

YOUTH SELF-AWARENESS COURSE OVERVIEW

COURSE OBJECTIVES

The objective is to present to teens a different way of thinking that can help them reach their true potential by overcoming erroneous subconscious beliefs about themselves.

COURSE CONCEPTS

UNIT 1: *BRIGHT POSSIBILITIES*

- Family Tree

UNIT 2: *THOUGHTS=CONSEQUENCES*

- Subconscious Thoughts
- Scripting
- Positive vs Negative
- Determining Right From Wrong
- We Are What We Think
- Truth vs Untruth

UNIT 3: *GROWTH vs. DECAY*

- Perception
- Thoughts
- The Cycle Of Thoughts
- Living And Thinking In The Present
- Life IS A Mirror
- Freedom
- Reasons For Breaking The Laws
- Consequences Of Breaking the Laws
- Thoughts Drive Consequences
- Forgiveness

UNIT 4: *FINDING SUCCESS*

- Hierarchy Of Emotional Needs
- Unfulfilled Emotional Needs
- Going Through The Door
- Don't Wait For Happiness



- Self-Talk and Positive Affirmation
- Success In Life
- Stand Up To Life
- Decisions

UNIT 5: *AVOIDING ANGER*

- Controlling Anger
- Primary And Secondary Emotions
- Anger Volcano
- Anger Shield
- Life's Stresses And Self-Control
- Self-Control
- Tips On How To Avoid Anger

UNIT 6: *SKILLS FOR LIFE*

- Skills For Life
- Belief vs Truth

UNIT 7: *LEADING AND MANAGING LIFE*

- Power In Life
- True Colors
- Mountains vs Swamps
- How To Change And Be Happy
- Final Thoughts
- Test

COURSE COMMENTS

This is a cognitive restructuring course that focuses on bright possibilities. It can help teens discover avenues of positive thinking that they may not have been aware of before. It speaks to them in a different language that they can use for a lifetime. It helps them empower themselves and become productive citizens. If students never change their thinking, they can never change their behavior.

COURSE CRIMINOGENIC NEEDS MET

- (1) Antisocial cognitions
- (2) Antisocial companions
- (3) Antisocial personalities
- (4) Family relationships