

UNIT TT: HANDLING THE TOUGH TIMES (10 lessons)

GOAL: Increased self-awareness and improved self-management skills.
This unit includes complete lesson plans, worksheets and participant activities.

		Lesson element	Skill element
1	Situations-RF #1	TT3 What happened to you?	Thought Stopping
2	Situations-RF #2	TT4 What pushes your buttons?	Stop-Think-Act
3	Situations-RF #3,4	TT9 Living smarter. Living longer	Deep Breathing Skill
4	Situations-RF #5	TT14 Making use of community resources	Muscle Relaxation Skill Symptoms management (assessing frequency, intensity, duration)
5	Situations-RH #21	TT11 What to do when you are having bad feelings	Combined Skill Activity Trigger Events #1
6	Situations-RH #22	TT12 Get yourself together	Creative Visualization Skill Worksheet - Living in transition and stress
7	Situations-RH #23	RH29j - Easy money: Participants use decision matrix tool to analyze pros and cons of making easy money (drug sales, for example) versus other options.	Affirmations Trigger Events #1,2
8	Trigger events-#3	LT#2 Identifying your needs and wants	Trigger Events #4, 6
9	Trigger Events #7	TT18 How to be good to yourself LT#3 Making your dreams come true	Anchoring Trigger Events #8
10	Situations-RH #24	LT#5 Your most important values	Trigger Events #9,10