

Tell Your Story

1. Use the following questions to examine your offense and discuss your feelings with the group.

What is your name
and where are you from?

Were you more upset
that you had been caught or that
you were breaking the law?

What offense
are you charged with?

Tell us about your
plan to commit this crime.

Why did you do it?

Have you been in
trouble with the law before?

How and where
were you apprehended?

Has your life
changed since the arrest?

How did you feel
when you were caught?

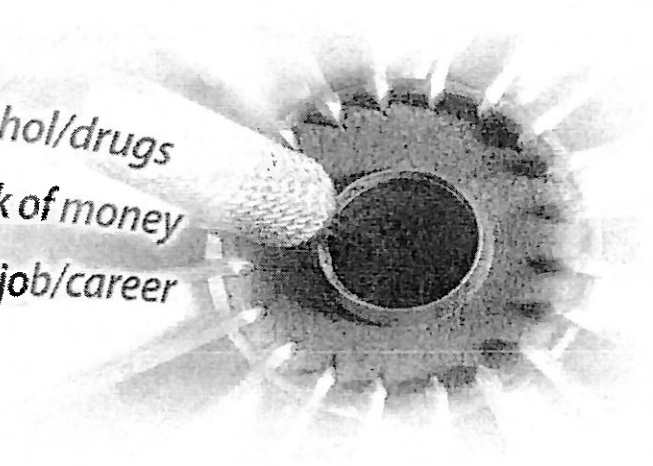
Are there people close
to you whom you haven't told about
this experience? Why?

Tell Your Story

2. Circle any of the items below that you think may have contributed to your arrest or your involvement with the court system.

Problems with:

marriage loss of job alcohol/drugs
poor health poor self image lack of money
parents children lack of good job/career



3. Which of the items listed above have been affected by your arrest or involvement with the court?

4. Explain how they have been affected.

Contributing Factors

1. What is an environment? _____

2. What is a positive environment? _____

3. What is a negative environment? _____

4. Fill in the boxes below with the important people that were part of your environment and contributed to the development of your values and beliefs.

0-18 Years

19 Years +

5. Has your environment influenced your negative behavior? _____

How? _____

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

Why? _____

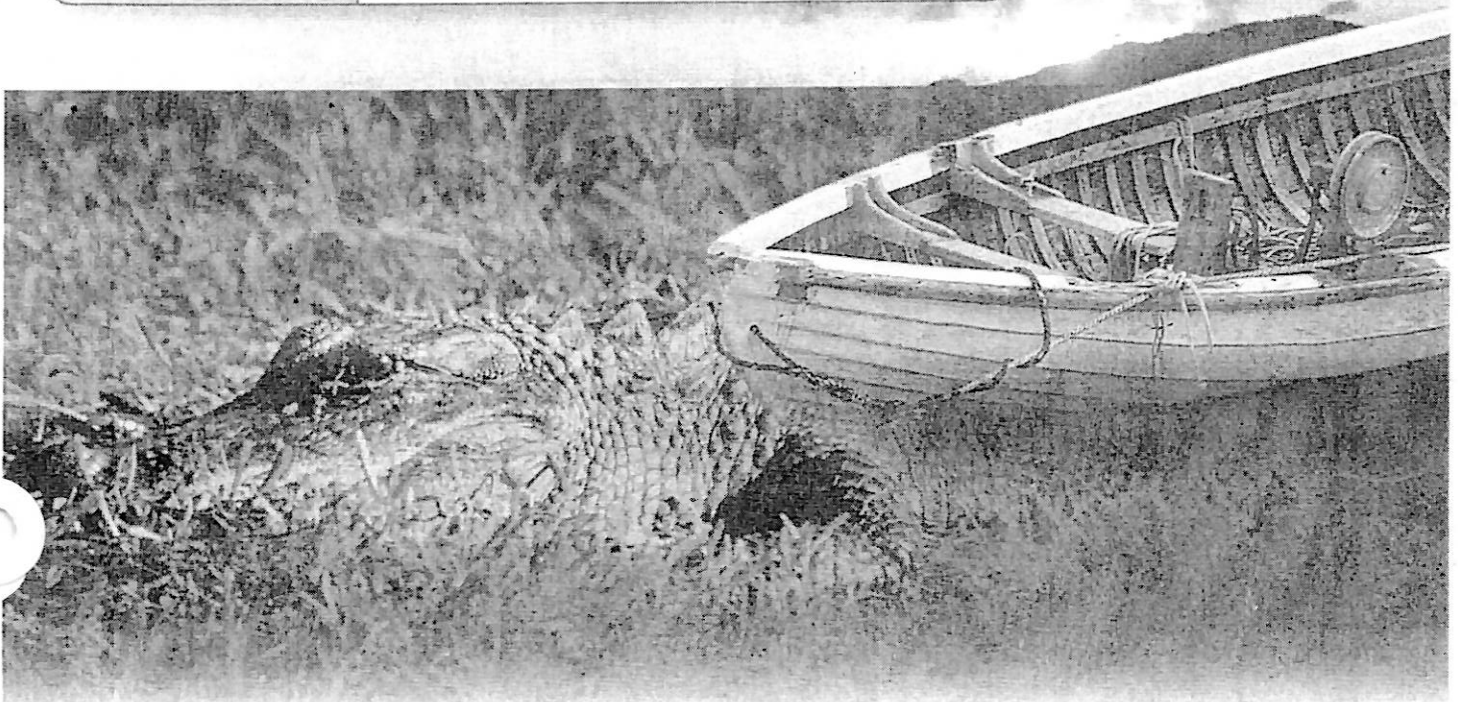
7. What must a person do to overcome the negative aspects of his or her environment?



Values, Attitudes, Behaviors

1. On the grid below, rank all four characters in the story *Alligator River* from worst to least worst.

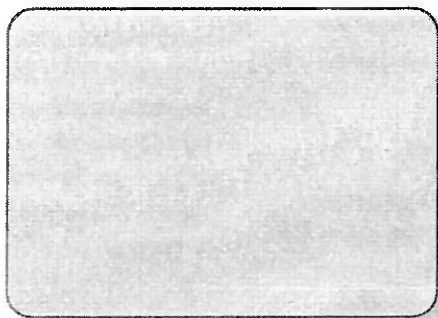
Rank	Why?
#1 Worst	
#2	
#3	
#4 Least Worst	



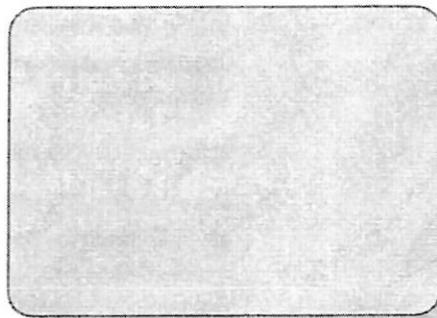
Values, Attitudes, Behaviors

2. What are values? _____

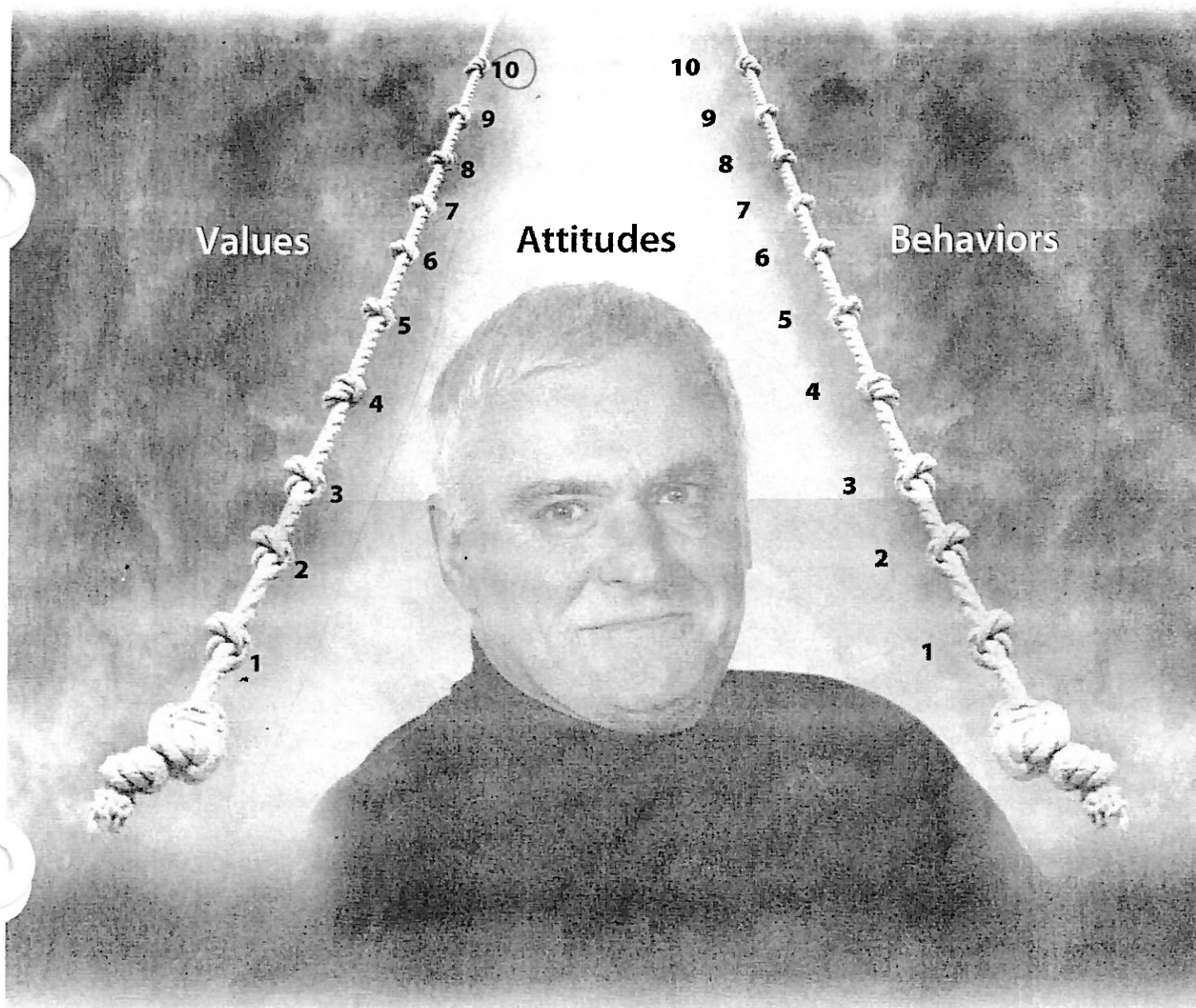
3. What are some positive things people believe in?



4. What are some negative things people believe in?



5. On the VALUE ROPE 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.



Values, Attitudes, Behaviors

6. What is an attitude? _____

7. How easily are attitudes changed? _____

Give an example. _____

8. What is behavior? _____

9. On the BEHAVIOR ROPE on the preceding page, circle the number that describes the behavior that got you into trouble. Now draw a line between the number you circled on the VALUE ROPE and the number you circled on the BEHAVIOR ROPE. Is your line straight across or is it slanted?

10. What does it mean if your line is slanted? _____

11. What does it mean if your line is straight across? _____

12. How would a person get his/her line straight across? _____

13. What would you like to do to get your line straight across and put your life in order?



Trust

1. What would you do in the following situations? Yes or no answers.

a. You find a wallet with \$280.00 in cash beside an ATM. The owner's driver's license, ATM and credit cards are in it.

Will you return the wallet with the money, ATM card, credit cards and its other contents to the owner or authorities? _____

b. You are eating at a restaurant and the waiter brings you the check. You have not been charged for everything you ordered and ate. Will you notify the waiter of his mistake and pay for the actual cost of the meal? _____

c. You go to an amusement park where children under the age of five are admitted free of charge. A child with you is six and a half years old but can easily pass for under five. Will you pay for his admission? _____

~~d. You go to the grocery store and pick up \$46 worth of needed groceries, but you know your checking account only contains \$20. Will you write the store a check anyway?~~ _____

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? _____

How? _____

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



6. On the scale below, how trustworthy do you think you are? Circle a number.



Trust

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

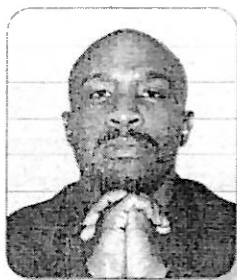
8. Do you want to increase the trust others have in you? _____

Why? _____

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



Who is a Criminal?



criminal?

☐ Yes ☐ No



criminal?

☐ Yes ☐ No



criminal?

☐ Yes ☐ No



criminal?

☐ Yes ☐ No



criminal?

☐ Yes ☐ No

1. What is your definition of a criminal? _____

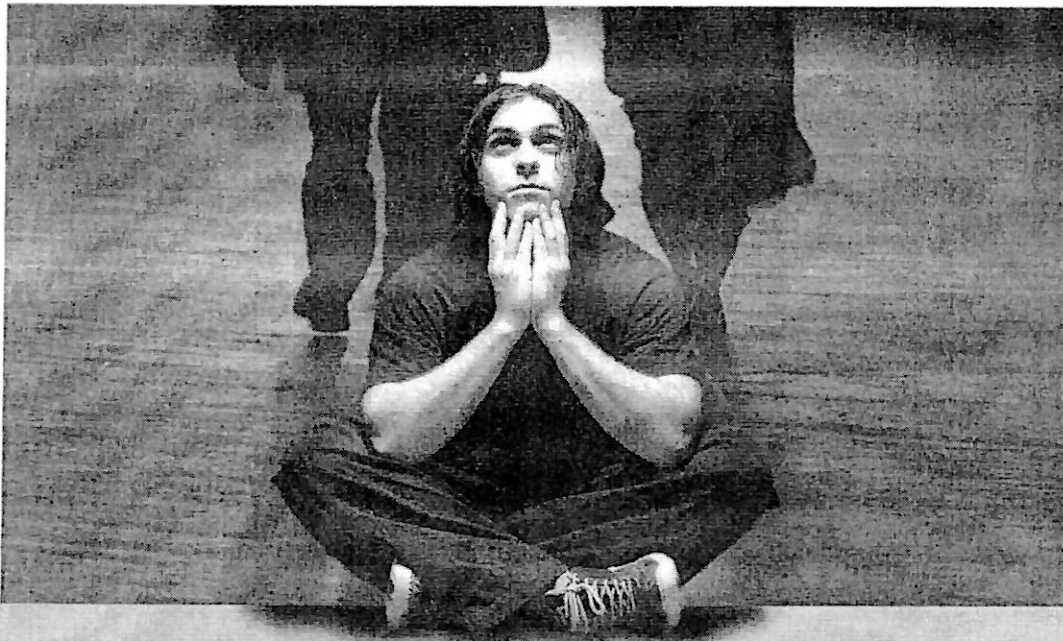
2. Are all people who break the law criminals? _____
Why? _____
3. Does a real criminal suffer guilt from doing something illegal? _____
Why? _____
4. Can a person commit a criminal act without being a criminal? _____
5. Are you a criminal according to the law? _____
6. Do you feel you are a criminal in your heart? _____
7. What are some consequences a real criminal must face in his or her life?

Who is a Criminal?

8. What consequences does a noncriminal face if he/she commits a criminal act? _____

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

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



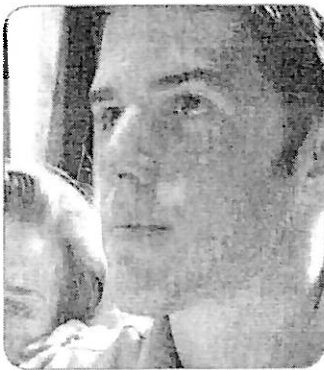
10. Is this happening to you? _____

11. What will you do to make sure you do not become a criminal? _____

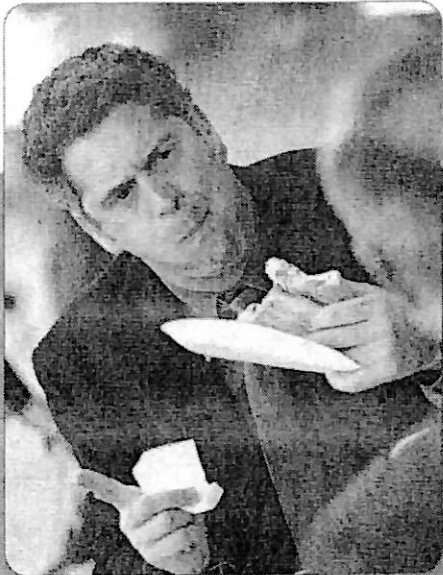
Addiction

1. Define addiction. _____

2. What does an addict look and act like? _____



3. Can you have an addiction to something other than alcohol or drugs? If so, why and how? What does it look and act like? _____



Addiction

4. How do you know if you are addicted to alcohol and/or drugs? _____

5. How do the following words relate to alcoholism and/or drug addiction?

A. *Brain Dysfunction* _____

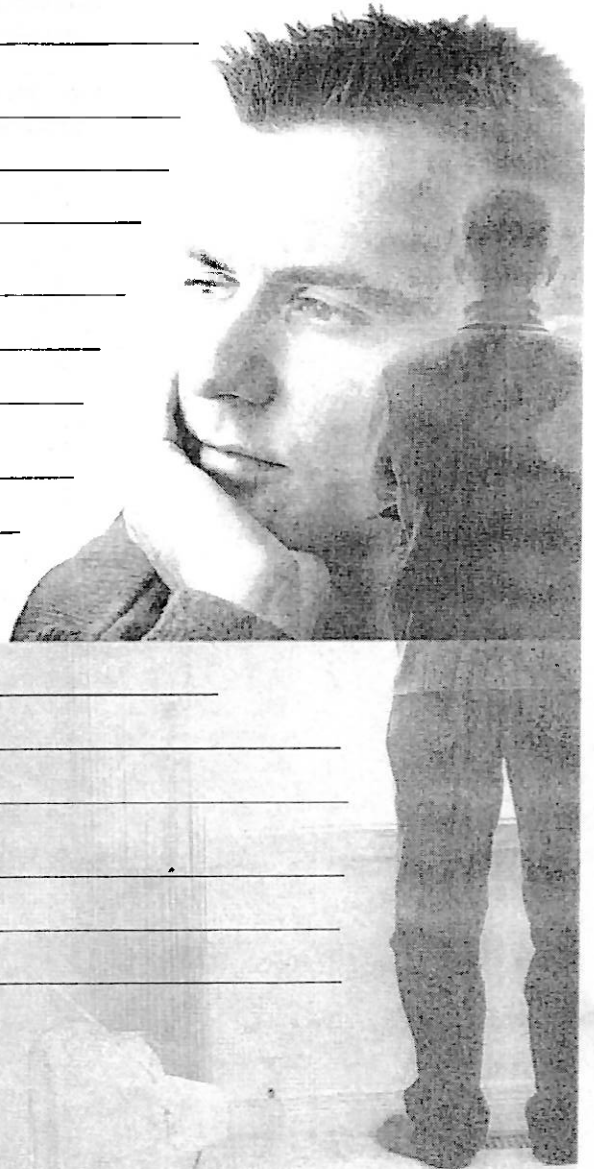
B. *Malnutrition and Metabolic Dysfunction* _____

C. *Liver Disease and Other Medical Complications* _____

D. *Addictive Preoccupation* _____

E. *Social Consequences* _____

F. *Criminal Behaviors* _____



Addiction

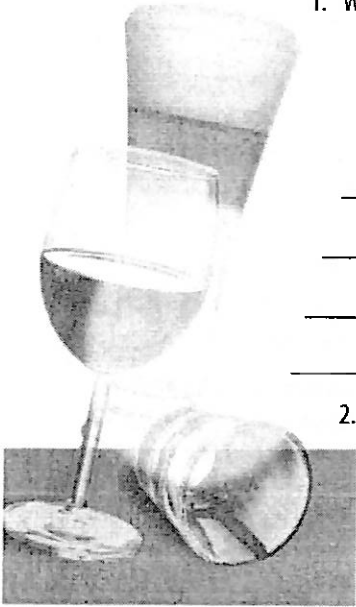
6. Have you ever known an alcoholic or drug addict? How did you know they were addicted to alcohol or drugs? _____

7. What do you look and act like when you have access to and use your drugs of choice? Is it similar to actions of an addict?

8. What do you need to do to quit your drugs of choice? _____



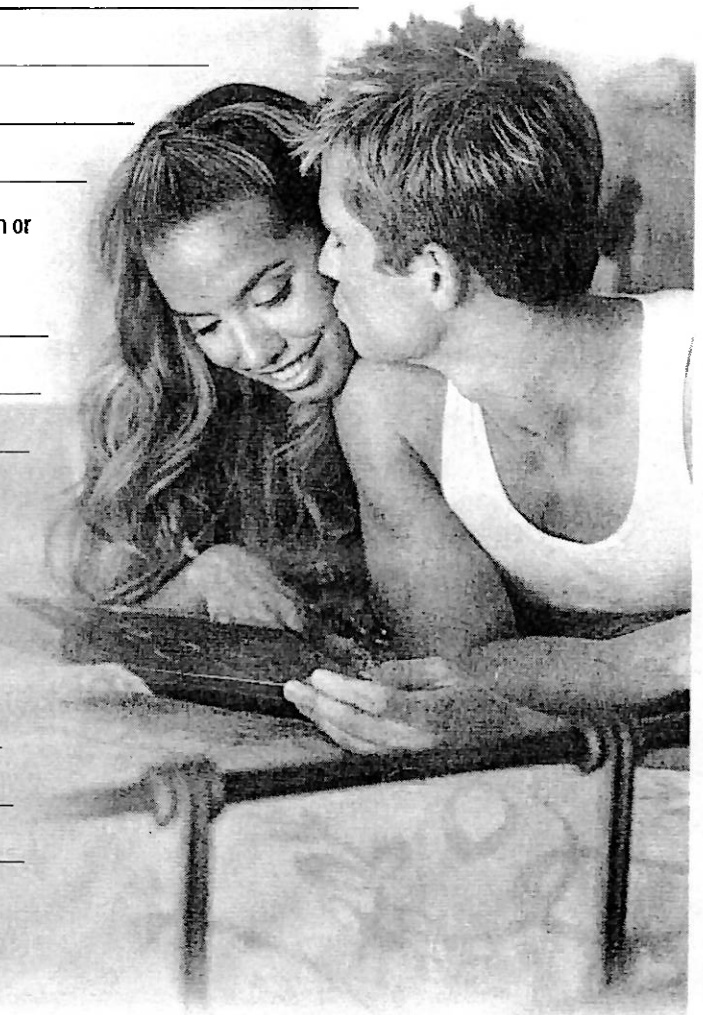
Substance Use/Abuse and Sexually Transmitted Diseases



1. What are some of the diseases you can transmit to another person through sexual activity? _____

2. Why are you at greater risk for contracting or spreading a sexually transmitted disease of infectious disease when you use alcohol and/or drugs? _____

3. Where can you go in your community if you need to seek an examination or treatment for STDs or infectious disease? _____



Consequences of Substance Abuse

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 would you consider someone to have a 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? _____

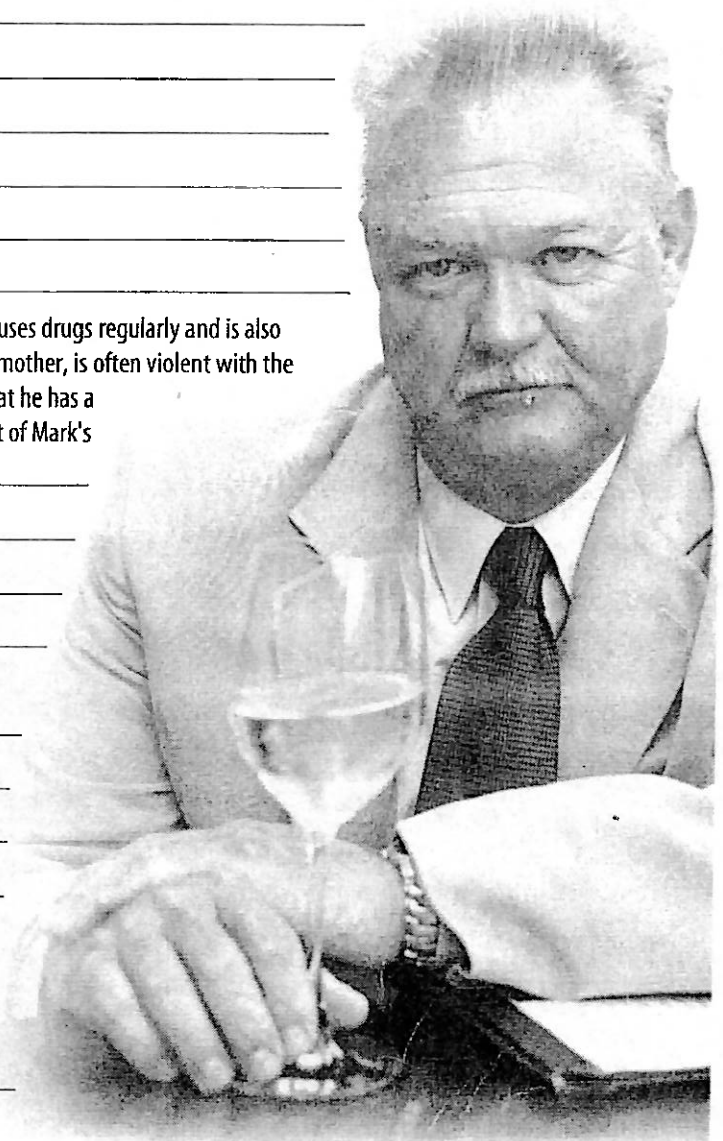
6. Why would someone allow these negative things in his or her life? _____

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

8. Tammy (4 years old) and Jason (6 years old) have a father (Mark) who uses drugs regularly and is also getting involved in some illegal activity. Mark sometimes abuses their mother, is often violent with the children and can't hold a job. He won't go for treatment and denies that he has a problem. What are some consequences the children will face as a result of Mark's problems? _____

9. Pretend it is your job to counsel Mark and the other family members. What is your advice? _____

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



Effects On the Family

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? _____

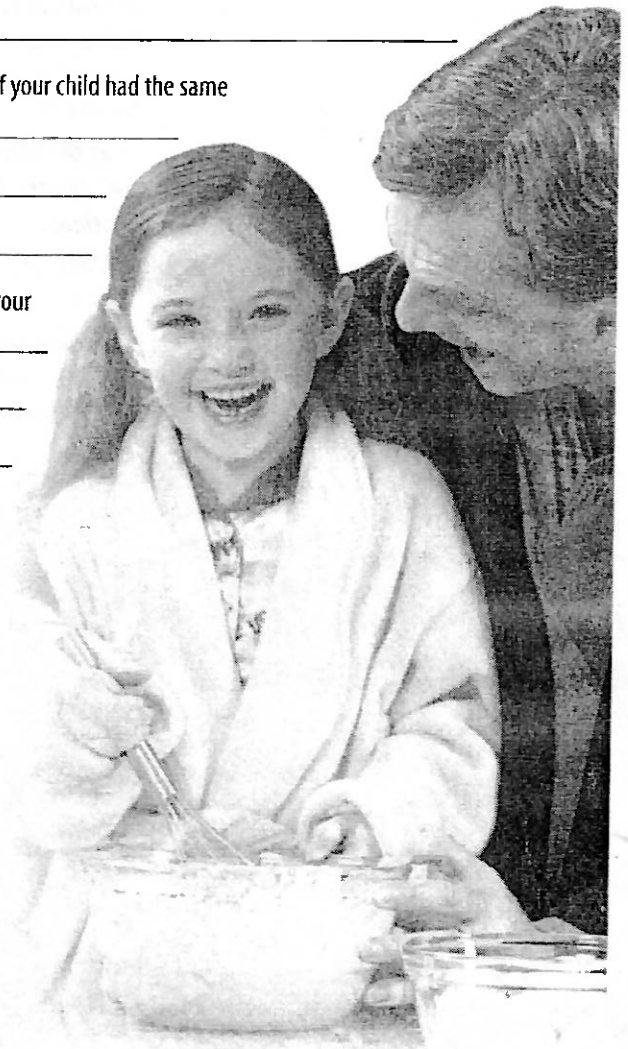
4. How does your drug use or drinking habits influence your criminal activities? _____

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. What are the current effects on your family because of your alcohol, drug use or criminal behavior? _____

7. Is this what you want? _____

8. What will you do to have a positive effect on your family? _____



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 would a person in control respond to the situations listed in Question 1? Write your answers above in Column 2.

Are they the same or different? _____

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

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

6. If a person saw you acting angry, upset 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? _____

1. What is responsibility?

2. What are some ways that people show responsibility?

3. What are excuses and what do they sound like?

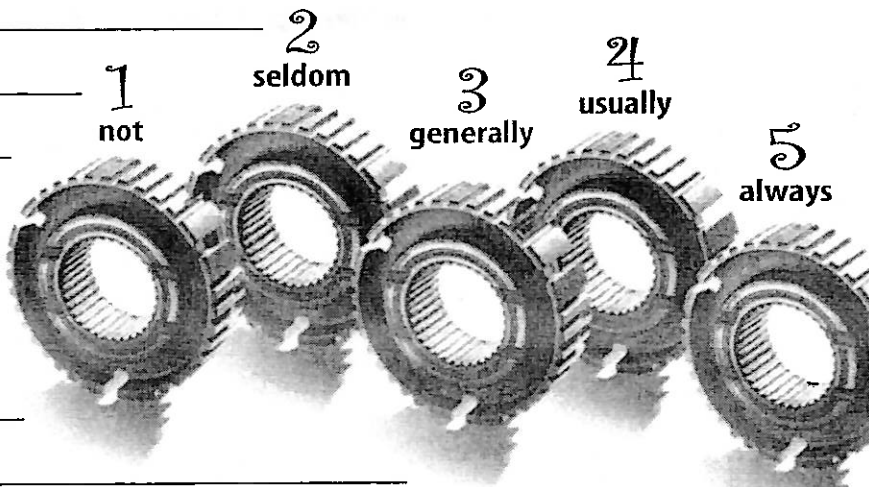
4. Why do people use excuses?

5. Why does using excuses cause problems?

6. What would you say to a person who uses excuses?

7. Who is responsible for you being in this class?

8. Using the picture above indicate how responsible you think you are by circling a number.



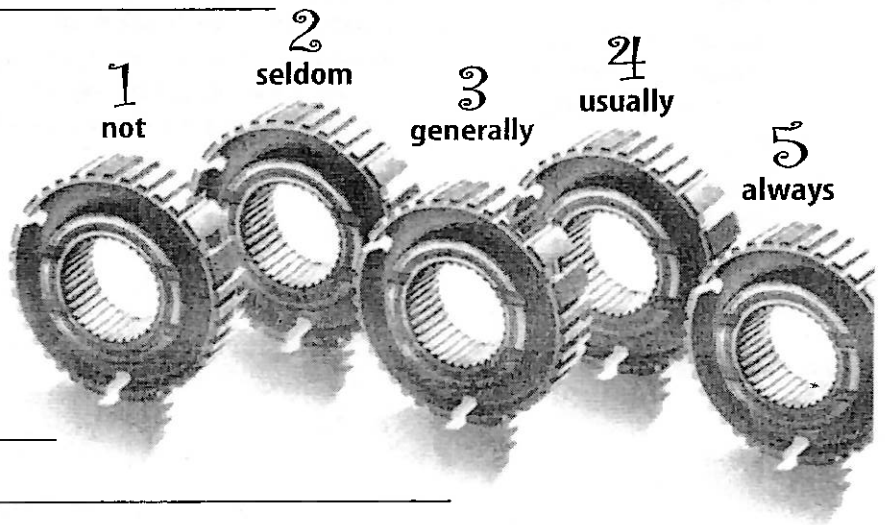
Responsibility

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

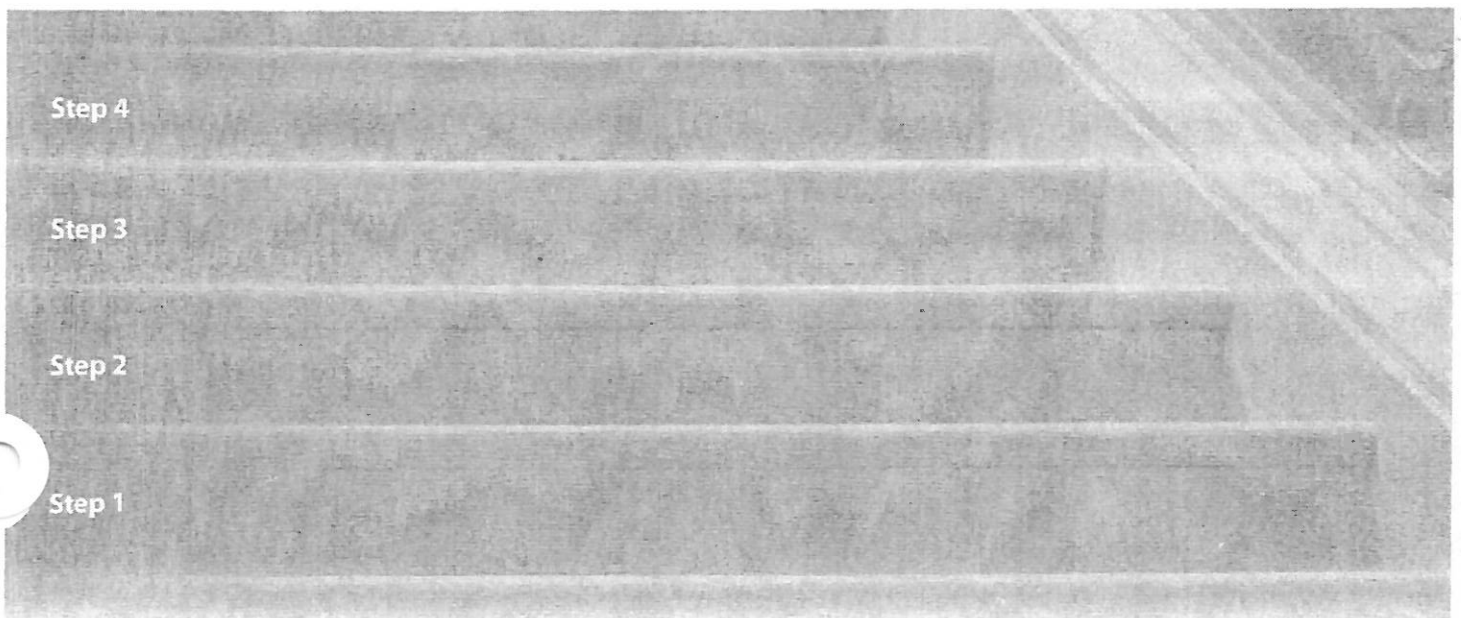
10. How would it improve your life if you were more responsible?

11. Using the picture indicate how responsible you would like for others to believe you are? Circle a number.

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



13. Using the stair steps identify the steps that are needed to accomplish this goal.



Freedom

a. The person I'll bring is

b. The thing I'll bring is

1. You and other members of this class have just found out you are to start a new civilization on an island that has plenty of food, water and building materials. You each can bring one person and one item with you.

Why?

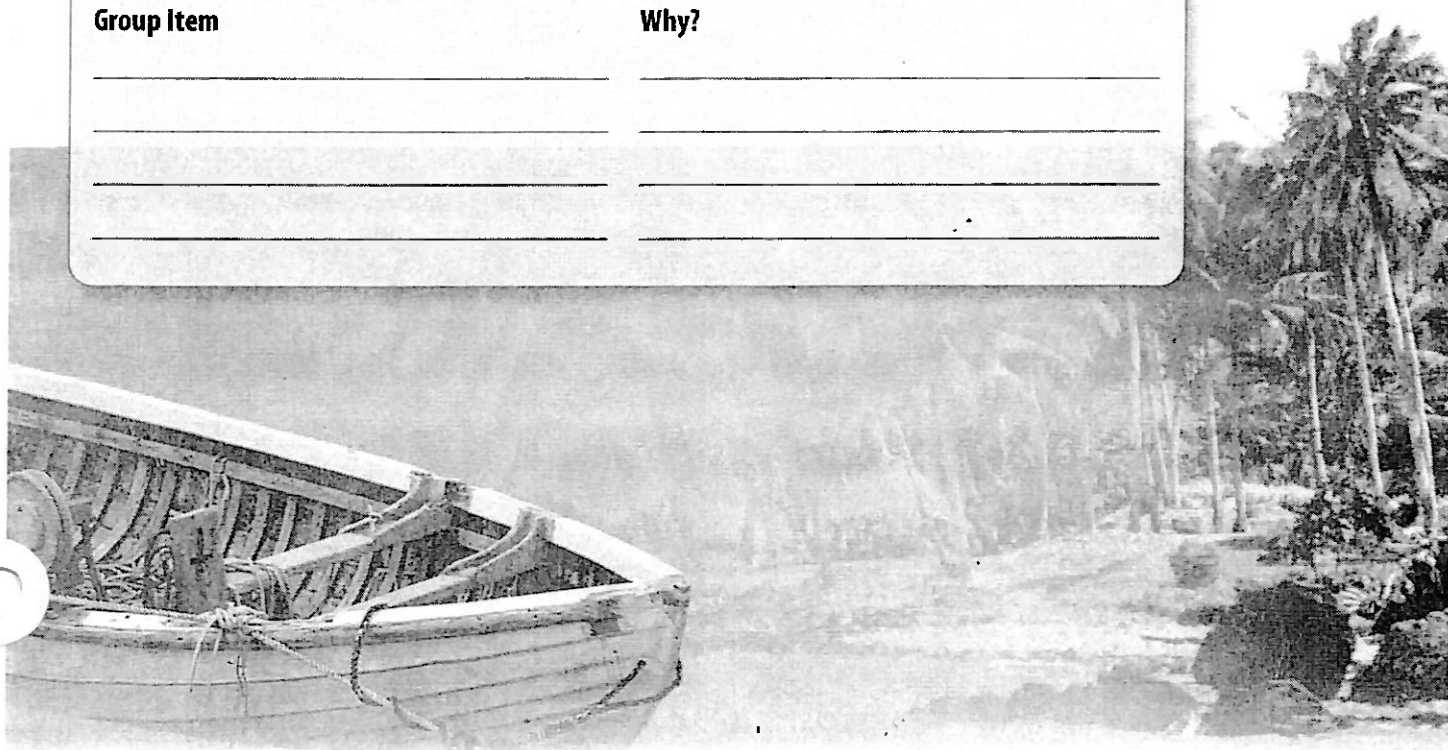
Why?

Group People

Why?

Group Item

Why?



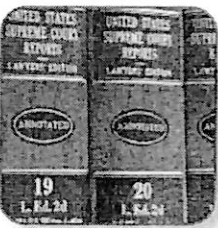
Freedom

2. As a group, you must set up your own society and government. How will you do it?



a. The goal of our society is: _____

b. Our government will run like this: _____



c. Our basic laws will be: _____

d. Our authority figure will be: _____



e. Those who break our laws will have to: _____

f. The success of our society will depend on: _____



Freedom

3. What are the similarities and differences between our government and the one your group created?

Similarities

Differences

4. How do the laws of our current government protect you and keep you free? _____

5. What do you have to do in this country to be free? _____

6. On the list below, put a "P" by the things you think are privileges and an "R" by the things you think are rights.

_____ Choice of religion

_____ Getting a loan

_____ Driving a car

_____ Voting

_____ Education

_____ Unrestricted travel

_____ Trial by a jury

_____ Style of dress

_____ A good paying job

_____ Vacation time

_____ Choice of spouse

_____ Adequate housing

_____ Disciplining children

_____ Respect

_____ Bearing arms

_____ Police protection

_____ Speaking your mind

_____ Food to eat

7. How many do you have of each? Privileges:

Rights:

Freedom

8. Do your answers agree with the others in your group?

Explain. _____

9. What is the difference between a privilege and a right? _____

10. Where do rights and privileges come from? _____

11. What would happen in this country if everyone did what he/she wanted and there were no governments, no police and no jails? _____

12. How important is it to you to have the rights discussed earlier? _____

Why? _____

13. What could cause you to lose your rights? _____

14. Is freedom a right or a privilege? Explain. _____

15. In addition to jails that restrict freedom, there is also a type of "mental jail." What is it and how do people get in a "mental jail"? _____

16. How can you stay free from "mental jail"? _____

17. Earlier in this workbook, we talked about values, attitudes and behavior.
What are the values and behavior like for someone who is in a "mental jail"? _____

18. What kind of decisions will help you to remain mentally free? _____

19. What is your long-range plan to stay free? _____

Victimization

1. What is a victim? _____

2. Is there always a victim when someone breaks the law? ☐ Yes ☐ No
Why? _____

3. Can society be a victim when a crime is committed? ☐ Yes ☐ No
How? _____

4. Is it possible for the family of the person who commits the crime to be a victim of the crime? ☐ Yes ☐ No
How? _____

5. Is it possible to commit a crime without someone or something being victimized? ☐ Yes ☐ No

6. Was there a victim(s) in the crime you committed? ☐ Yes ☐ No

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? ☐ Yes ☐ No
How? _____

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

