

## **MODULE 1C**

# **LIFE SKILLS SUPPORT GROUP**

## **THE RIGHT FRAME OF MIND**

### **RESPONSIBILITY**

**GOALS:** This module helps participants gain a sense of control over life outcomes by making informed choices. They will learn the value of admitting past mistakes. The consequences of decision-making will be highlighted.

**OBJECTIVES:** Participants will be able to:

- identify barriers to achieving past goals and come up with new remedies
- become more comfortable in making decisions
- accept credit and rewards for what is done well while admitting mistakes

**MATERIALS:** Handouts: Responsibility, Barriers in My Past/Present, Making Better Choices

## RESPONSIBILITY

Have you noticed that few people want to take responsibility these days? There is trash on the front side walk. Who picks it up? You often hear, it's not my job! No, it's not your job, but you live there and it may reflect poorly on you. Not taking responsibility for what goes undone is one thing, but if you don't take responsibility for your life decisions you will pay. Just the thought of taking on one more responsibility is perhaps tiring to most people who are already over stressed with family and work duties. But, there is one positive way to think about it: being more responsible can also mean taking more control over what happens to you. The more you can determine the positive things in your life the more you will have them. If you leave control in the hands of someone else, or in the hands of the "system," you will no doubt find the outcome may not be what you want. So one way of getting more of what you want from life is to make sure that the outcome turns out in your favor. Take the responsibility!

## BARRIERS IN MY PAST

List some of the things, situations, or people that have hindered you in the past from achieving your goals.

1.

2.

3.

4.

## BARRIERS IN MY PRESENT

There are things, situations or people that are currently interfering with you reaching your goals.

1.

2.

3.

4.

## MAKING BETTER CHOICES

Most mistakes in the past can be attributed to making poor choices. The good thing about past failures is the opportunity to learn from them. We learn what not to do, who to trust and why. We also learn that more help or information may be needed next time.

### SOME THINGS I HAVE LEARNED FROM PAST MISTAKES

- 1.
- 2.
- 3.
- 4.
- 5.

### WHEN I SUCCEED AT A GOAL I PLAN TO REWARD MYSELF BY

- 1.
- 2.
- 3.

## ADDRESSING SUBSTANCE USE/ABUSE ISSUES

The art of making good choices and informed decisions is not an easy task. It takes time and thought. One has to consider how our actions affect others. Substance use alters one's ability to process information and make responsible action plans. Often things done under the influence of drugs or alcohol can have long term effects.

### THINGS THAT I REGRET DONE UNDER THE INFLUENCE OF DRUGS OR ALCOHOL

- 1.
- 2.
- 3.

### THINGS I CAN DO OR SAY TO TAKE RESPONSIBILITY FOR MY ACTIONS UNDER THE INFLUENCE

- 1.
- 2.
- 3.