

## OFFENDER RESPONSIBILITY (W119) 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* - Life is a gift of time and space to do much good.

UNIT 2: *SUBCONSCIOUS MIND* - Doesn't know right from wrong.

UNIT 3: *GROWTH vs. DECAY* - Whether one lives in growth or decay is a choice.

UNIT 4: *RESPONSIBILITY* - If we are not responsible for our life, who is?

UNIT 5: *HUMAN NEEDS* - Many people spend a lifetime trying to fulfill these needs.

UNIT 6: *ANGER AVOIDANCE* - Forgiveness is pardoning others without resentment.

UNIT 7: *ADDICTIONS* - The drug monster has no mercy.

UNIT 8: *INNER BEING* - You are who you are without thinking who you are.

UNIT 9: *RELATIONSHIPS* - The most important thing in a relationship are the people.

### COURSE COMMENTS

Whether people choose to live in growth or decay has a powerful impact on them, their significant others, and society as a whole. Living below 500 is fraught with many dangers, strong negative emotions, and life demeaning results. It is a life filled with captivity where the subjects have empowered others and self-inflicted events to control their lives. What the captives don't understand is the prison doors to their mind are never locked; all they have to do is push on them and leave.

### COURSE CRIMINOGENIC NEEDS MET

(1) Antisocial cognitions (2) Antisocial companions (3) Antisocial personalities

(4) Family relationships (5) Substance abuse (6) Employment

### COURSE REVIEW QUESTIONS

- How can thoughts, feelings, and emotions determine financial well being?
- How can our worst defeats become our greatest victories?
- What happens when we continue to blame others for our problems?
- Why is it when we try to control others, we both lose?
- What can happen when we allow ourselves to get sucked into others ring of fire?
- What can happen when we walk with people emotionally and deeply listen to them?
- What are some negative habits that could defeat your happiness?

## OFFENDER RESPONSIBILITY - W 119

### EXIT TEST

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