Staying On Track

plus Responsible Thinking

Facilitator Guide
with Lesson Discussion Plans
and Reproducible Group Exercises
How to Make Difficult Decisions ................................................................. 79
Get a Grip on Your Time ........................................................................... 83
Endurance Training .................................................................................. 86

4

Check Your Thinking ................................................................................ 88
Checklist for Change ............................................................................... 89
My Obligations ......................................................................................... 93
Are You a Survivor? ............................................................................... 96
Get Out of Your Rut and Get Unstuck .................................................... 98
Are You Setting Yourself Up for Failure ................................................. 101
Why Is It So Hard To Stay Committed? .................................................. 105

5

Keep Thinking Responsible Thoughts .................................................... 109
May I Be Excused, Please? .................................................................... 110
Finding Common Ground ...................................................................... 113
Running the Responsibility Race ........................................................... 117
Finding Room for Improvement ............................................................... 121
On Your Mark, Get Set, Make Goals! ....................................................... 125
Why Am I So Tired? ............................................................................... 129
Honest People I Admire ......................................................................... 132

6

Dealing with What Bugs Me! (Anger and Other Mindsets) ...................... 134
What Could You Do Differently? ............................................................. 135
Anger Replacement ............................................................................... 139
Get Real, Get Right, Stay Calm ................................................................. 143
Are You Putting Off Your Potential? ....................................................... 147
How To Communicate Your Opinions and Ideas ...................................... 151
How To Communicate Your Feelings .................................................................155
How To Communicate Your Wants and Wishes ................................................159

Dealing with What Bugs Me! ........................................................................163
What Bugs Me about THEM? .......................................................................167
What Bugs Me about THIS PLACE! .............................................................171
What Bugs Me about IT! ...............................................................................175
What Bugs Me about ME! .............................................................................179
Part of the Problem or Solution? .................................................................183

Responsible Thinking (open thinking) .......................................................187
Reliable and Trustworthy .............................................................................191
Open Thinking ...............................................................................................195
Procrastination is Closed Minded .................................................................198
Personal Accountability .................................................................................199
A Fair Mind Is an Open Mind ......................................................................202
A Fair Mind is Accountable to Self ..............................................................205
Every Life Has Its Lemons ..........................................................................208
Self Respect ..................................................................................................209
Self Respect vs. Inadequate .........................................................................213
Self Respect vs. Dissatisfaction .................................................................217
Self Respect vs. Daily Habits ......................................................................221
Positive Activity Balance ...........................................................................224
Daily Effort .................................................................................................225
Are You Busy? .............................................................................................229
The Complicated Life of Inactivity ..............................................................233
Rest from Mindless Pleasures ................................................................. 233
Self Discipline ................................................................................................. 236
Small Changes, Big Impact ........................................................................ 237
Double-Minded Doubt .................................................................................. 241
A Way Out of The Desert ........................................................................... 245
Courage over Fear .......................................................................................... 248
Courage of Heart and Mind ........................................................................ 249
Convinced Leads to Courage ....................................................................... 253
Speak Your Mind Wisely with Courage ......................................................... 257
Healthy Relationships ................................................................................... 260
Are You Trying To Be God? ......................................................................... 261
Don’t Let Your Goals Steal Your Relationships ........................................... 265
Unfriendly Comparisons .............................................................................. 269
Respect for Others ......................................................................................... 272
Values Check .................................................................................................. 273
Relationship Progress in the Present ............................................................. 277
Give Positives To Receive Positives .............................................................. 281
True Humility .................................................................................................. 284
True Humility .................................................................................................. 285
A Life of Humility Is a Life of Honor .............................................................. 289
Empathy .......................................................................................................... 293
Excellence - Humility = 0 ............................................................................ 297
Devote Yourself to Humility ......................................................................... 301
Instructions for Group Facilitators

Truthought group exercises and discussion plans are NOT intended to be administered in sequence, neither is it necessary to do all of them. It is entirely up to the judgment of facilitators to select the exercises and sequence that they deem most suitable for their learners and program length. The surplus of lesson options allows multiple facilitators to use the curriculum without repeating the same lessons.

Thinking Assessment

Establishing a baseline among your group will help everyone get off to a running start. The Truthought Thinking Assessment, which is available for free from Truthought.com, will help you pinpoint the best starting mark and most important focus for your group.

Each learner’s score indicates their dominant Thinking Barriers from the highest to the lowest. Compare the top 2 or 3 scores across the spectrum of learners’ results and the most common thinking patterns among the group emerge as the target for addressing risk, needs and intervention within the group context. The correlating number of Responsible Thinking (1-9) represents the focus for directed skill practice.

Please note that when you are targeting any of the thinking barriers you are truly touching on all of them. It is best practice to use your own judgment as to what exercise will be most suitable and effective for your group. You can find more information and the Truthought Thinking Assessment at Truthought.com.

Each section contains group-tested, evidence-based, cognitive behavioral exercises with discussion plans designed to develop cognitive processes for responsible decision-making and to promote pro-social, responsible lifestyles. Together, the written exercises and lesson discussion plans maximize learning and promote meaningful lifestyle choices.

In addition daily thinking journals and consequence reports can be used and these can be found in the section at the back of this publication.

Group Lesson Discussion Plans

Discussion plans are created with the busy facilitator in mind offering instructions for group discussions for each of the cognitive behavioral exercises. The lesson plans are easy to follow so that someone with no previous exposure to Truthought can implement this curriculum with ease.

Look for a quote page and/or “envelope page” prior to each set of exercise pages to signal a discussion plan for facilitators. The quotes are included simply to encourage and stimulate thinking. Group discussion instructions are posted on each “manila envelope” and include:

- A harmful truth is better than a useful lie. - Thomas Merton
Think of the Consequences Before You Act

- If anything can go wrong, it will
- Remember, doing this = trouble, prison, death
One of these days is none of these days. What may be done at any time will be done no time.

M. Tupper
Discussion Plan

Taking It for Granted

Common Ground  During our time together I will do whatever it takes to offer support to others, and be open to the suggestions of others.

Opening Let’s take a look at how taking things for granted can affect us, and then look for ways to avoid taking those things for granted.

Suggested Questions
1. Share one or two things that you take for granted. Discuss with the group what you see as being the consequences for taking these things for granted.
2. While discussing, suggest ways that each specific person could begin thinking differently to help him or her avoid taking their things for granted.
3. Based on your discussion with the other group members, commit to changing your thinking on one or more of the situations you shared, and make a plan of how you will do this. Explain when, where, how, and with whom you will do this.
Taking It for Granted

1. List what you think the consequences are when you take each of the following for granted. (Taking something for granted means ignoring it.)

   My freedom

   My health

   My Higher Power

   My integrity (Integrity means willingness to consistently treat others with respect, act responsibly and keep rules and laws, whether anyone knows it or not.)
My community

My Family

My teacher, counselor, and other people in authority over me

This written exercise

How willing are you to stop using tactics today?

<table>
<thead>
<tr>
<th></th>
<th>Closed</th>
<th>I'll Try</th>
<th>I'll Do</th>
<th>I'll Do Whatever</th>
<th>My Best</th>
<th>It Takes</th>
</tr>
</thead>
</table>

Today
- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

Total So far
- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

One of these days is none of these days. What may be done at any time will be done at no time.

- M. Tupper
God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Serenity Prayer
Looking Back and Looking Ahead

Common Ground  During our time together I will do whatever it takes to find one new way I can improve my reputation.

Opening  Today, let’s look ahead and devise ways we can create healthy reputations in the future.

Suggested Questions
1. Share your answer to the question, “How can decisions people make when they are older help change the reputation they earned when they were younger?”
2. Discuss as a group, offering additional viewpoints that a person in your group may not have considered when they thought of their answer. Keep an open mind and express any new ideas that you agree with as they come up during the discussion.
3. Based on the comments, write one way/situation in which you want to begin developing a better reputation as you move forward in life. Create a plan of how you will do this, including when, where, how, and with whom.
4. Be prepared to offer examples of your progress in the next group meeting.
Looking Back and Looking Ahead

1. How do decisions people make when they are young affect their lives later, when they are older?

2. How have the decisions you made when you were younger affected your life today?
3. How can decisions people make when they are older help change the reputation they earned when they were younger?

4. What decisions will you make today that will change and improve the reputation you earned when you were younger?

How willing are you to stop using tactics today?

<table>
<thead>
<tr>
<th></th>
<th>Closed</th>
<th>I’ll Try</th>
<th>I’ll Do</th>
<th>I’ll Do Whatever</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsible</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Irresponsible</td>
<td></td>
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<td></td>
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<tr>
<td>Arrestable</td>
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<td></td>
</tr>
<tr>
<td>Extreme</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Today
- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

Total So far
- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

– Serenity Prayer
Discussion Plan

Self Respect vs. Daily Habits

Common Ground  During our time together I will do whatever it takes to find one positive way to end a negative habit.

Opening  Let’s tackle our negative habits with positive energy and ideas.

Suggested Questions
1. Describe a negative habit you have and share what it steals from your life.
2. What positive replacement will you use to remove and replace the habit?
3. Ask the group to share other positive ideas that will encourage or help the person overcome the habit with something positive.
4. Develop a plan to replace 3 negative habits with something positive over the next 3 weeks and share it with the group.
5. Ask the group to share other positive ideas that will encourage or help the person overcome all 3 habits.
Self Respect vs. Daily Habits

When we put off responsibility we replace it with ways to cope with being stuck and bored. We falsely think we are deprived of something, so we substitute daily addictive pleasures that feel satisfying when they are actually stealing our best life away from us. Here are a few examples.

- Overeating, steals physical energy and health
- Drinking and drugs, steals money and focus
- Pornography, steals human dignity
- Over spending, steals future security and freedom
- Mindless activity, steals time and progress

1. What daily habits are robbing you of your best life?
   - What habit steals your health and energy?
   - What habit steals your money?
   - What habit steals your focus?
   - What habit steals your dignity?
   - What habit steals your future security and freedom?
   - What habit steals your productive time and progress?
- What habit **steals** from having better relationships?

2. What responsible thinking will you need to replace habits of negative thinking listed in number 1. Be specific.

3. Choose one habit you are willing to replace with a responsible alternative this week. Next week add another responsible choice.

   List the habits, replacements and date you will start for each one.

   **This Week** -
   | Negative Habit | Responsible Replacement |

   **2nd Week** -
   | Negative Habit | Responsible Replacement |

   **3rd Week** -
   | Negative Habit | Responsible Replacement |

How often did you use tactics today?

- Quite a lot
- Some
- A bit
- Not once

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**Character** - the willingness to accept responsibility for one’s own life - is the source from which self respect springs.

- Joan Didion

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**Today**

- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

**Total So far**

- Responsible Thinking
- Irresponsible Thinking
- Arrestable Thinking
- Extreme Thinking

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Your relationship with yourself sets the tone for every other relationship you have.

- Robert Holden