self-Control
- Empathy

## UNIT 7: *ADDICTIONS*

- Discouragement
- Family
- Courage
- Life
- What Successful People Do

## UNIT 8: *INNER BEING*

- Self-Deception
- Nourish Your Responsive Self and Develop A Healthy Way of Being

## UNIT 9: *RELATIONSHIPS*

- What Makes A Good Marriage/Relationship
- Merging
- Ring Of Fire
- Problems With Separation Or Divorce
- Serenity
- Marriage/Relationship Killers
- Problem Solving

## UNIT 10: *HOW TO BE HAPPY AND SUCCESSFUL IN LIFE*

- Journaling And Personal History
- Benefits of Journaling
- My Family Tree
- Financial Well-being
- Happiness In Controlling Negative Thoughts
- Healing Power of Humor
- Mountains vs Swamps
- Self-Awareness and Change

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