

# Recover Appalachia

## Youth 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 in life, we will have to change what we have been doing.” ACCI*

Welcome to the youth Cognitive Life-Skills course. This is not an ordinary life skills program but is based on cognitive skills. This course has more to do with teaching emotional skills and personal development.

The main goal of this class is to help youth overcome life’s 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.

The secondary goal of this course is to assist students in becoming more sensitive to others who might be having problems in their lives. Empathy is the ability to connect with others’ feelings. An environment with more understanding, empathy, is a safer and healthier environment for everyone.

We are currently offering an 8 module Youth Life-skills educational course. This course will be held every from 4:00 pm to 5:30 pm, at Recover Appalachia in Erwin Tennessee. The course will take place every Tuesday until the 8 modules are completed. (Estimated 8 to 10 weeks)

After each class, or by appointment, the instructor will be available for participants who desire and/or are in need of one-on-one, age specific, behavior specific education, skills and strategies that may assist them in achieving their goal(s).

### Week 1: Putting Life in Forward

Sign-in, group rules and structure, expectations

Life choices; Forward – Neutral – Reverse

Victim or Survivor

Releasing of the past, gives power to move forward

### Week 2: Subconscious Mind - Right vs. Wrong

Scripting/Programming of the Mind

Good vs. Bad

Truth vs. Untruth

### Week 3: Crime and Laws

Cost of Crime, Enablers, Courts and Law Enforcement

Consequences

Drugs and Society

Life's Choices

### Week 4: Human Needs

Emotional Needs, Nurturing, Love and Security

Self-Talk and Positive Affirmations

Success in Life

### Week 5: Anger Management

Controlling Anger, Primary and Secondary Emotions

Life Stresses and Self-Control

Tips on Avoiding Anger

Fear, Empathy

Consequences of Violence in Society

### Week 6: Skills for Life

Properly applied wisdom and knowledge

Friends and Peer pressure

Look for Options

### Week 7: Leading and Managing Life

Proactive thoughts and Reactive thoughts

Power in Life, Let the Past go, Expectations

Mind talk

### Week 8: Alcohol and Drugs

Alcohol and Drug in Society

Alcohol and Drugs in Families

Help from Alcohol and Drugs

Review, Final thoughts