Staying On Track
plus Responsible Thinking

Exercise Handouts

STOP THE TACTICS

CHANGE THE THINKING

STAY ON TRACK

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This document consists of reproducible handouts associated with the Facilitator Guide: *Staying On Track plus Responsible Thinking*.

Instructions for Students and Facilitators including discussion plans are found in the Facilitator Guide: *Staying On Track plus Responsible Thinking*.

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Think of the Consequences Before You Act

- If anything can go wrong, it will
- Remember, doing this = trouble, prison, death
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?

- Closed
- I'll Try
- I'll Do
- I'll Do Whatever
- My Best
- It Takes

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
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?

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

How willing are you to stop using tactics today?

Today

Total So far

Closed  I'll Try  I'll Do  I'll Do Whatever

My Best  It Takes

Responsibe Thinking
Irresponsible Thinking
Arrestable Thinking
Extreme Thinking
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 -**
   
<table>
<thead>
<tr>
<th>Negative Habit</th>
<th>Responsible Replacement</th>
</tr>
</thead>
</table>

   **2nd Week -**
   
<table>
<thead>
<tr>
<th>Negative Habit</th>
<th>Responsible Replacement</th>
</tr>
</thead>
</table>

   **3rd Week -**
   
<table>
<thead>
<tr>
<th>Negative Habit</th>
<th>Responsible Replacement</th>
</tr>
</thead>
</table>

   How often did you use tactics today?

   ![Tactics Scale]

   - 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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