

COGNITIVE AWARENESS (W118) COURSE OVERVIEW

COURSE OBJECTIVES

This workbook is for all people who may be experiencing problems in their lives associated with self-defeating thoughts and behaviors. It is a self-development workbook designed to teach cognitive skills that will empower them to live happier, more productive lives.

COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - Your beginnings are mostly luck; it is not your fault.

UNIT 2: *RIGHT vs. WRONG* - We can block the wrong and not pass it on.

UNIT 3: *LIVING ABOVE 500* - Whether we live in growth or decay is our choice.

UNIT 4: *HUMAN NEEDS* - The average American only lives 900 months, 620,000 hours.

UNIT 5: *ANGER AVOIDANCE* - If you don't control anger, it will control you.

UNIT 6: *ADDICTIONS* - The addicted are held captive by heavy chains they created.

UNIT 7: *WAY OF BEING* - Resistant, self-deceived people live below 500.

UNIT 8: *RELATIONSHIPS* - Intimate relationships take people to the deepest sense.

UNIT 9: *SUCCESS IN LIFE* - Comes when you stop believing the untruth.

COURSE COMMENTS:

This course was designed for mostly non-criminal peoples, although it can be used for offenders. (Offender Responsibility is the equivalent for offenders). It was intended to be used by therapists and others that need a strong cognitive component to their counseling. Often the answers to the future can be found in the past. The subconscious mind remembers things in three basic ways; repetition, trauma, and emotion. The goal of this workbook, and any CBT effort, is to intervene at the deepest level and challenge faulty thinking errors, helping clients become cognizant of what is blocking their progress and finding their true potential.

This workbook will lead people on a journey of self discovery. It will demonstrate that they are most often many times more talented and capable than they THINK they are. Some people need just a tune up (cognitive structuring), while others need an overhaul (cognitive restructuring). People who live above 500 in growth will experience validation, while those living below 500 in decay, will have quite another experience.

COURSE CRIMINOGENIC NEEDS MET

(1) Antisocial cognitions (2) Antisocial personalities (3) Family relationships

COURSE REVIEW QUESTIONS

- Why do people live in a rut and keep hurting themselves over and over again?
- Why should you question your thoughts?
- What can happen if you have distorted thinking?
- Why is it your fault if you are not happy?
- How can debt destroy a marriage?
- Why do people who live in decay make bad parents?

EXIT TEST

1.
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 137 people
 O
2.
 O
 O
 Jason
3.
 O
 programming
 O
4.
 O
 doesn't know right from wrong.
 O
5.
 actions.
 O
 O
6.
 O
 O
 observing what it produces, the results.
7.
 of the way she was scripted as a child.
 O
 O
8.
 O
 denies the truth and blames others.
 O
9.
 O
 on scripting.
 O
10.
 O
 feel validated and secure.
 O
11.
 O
 Volleyball
 O
12.
 O
 O
 avoid it.
13.
 O
 who you are without thinking who you are.
 O
14.
 O
 resistant people.
 O
15.
 not being able to see the truth of self.
 O
 O
16.
 because they have faulty thinking.
 O
 O
17.
 O
 going against what you know is right.
 O
18.
 O
 a secondary emotion.
 O
19.
 O
 choose to be there.
 O
20.
 O
 O
 we have to change what we are doing.