



## COURSE OVERVIEW

# Personal Responsibility

(formerly Offernder Responsibility)

- ✓ Available in workbook
- ✓ Available in Spanish
- ✓ Available in eLearning

ITEM # W 119



## COURSE DESCRIPTION

This workbook was written to help offenders overcome denial and accept responsibility for their actions. The objective of this course is to intervene in revolving criminal thinking. It is a cognitive restructuring lifeskills course designed to challenge deeply seated self-defeating thoughts and behaviors.

Whether people choose to live in growth or decay has a powerful impact on them, their significant others, and society as a whole. Living below 500 is fraught with many dangers, strong negative emotions, and life-demeaning results. It is a life filled with captivity, where the subjects have empowered other people and self-inflicted events to control their lives. What the captives don't understand is that the prison doors to their mind are never locked. All they have to do is push on them and leave.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal responsibility
- Overcoming self-deception
- Satisfying the emotional hierarchy of needs
- Growth mindset
- Anger avoidance



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 750 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 119

Workbook Pages: 64

Course Length: ~15 hours



## COURSE CONTENT

### UNIT 1: BEGINNINGS

Life is a gift of time and space to do much good.

### UNIT 2: SUBCONSCIOUS MIND

Doesn't know right from wrong.

### UNIT 3: GROWTH VS DECAY

Whether one lives in growth or decay is a choice.

### UNIT 4: RESPONSIBILITY

If we are not responsible for our lives, who is?

### UNIT 5: HUMAN NEEDS

Many people spend a lifetime trying to fulfill these needs.

### UNIT 6: ANGER AVOIDANCE

Forgiveness is pardoning others without resentment.

### UNIT 7: ADDICTIONS

The drug monster has no mercy.

### UNIT 8: INNER BEING

You are who you are without thinking who you are.

### UNIT 9: RELATIONSHIPS

The most important thing in a relationship is the people.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships
5. Substance abuse
6. Employment



## LEARNING ACTIVITIES

Self-assessments | Role playing  
 Knowledge check | Self-reflection  
 Scenario-based learning | Focused journaling | Discussion with coach  
 Application and skill building