

ATTACHMENT E

**MISDEMEANOR
OFFENSES**

ADULT WORKBOOK



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Adult Workbook
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"If you treat an individual as he is, he will stay as he is, but if you treat him as if he were what he ought to be, he will become what he ought to be and could be."

— JOHANN VON GOETHE

INTRODUCTION

Crime in this country continues to grow at an alarming rate. As always, career criminals are committing many of these crimes. However, more and more people who were once removed from criminal activity are now becoming involved. Crime seems to breed crime. It is likely that 3.5 out of ten people in the United States will fall victim to a crime this year.

Whenever a crime is committed, justice is prescribed by the court. Sometimes justice requires that a person be sent to jail. In this program, you are being given a chance to let justice be met by determining what was that caused you to commit your offense, by setting goals and striving never to become involved in criminal activity again. If you choose to repeat an offense, justice may result in more severe consequences.

The purpose of this workshop is to give you the opportunity to look at your own behavior and discover the factors that caused you to develop and engage in unlawful acts. New alternatives will be presented to assist in your improvement. You hold the key to the success. No one can force you to learn. It is up to you to make the most of this day.

When was the last time you closely examined the consequences of your behavior or made a personal commitment to alter your daily-living experience? Take this time to do some serious self-examination and decide to make a positive change in an area of your life.

AGREEMENTS

1. I will take part in the program, follow instructions, complete the evaluation, and be involved mentally and physically. If I disrupt the class, I will be asked to leave and give up any fees paid.
2. I have the right to my own opinions, and am free to say whatever I feel, as long as it doesn't bother other class members.
3. I will be caring and helpful to other class members.
4. I am responsible for my own learning.
5. It is okay to have a good time.
6. The facilitator will decide when to take breaks and end the sessions.
7. I must be on time for all class sessions. The facilitator will tell me which clock to follow. If I return late or do not return to class after the breaks or the lunch period, I will receive no credit for any of the class.
8. There will be no smoking, eating or drinking in the classroom.
9. If I come to class under the influence of alcohol or drugs, I will give up my right to be here.

I, _____, fully commit myself to do all assignments and projects as they are given and fully take part in all class discussions.

Signature

OBJECTIVES

1. To understand the process of how to change my behavior.
2. To discover how attitudes or beliefs can affect my behavior.
3. To understand how to control my attitudes and emotions so that I can take more control of my life.
4. To decide to make positive steps to alter my present behavior.
5. To make a commitment to never knowingly repeat a criminal offense.

YOUR PERSONAL REPORT

1. Use the following questions to examine your offense and discuss your feelings with the group.
 - a. What is your name and where are you from?
 - b. What offense are you charged with?
 - c. Why did you do it?
 - d. Why and where were you apprehended?
 - e. How did you feel when you were caught?
 - f. Were you more upset that you had been caught or that you were breaking the law?
 - g. Did you plan to commit this crime?
 - h. Have you been in trouble with the law before?
 - i. Has your life changed since the crime?
 - j. Are there people close to you whom you haven't told about this experience? Why?

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WRITTEN RESPONSE

1. Research has identified the following reasons why people break the law. Circle the one(s) that most closely reflect your reason. Be honest.
 - a. It gives me a thrill to beat the system.
 - b. I like to destroy things.
 - c. I wanted the item and couldn't afford it.
 - d. I fought back, the only way I knew how, against a system that's been ripping me off.
 - e. I do it all the time.
 - f. I don't know why; impulse, I guess.
 - g. I wanted somebody to notice me.
 - h. Peer group pressure.
 - i. I was under the influence of drugs or alcohol.
 - j. I can't help myself. It's compulsive.
 - k. _____

2. How much has this experience cost you in each of the following areas?

Court Fees: _____	This Class: _____
Legal Fees: _____	Miscellaneous: _____
Lost Work: _____	
Bank or Merchant Fees: _____	TOTAL \$: _____

CONTRIBUTING FACTORS

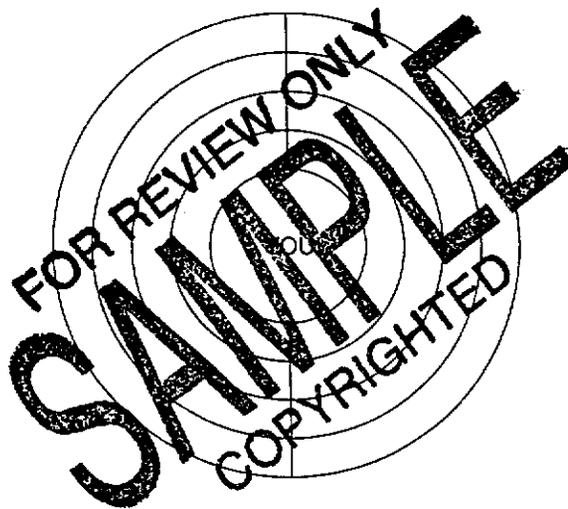
1. What is an environment? _____

2. What is a positive environment? _____

3. What is a negative environment? _____

4. Fill in the chart below with the important people and elements that were part of your environment and contributed to the development of your values and beliefs. Begin with the most important people or elements at the center and work outward.

On the left side, list the influences that were the most significant as you were growing up.



On the right side, list those that now have the most influence on your life.

5. Did you or anyone else use alcohol and/or drugs prior to or during the commission of the offense that resulted in your arrest and/or conviction? _____

6. What role, if any, did the alcohol and/or drug use play in the commission of your offense? _____

7. Would you be here today if you had not ingested alcohol and/or drugs prior to or during the commission of your offense? _____
8. Has your environment influenced your negative behavior? _____ How? _____

CONTRIBUTING FACTORS

9. Should a person excuse his or her negative behavior because of environment? _____

Why? _____

10. What must a person do to overcome the negative aspects of his or her environment? _____

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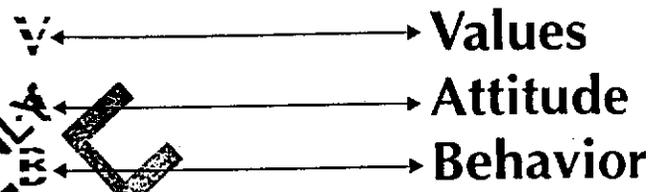
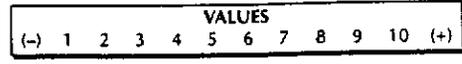
VALUES, ATTITUDES & BEHAVIOR

1. What are values? _____

2. What are some positive things people believe in? _____

3. What are some negative things people believe in? _____

4. At the top of the following chart is a 1 to 10 scale. Think about and circle the number that shows if you believe in negative or positive values. For example, positive values would be 8, 9, or 10; negative values would be 1, 2, 3, or 4.



5. What is attitude? What things help you have a negative or positive attitude? _____

6. What is behavior? What is the worst behavior someone could do? _____

7. What are some positive behaviors? _____

8. On the 1-10 scale in the lower box, circle the number that describes the behavior that got you into this class. Now draw a line between the number you circled for your values in the top box and the number you circled for your behavior in the lower box.

Is your line straight up and down or is it slanted? _____
9. What does it mean if your line is slanted? _____

10. How can a person get his or her line straight up and down and have harmony in his or her life? _____

11. What would you like to do to get your life in order? _____

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WHO IS A CRIMINAL?

1. What is your definition of a criminal? _____

2. Are all people who break the law criminals? _____ Why? _____

3. Does a real criminal suffer guilt from doing something illegal? _____ Why? _____

4. Can a person commit a criminal act without being a criminal? _____
5. Are you a criminal according to the law? Yes No
6. Do you feel you are a criminal in your heart? Yes No
7. What are some consequences a real criminal must face in his or her life? _____

8. What consequences does a person face if s/he commits a criminal act? _____

9. What are the steps a person takes to become a criminal? _____

10. Is this happening to you? _____
11. What will you do to make sure you do not become a criminal? _____

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TRUST

1. What would you do in the following situations?

YES NO

- a. You found a purse containing \$300.00 in cash in the mall parking lot. The billfold in the purse contains the owner's driver's license, several credit cards and a debit card. The PIN number for the debit card is written on the PIN card-holder. Would you return the purse with the money, the credit cards and the debit card?
- b. You are shopping at a store in the mall. You make several purchases. When you arrive home and remove your purchases from your shopping bags, you discover a \$150.00 pair of shoes that you did not buy mixed in with the items you did buy. Would you return the shoes to the store?
- c. You and friends are out eating at an expensive restaurant. Your waitress brings you your check. Everyone examines the check to determine how much each owes to cover the bill. When you receive the bill to examine, you discover that the waitress failed to include the cost of your meal on the bill. Would you notify the waitress of her mistake?
- d. You and a group of your friends are going to go to the movies. Children under the age of five can go to the movie for free. Two of the people in your group are older than five, but look very young for their age. Would you pay their admission?

2. What is your definition of trust? _____

3. Is it important that people be able to trust you? _____ Why? _____

4. Did your offense break a trust? _____ Explain. _____

5. What is the difference between trust and trustworthy? _____

6. On the scale on the right, how trustworthy are you? Fill in a box.

- 1 Always
 2 Usually
 3 Generally
 4 Frequently
 5 Occasionally
 6 Seldom
 7 Not

7. Name some people who trust you and tell why they do. _____

8. Do you want to increase the trust others have in you? _____ Why? _____

9. What positive steps will you take to increase your trustworthiness? _____

RESPONSIBILITY

1. What is responsibility? _____

2. What are some ways that people show responsibility? _____

3. Why do people use excuses to avoid accepting responsibility? _____

4. What are excuses and what do they sound like? _____

5. Who is responsible for you being in this class? _____

6. Why does using excuses cause problems? _____

7. What can you say to a friend who always makes excuses to get him/her to stop? _____

8. In what areas are you not as responsible as you could be? _____

9. How would it help you in your life to be more responsible? _____

10. What is one thing you are willing to do to be more responsible? _____

11. How will you do it? _____

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STAYING IN CONTROL

1. How do you usually behave in the following situations? Write your responses in Column 1.

ACTION	COLUMN 1	COLUMN 2
a. Being cut off in traffic	_____	_____
b. Feeling stressed	_____	_____
c. Being insulted	_____	_____
d. Meeting someone new	_____	_____
e. Feeling angry	_____	_____
f. Feeling a need to celebrate	_____	_____

2. What is the difference between being out of control and being in control? _____

3. How can a person in control respond to the situations noted in Question 1? Write your answers above in Column 2. How do they compare? _____

4. Can someone "make" you angry, upset or depressed? _____

5. How does your behavior change when you allow yourself to become angry, stressed or depressed? _____

6. If a person saw you acting angry or depressed, would they be seeing the "real" you? _____

7. If it's not the real you, how is the person to know otherwise? _____

8. How could you benefit from being more in control in your life? _____

9. What is one thing you are doing or are willing to do to take more positive control of your life? _____

STRESS

1. Stress has become a common "buzz" word lately. What is stress? _____

2. What happens to your body when you are exposed to stress? _____

3. Is stress good or bad? Explain. _____

4. What are some of the mental and physical consequences of too much stress? _____

5. Why is driving in bumper-to-bumper traffic more stressful to some people than others? _____

6. What controls the level of stress in each person? _____

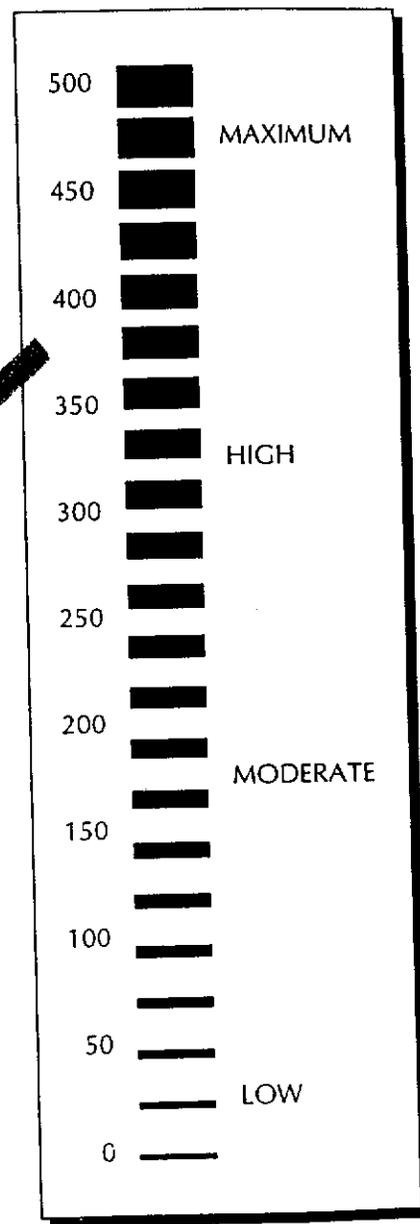
7. How can stress cause a person to develop drinking or drug problems? _____

8. What are some things that cause you stress? List as many as possible. _____

STRESS TEST

Below are stressors in a person's life, listed in order of importance. Take the numbers from Column 1 and place them in Column 2 for any of the stresses you are experiencing now. Then add all the numbers in Column 2 to score.

1	2	LIFE EVENT
100	_____	1. Death of spouse
73	_____	2. Divorce
65	_____	3. Marital separation
63	_____	4. Jail term
63	_____	5. Death of close family member
53	_____	6. Personal injury or illness
50	_____	7. Marriage
47	_____	8. Fired from work
45	_____	9. Marital reconciliation
45	_____	10. Retirement
44	_____	11. Change in health of family member
40	_____	12. Pregnancy
39	_____	13. Sex difficulties
39	_____	14. Gain of new family member
39	_____	15. Business readjustment
38	_____	16. Change in financial status
37	_____	17. Death of close friend
36	_____	18. Change to different job or work
35	_____	19. Change in number of arguments with spouse
31	_____	20. Mortgage over \$10,000
30	_____	21. Foreclosure of mortgage or loan
29	_____	22. Change in responsibilities at work
29	_____	23. Son or daughter leaving home
29	_____	24. Trouble with in-laws
28	_____	25. Outstanding personal achievement
26	_____	26. Spouse begins or stops work
26	_____	27. Begin or end school
25	_____	28. Change in living conditions
24	_____	29. Revision of personal habits
23	_____	30. Trouble with boss
20	_____	31. Change in work hours or conditions
20	_____	32. Change in residence
20	_____	33. Change in schools
19	_____	34. Change in recreation
19	_____	35. Change in church activities
18	_____	36. Change in social activities
17	_____	37. Mortgage or loan less than \$10,000
16	_____	38. Change in sleeping habits
15	_____	39. Change in number of family get-togethers
15	_____	40. Change in eating habits
13	_____	41. Vacation
12	_____	42. Christmas
11	_____	43. Minor violations of the law
	_____	TOTAL



This test is known as the Social Readjustment Scale and was developed by Dr. Thomas Holmes and Dr. Richard Rahe

COPING WITH STRESS

Take the following test. Determine how often the statement applies to you. Use the scoring guide on the right to rate each item.

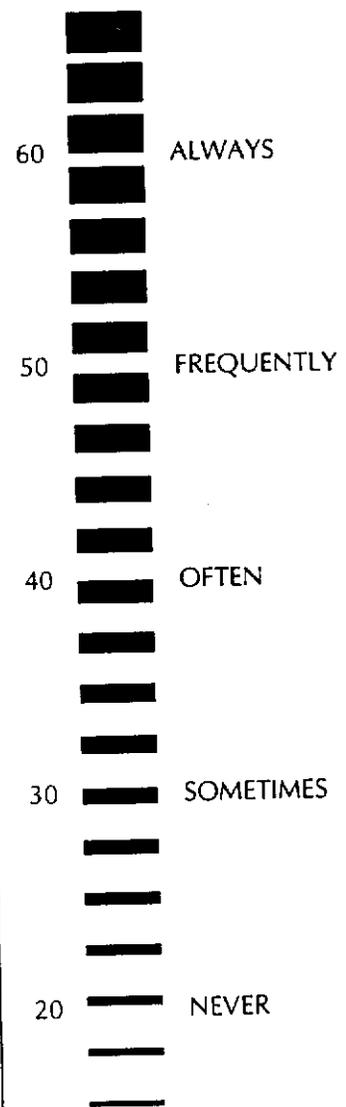
- _____ 1. I eat at least one hot, balanced meal a day.
- _____ 2. I get seven to eight hours of sleep at least four nights a week.
- _____ 3. I give and receive affection regularly.
- _____ 4. I have at least one relative within 50 miles on whom I can rely.
- _____ 5. I exercise to the point of perspiration at least twice a week.
- _____ 6. I smoke less than half a pack of cigarettes a day. (If you do not smoke, give yourself 1 point.)
- _____ 7. I take fewer than five alcoholic drinks a week. (If you do not drink, give yourself 1 point.)
- _____ 8. I am the appropriate weight for my height.
- _____ 9. I have an income adequate to meet basic expenses.
- _____ 10. I get strength from my spiritual beliefs.
- _____ 11. I regularly attend clubs or social activities.
- _____ 12. I have a network of friends and acquaintances.
- _____ 13. I have one or more friends to confide in about personal matters.
- _____ 14. I am in good health (including eyesight, hearing, teeth).
- _____ 15. I am able to speak openly about my feelings when angry or worried.
- _____ 16. I have regular conversations with the people I live with about domestic problems, e.g., chores, money, and daily-living issues.
- _____ 17. I do something for fun at least once a week.
- _____ 18. I am able to organize my time effectively.
- _____ 19. I drink less than three cups of coffee, tea or caffeinated beverages a day. (If you do not drink any of these beverages, give yourself 1 point.)
- _____ 20. I take quiet time for myself during the day.

_____ TOTAL POINTS

SCORING GUIDE

- 1 Almost Always
- 2 Often
- 3 Sometimes
- 4 Rarely
- 5 Never

LIKELIHOOD OF DEVELOPING STRESS-RELATED PROBLEMS



This test was developed by Lyle H. Miller and Alma Dell Smith from the Boston University Medical Center.

WANTS VS. NEEDS

1. Which of the following items do you think are wants and which are needs? Put a (✖) by all the needs; put a (○) by all the wants; leave blank those items that are neither needs nor wants. When you finish, circle the five most important items you would need if you were starting your life over from scratch.

- | | | |
|--|---|---|
| <p>_____ 1. Sporting equipment</p> <p>_____ 2. Better self-control</p> <p>_____ 3. A healthy body</p> <p>_____ 4. A college education</p> <p>_____ 5. A big screen color TV</p> <p>_____ 6. A good self-image</p> <p>_____ 7. Cigarettes</p> <p>_____ 8. Peace of mind</p> <p>_____ 9. Children</p> <p>_____ 10. Enough food to eat</p> <p>_____ 11. A house</p> <p>_____ 12. Job fulfillment</p> <p>_____ 13. A long vacation</p> <p>_____ 14. Daily exercise</p> <p>_____ 15. Strong religious beliefs</p> <p>_____ 16. Love</p> <p>_____ 17. A spouse</p> | <p>_____ 18. A retirement fund</p> <p>_____ 19. A dishwasher</p> <p>_____ 20. Quality time with family</p> <p>_____ 21. Tools</p> <p>_____ 22. Clothes</p> <p>_____ 23. Confidence</p> <p>_____ 24. Shelter to live</p> <p>_____ 25. A large yard</p> <p>_____ 26. Friends</p> <p>_____ 27. A pet</p> <p>_____ 28. Privacy</p> <p>_____ 29. A hobby</p> <p>_____ 30. Power</p> <p>_____ 31. A debit card</p> <p>_____ 32. The trust of others</p> <p>_____ 33. A DVD player</p> <p>_____ 34. A sports utility vehicle</p> | <p>_____ 35. Respect</p> <p>_____ 36. An important position</p> <p>_____ 37. Orthodontic treatment</p> <p>_____ 38. Alcohol/Drugs</p> <p>_____ 39. Emotional security</p> <p>_____ 40. A savings account</p> <p>_____ 41. Records, tapes & DVDs</p> <p>_____ 42. Health insurance</p> <p>_____ 43. Affection</p> <p>_____ 44. A checking account</p> <p>_____ 45. Self-reliance</p> <p>_____ 46. An apartment</p> <p>_____ 47. \$250.00 cash</p> <p>_____ 48. A drug fix</p> <p>_____ 49. A computer</p> <p>_____ 50. A Lexus</p> |
|--|---|---|

Number of Needs (✖) = _____ Number of Wants (○) = _____

2. Write your five most important items below and put them in the order of importance, with number one being the most important.

1. _____ 2. _____ 3. _____
4. _____ 5. _____

3. What needs do all people share? _____

4. What makes something a need for one person and a want for another? _____

5. What are some influences in our lives that might cause us to want things we don't really need? _____

6. How good are you at choosing between your wants and your needs? _____

7. How would spending more time and money on needs instead of wants help you? _____

ALCOHOL / DRUGS

1. The following test is used by Johns Hopkins University Hospital, Baltimore, Maryland, in deciding whether or not a patient is a problem drinker or an alcoholic or drug abuser. Answer YES or NO to the questions and enter your responses in Column 1 for alcohol and Column 2 for drugs.

	COLUMN 1		COLUMN 2	
	(Drinking)		(Drug Use)	
	YES	NO	YES	NO
1. Do you lose time from work due to drinking/drug use?	_____	_____	_____	_____
2. Is drinking/drug use making your home life unhappy?	_____	_____	_____	_____
3. Do you drink/use drugs because you are shy with others?	_____	_____	_____	_____
4. Is drinking/drug use affecting your reputation?	_____	_____	_____	_____
5. Have you ever felt remorse after drinking/drug use?	_____	_____	_____	_____
6. Have you gotten into financial difficulties as a result of drinking/drug use?	_____	_____	_____	_____
7. Does your drinking/drug use make you careless of your family's welfare?	_____	_____	_____	_____
8. Has your ambition decreased since drinking/drug use?	_____	_____	_____	_____
9. Do you crave a drink/drug at a definite time daily?	_____	_____	_____	_____
10. Do you want a drink/drug in the evening?	_____	_____	_____	_____
11. Does drinking/drug use cause you to snore in sleeping?	_____	_____	_____	_____
12. Has your efficiency decreased since drinking/drug use?	_____	_____	_____	_____
13. Is drinking/drug use jeopardizing your job or business?	_____	_____	_____	_____
14. Do you turn to lower companions and an inferior environment when drinking/using drugs?	_____	_____	_____	_____
15. Do you drink/use drugs to escape from worries or troubles?	_____	_____	_____	_____
16. Do you drink/use drugs alone?	_____	_____	_____	_____
17. Have you ever had a complete loss of memory as a result of drinking/drug use?	_____	_____	_____	_____
18. Has your physician ever treated you for drinking/drug use?	_____	_____	_____	_____
19. Do you drink/use drugs to build up your self-confidence?	_____	_____	_____	_____
20. Have you ever been to a hospital or institution due to your drinking/drug use?	_____	_____	_____	_____
TOTAL NUMBER OF YES	_____	_____	_____	_____
TOTAL NUMBER OF NO	_____	_____	_____	_____

2. Now go back and take the same test to determine if you have a drug problem. Enter your responses in Column 2.

DRUG AND ALCOHOL QUIZ

Based on your own knowledge pick the letter or letters that you believe are the most correct responses to the following statements or questions.

COCAINE

- Cocaine is a:
 a. depressant
 b. stimulant
 c. sedative
- Freebasing is a form of cocaine use by:
 a. snorting
 b. injecting
 c. smoking
- Crack is a form of cocaine used by:
 a. smoking
 b. injecting
 c. snorting
- Over a long period of time, heavy cocaine use can cause:
 a. deep depression
 b. a craving for the drug
 c. destruction of the mucous membranes
 d. none of these

ALCOHOL

- Approximately what percent of fatal highway accidents are alcohol related?
 a. 10%
 b. 45%
 c. 5%
 d. 25%
- Alcohol can cause damage or cancer of the:
 a. liver
 b. mouth
 c. stomach
 d. none of these
- Which of the items below have approximately the same amount of alcohol as a 12 oz. can of beer?
 a. 5 oz. of wine
 b. 1.5 oz. of whiskey
 c. none of these
- One factor that does not influence the effects of alcohol on an individual is:
 a. body weight
 b. amount of alcohol ingested
 c. time since last drink
 d. exercise

MARIJUANA

- The main mind-altering drug in marijuana is:
 a. PCP
 b. LSD
 c. THC
 d. none of these
- Regular use of marijuana can cause:
 a. loss of motivation
 b. increased motor skills
 c. panic anxiety
 d. all of these
- Some research studies suggest that the use of marijuana during pregnancy may cause:
 a. no ill effect
 b. premature birth
 c. low birth weight
 d. drug dependent children
- Research has shown that smoking marijuana may impair the motor skills for at least how many hours per smoking?
 a. 1 to 3 hours
 b. 4 to 6 hours
 c. 7 to 9 hours

INHALANTS

- Inhalants are breathable chemicals that produce:
 a. nothing
 b. mind-altering vapors
 c. dizziness
- People between what age ranges are likely to abuse inhalants?
 a. 7 - 17
 b. 18 - 27
 c. 28 - 38
 d. all of these
- Deep breathing of the vapors, or using a lot over a short period of time may result in:
 a. violent behavior
 b. unconsciousness
 c. death
 d. all of these

DRUG AND ALCOHOL QUIZ

CRACK

1. Crack is a street form of cheap, potent:
 - a. angel dust
 - b. LSD
 - c. cocaine
 - d. marijuana
2. The effects of crack hit the brain in:
 - a. 3 to 5 seconds
 - b. 15 to 20 seconds
 - c. 30 to 60 seconds
 - d. none of these
3. Some effects on the body from the use of crack are:
 - a. no damage occurs
 - b. fatal brain seizures
 - c. irregular heart beat
 - d. high blood pressure
4. Smoking crack can lead to changes in:
 - a. personality
 - b. behavior
 - c. blood pressure
 - d. none of these

HALLUCINOGENS

1. Hallucinogens, or psychedelics, affect:
 - a. perceptions only
 - b. sensations only
 - c. self-awareness only
 - d. emotions only
 - e. total bodily functions
2. Some hallucinogens are:
 - a. LSD
 - b. marijuana
 - c. heroin
 - d. psilocybin
3. Users of hallucinogens may experience:
 - a. feelings of helplessness
 - b. anxiety
 - c. loss of control
 - d. none of these

SEDATIVES / BARBITURATES

1. These drugs are often referred to as:
 - a. downers
 - b. tranquilizers
 - c. uppers
 - d. stimulants
2. Of all reported drug-related deaths, barbiturate overdose is a factor in how many cases?
 - a. one-third
 - b. one-fifth
 - c. neither of these
3. Some well-known barbiturates are:
 - a. Valium
 - b. Seconal
 - c. Nembutal
 - d. all of these
4. Barbiturate withdrawal can be more serious than withdrawal from:
 - a. cigarettes
 - b. heroin
 - c. cocaine
 - d. all of these

CLUB DRUGS

1. Which of the following are called "Club Drugs"?
 - a. MDMA (Ecstasy, XTC, X, Adam, Clarity, Lover's Speed)
 - b. GHB (Grievous Bodily Harm, G, Liquid Ecstasy, Georgia Home Boy)
 - c. Ketamine (Special K, K, Vitamin K, Cat Valiums)
 - d. Rohypnol (Roofies, Rophies, Roche, Forget-Me Pill)
 - e. Methamphetamine (Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass)
 - f. LSD (Acid, Boomers, Yellow Sunshines)
 - g. all of the above
2. "Club Drug" refers to:
 - a. a wide variety of drugs
 - b. one classification of drugs
 - c. drugs that may contain contaminants because of uncertain manufacturing methods
 - d. none of these
 - e. a & c

DRUG AND ALCOHOL QUIZ

3. Rohypnol is sometimes referred to as the date rape drug.
- a. true
 - b. false
4. Ketamine is an injectable anesthetic intended for veterinary use.
- a. true
 - b. false
5. GHB is a central nervous system depressant. At high doses it can:
- a. slow breathing
 - b. slow the heart rate
 - c. result in sleep
 - d. result in coma and eventual death
 - e. all of the above
6. MDMA is similar to:
- a. the stimulant amphetamine
 - b. the hallucinogen mescaline
 - c. neither a or b
 - d. a & b

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ALCOHOL, DRUGS & CRIMES

1. How many family members are affected by a drug user, an irresponsible drinker, or a person who commits criminal behavior? _____ How are they affected? _____

2. Has physical or emotional abuse ever been present in your home as a result of using drugs or drinking? _____ When? What happened? _____

3. Are you the child of a problem drug user or problem drinker? _____
4. How does your drug use or drinking habits influence your criminal activities? _____

5. Whether you are or are not a parent, how would you feel if your child had the same drug/alcohol habits as you do? _____

6. How is your family effected by your current alcohol or drug use? _____

7. Is this what you want? _____
8. What will you do to have a positive effect on your family? _____

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CONSEQUENCES

1. Are you in control when you use drugs or drink? _____
When do you lose control? _____

2. Why is it difficult to admit to a problem with drugs or alcohol? _____

3. At what stage do you consider someone to have a drug/alcohol problem? _____

4. What are some positive effects of drugs and alcohol in your life? _____

5. What are some negative effects of drugs and alcohol in your life? _____

6. Why would you allow negative things in your life? _____

7. Have drugs or alcohol contributed to your current problem? _____ How? _____

8. What will you do to stop using or use alcohol more responsibly or stop the use of illegal drugs?

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VICTIMIZATION

1. What is a victim? _____

2. Is there always a victim when someone breaks the law? _____ Why? _____

3. Can society be a victim when a crime is committed? _____ How? _____

4. Is it possible for members of the person's family who commits the crime to be a victim of the crime committed? _____ How? _____

5. Is it possible to commit a crime without someone or something being victimized? _____

6. Was there a victim(s) in the crime you committed? _____

7. What are some impacts that your crime had on the victim(s)? _____

8. What are the steps a person must take to make amends to the victim(s) of their crime? _____

9. Have you made amends to the victim(s) of your crime? _____ How? _____

10. What will you do to ensure that you engage in no other activities that result in someone being a victim? _____

CHOICES

1. When you have a problem, how do you feel when you think there aren't any choices to make?

2. What are consequences? _____

3. What does "brainstorming" mean? _____

4. What are some general rules about "brainstorming"? _____

5. Listed below are some problems. As a group, brainstorm as many choices and consequences as you can to "solve" the problem.

a. Joe has been arrested and convicted for various minor crimes. He is now thirty years old and recently has been thinking about the direction his life is taking. He has been hanging around with a group of people who are robbing homes. For the first time in his life Joe is thinking about what will happen to him if he is arrested again. Joe is confused and doesn't know what to do. What are Joe's choices and the consequences of these choices?

CHOICES

CONSEQUENCES

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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

b. Ann has been arrested and convicted of forgery. She lost her job as a result of the arrest and had to get food stamps to feed herself and her two-year-old daughter. Ann is feeling desperate and is thinking about writing hot checks again to make ends meet. What are Ann's choices and consequences?

CHOICES

CONSEQUENCES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CHOICES

6. Write down three problems you are currently facing.

- a. _____
- b. _____
- c. _____

Put a star by the problem you would most like to solve.

7. List your possible choices to solve the problem and then list the consequences of each choice.

CHOICES

CONSEQUENCES

CHOICES	CONSEQUENCES
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Which choice is the best for you?

Why? _____

8. Take the choice you picked from above and list the steps you will take to make it work.

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

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SELF-IMPROVEMENT

1. An important part of a positive self-image is understanding strengths. Get with a partner and find out all the good things you can about that person. Ask direct questions or use the words on the list below as ideas. When you finish, trade sides and have your partner do the same.

- | | | | |
|-------------------------|---------------------------|-------------|-----------|
| Brave | Good Listener | Skillful | Friendly |
| Creative | Reliable | Honest | Courteous |
| Persistent | Positive Attitude | Resourceful | Obedient |
| Hard-Working/Productive | Good Communication Skills | Loyal | _____ |
| Sensitive/Caring | Humorous | Patient | _____ |
| Use Time Effectively | Intelligent/Knowledgeable | Thrifty | _____ |

2. Tell the group about your partner.

3. What does having a "good self-image" mean to you? _____

4. How does self-image relate to success? _____

5. What does "being successful" mean to you? _____

6. Are you as successful as you would like to be? _____ Explain your answer.

7. Which one of these elements - education, experience or attitude - has the most to do with success? Why? _____

8. What are the character traits of successful people? _____

9. Which of your strengths will you work on to make yourself more successful? _____

10. Explain the chart at the right. _____



GOALS

The best way to do the things that will help you improve is to set goals and accomplish them.

1. What is a goal? _____

2. Discuss the importance of the following steps of goal setting:

- a. State the goal in specific terms.
- b. Write the goal down.
- c. Decide why you want to do it.
- d. Make sure you can do it.
- e. Set time limits and deadlines to do it.
- f. Share it with someone who can help you.
- g. Break the goal into small steps that can be done one at a time.
- h. Visualize obtaining the goal.
- i. Reward yourself.

3. How is the goal setting process important to you? _____

4. Have you ever had difficulties setting and obtaining goals? _____
If so, what steps from question #2 did you fail to do? _____

5. What is the hardest thing for you to do when you are setting or accomplishing goals? _____

6. How will you overcome these concerns and accomplish your goals? _____

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FUTURE GOAL SHEET

1. What is one long-range goal you have set for yourself? _____

2. What can you do for yourself when rewards for change aren't immediate? _____

3. On the chart below, plan how you will structure your short-range goals so you can accomplish your long-range goal.

My reward will be: _____

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Step 2: _____

Steps I will take
to reach my goal:

Step 1: _____

My goal is: _____

Where I am: _____

WORKSHOP EVALUATION

NAME			DATE	
AGE	SEX	RACE	CITY	STATE
WORKBOOK TITLE			FACILITATOR	

Section 1: Use the scale below to rate the following questions.

1 **2** **3** **4** **5** **6** **7**
No Help **Poor** **Fair** **Average** **Good** **Very Good** **Excellent**

1. _____ What is your overall evaluation of the presentation?

2. _____ To what extent was the presentation helpful?

3. _____ What is your overall evaluation of the instructor?

4. _____ What is your overall evaluation of the material presented?

Section 2: Your opinions are important. Please share them with us by answering the following questions.

5. What was the best or most helpful part of the presentation? _____

6. What was the least helpful part? _____

7. What suggestions do you have for improvement? _____

8. What do you plan to do with what you learned? _____

Workshop Evaluation

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