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Chapter Five

Deal with important issues: Map them!

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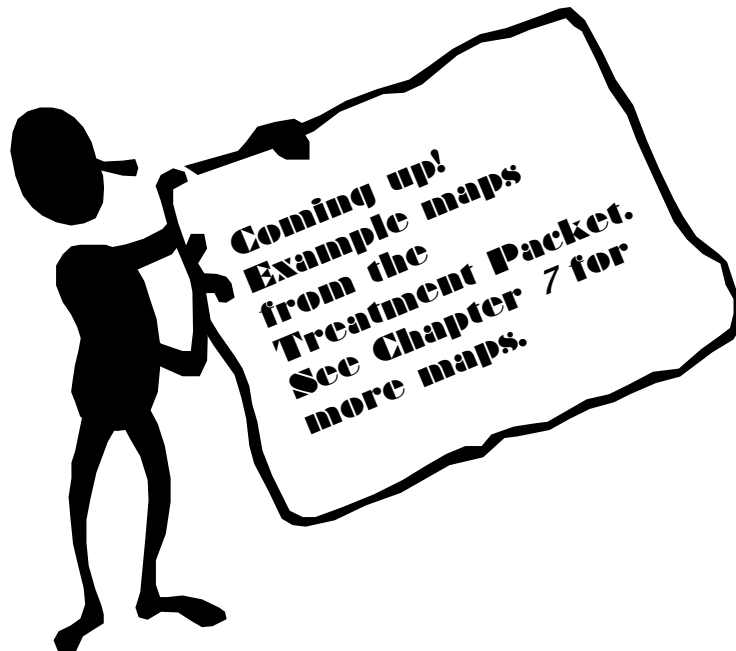
Time: After 1st month in treatment
Materials: 15 copies of the Treatment Packet

Dr. C:

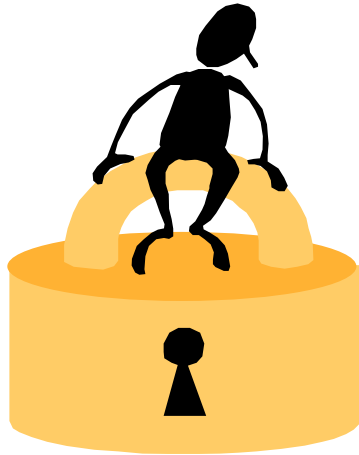
“ I’m going to give you a packet of maps. There are some of these maps I will ask you to bring to group and share... but I’ll give you plenty of advance notice on that. Others I’ll just ask you to do and leave with me before the group starts. I’ll let you know well in advance for that too.

I use these maps because they give people a chance to sit down and think through some important things without having the distraction of another human being asking questions. It’s also a pretty good way to organize your thinking. Putting it down in this form may help you see a little more clearly how things are related, why things happen. Most important, it may give you some new ideas about how and where to make changes.

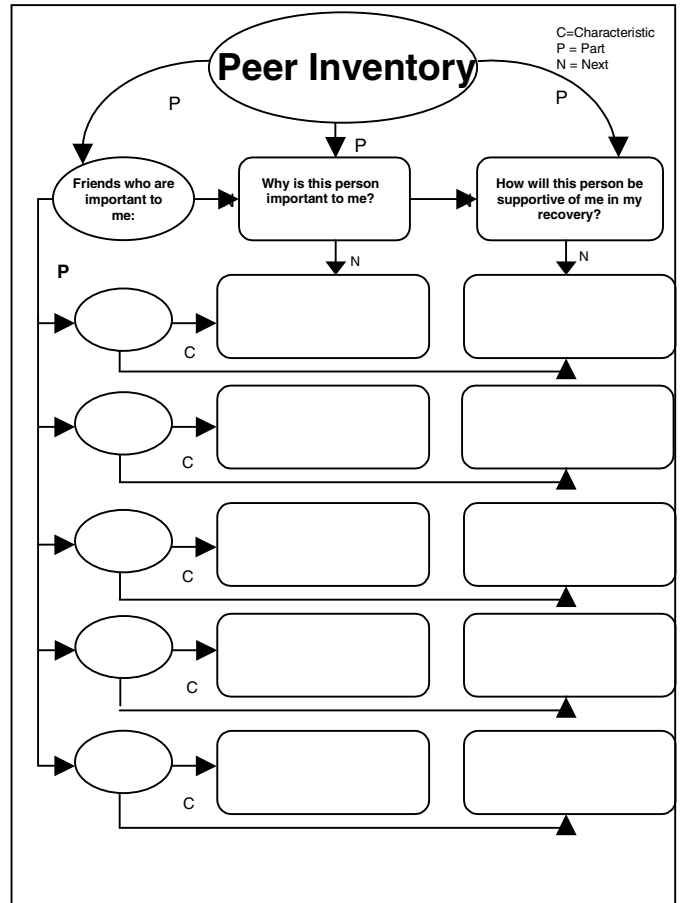
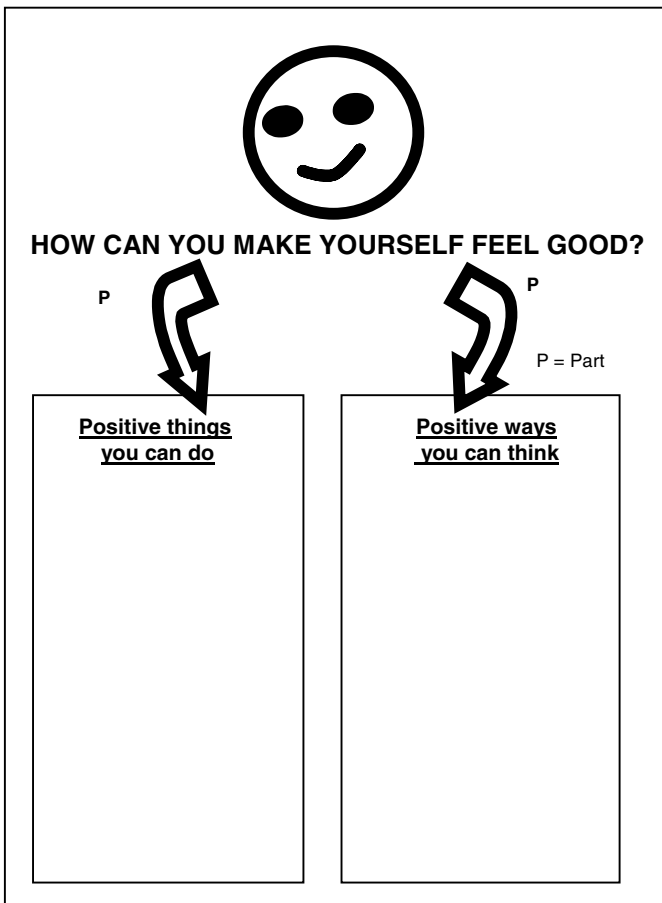
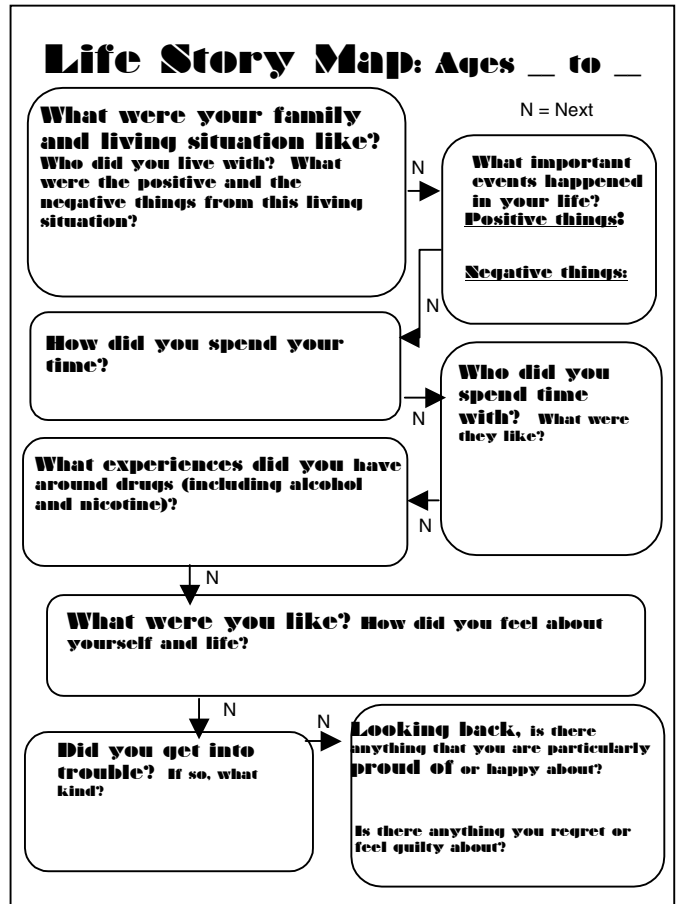
We’ll talk about each map... either in group or just the two of us. No, there’s not much room to write. That means you have to really get to what’s most important... and put it into a few words or a sentence or two. ”

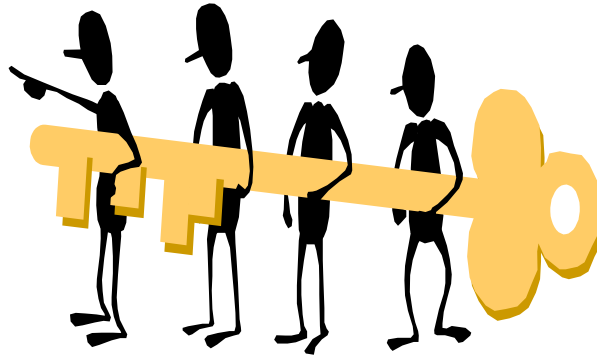


A Quick Sketch of the

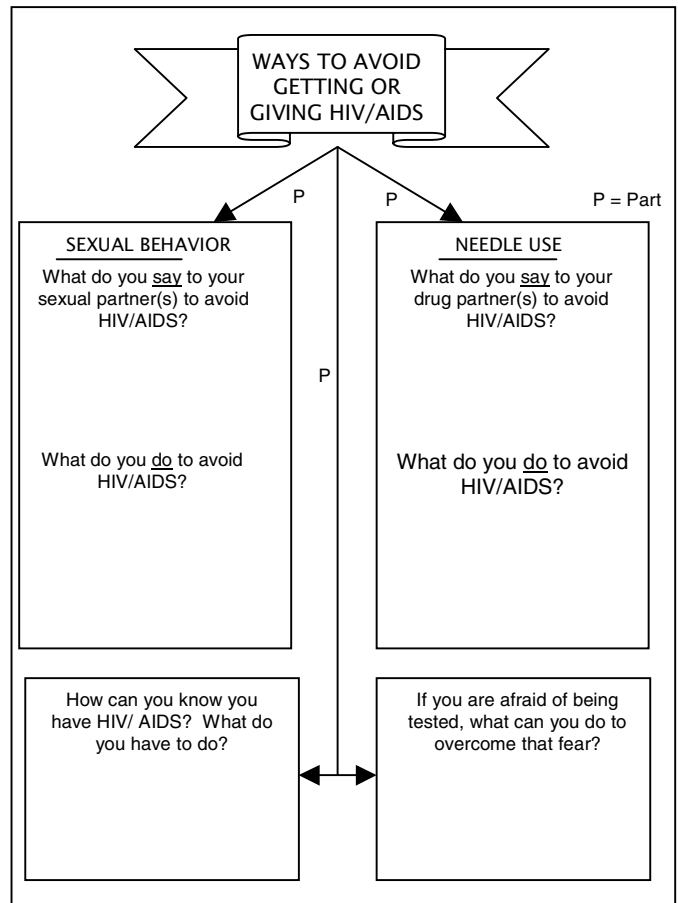
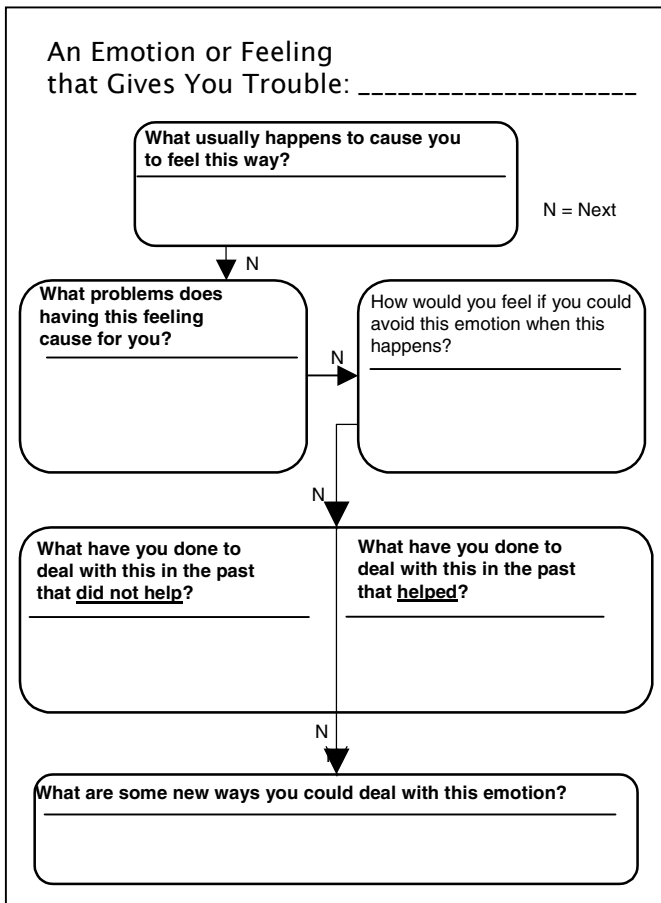


During Treatment Maps





During Treatment Maps (continued)



Life Story Map: Ages 12 to 18

N = Next

What were your family and living situation like? Who did you live with? What were the positive and the negative things from this living situation?

I lived with Mom & Dad & my sister. Hated my sister and didn't much like my parents when I was this age. I always felt they would support me against anybody else, but mostly to cover their own rears. I don't think they liked me much then. We always argued and I would go to school feeling sick.

What important events happened in your life?

Positive things:

I got a job at the dairy and made good money.

Negative things:

I didn't finish high school.

How did you spend your time?

I worked and I smoked and drank with my friends. I left school when I was 14, after the 8th grade. Sometimes I worked 12 hour shifts.

Who did you spend time with? What were they like?

My friends were mostly people I worked with. Only 1 old school buddy. They were dumb (I know now) but they liked me and they were the only ones who did.

What experiences did you have around drugs (including alcohol and nicotine)?

Got into a lot of trouble for getting boozed up and running my truck into things. I smoked too, but nobody cared.

What were you like? How did you feel about yourself and life?

I was pretty dumb too. Real cocky. Sometimes I really felt that way and sometimes I just felt scared about what was going to happen to me. Like whether my friends would keep on liking me and what if I lost my job... could I get another one? I didn't want anybody to know I worried like that and I didn't want to think about that stuff too long. So I was a tough guy.

Did you get into trouble? If so, what kind?

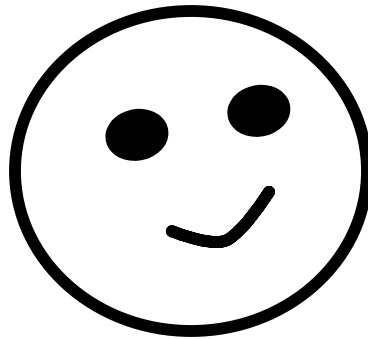
Got arrested about 6 times. They let me off with fines until I got probation for DWI. At least I didn't kill anybody. I'm sure glad my uncle is the sheriff of Jack County.

Looking back, is there anything that you are particularly proud of or happy about?

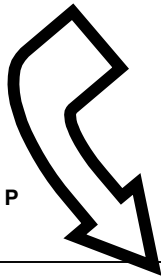
I worked real hard and I was reliable most of the time. Drinking never got in the way of my job.

Is there anything you regret or feel guilty about?

Drinking was stupid. It cost me money and my reputation. It was stupid too not to finish high school. I could have had a lot better job.



HOW CAN YOU MAKE YOURSELF FEEL GOOD?



Positive things you can do

I like to sing.

I like riding my motorcycle.

I like to go for long drives.

It's fun to be with friends who don't drink or do drugs.

It makes me feel good to do something for my retired neighbor. She used to teach first grade and has lots of stories to tell.

I like to buy stuff but it gets me in trouble if I spend too much money.

I like to play with my dogs.



Positive ways you can think

Think about something else when I get mad or sad --- like what I'm going to do on the weekend.

Tell myself that I'm an okay person and remind myself of some of the good things I've managed to do, either lately or a long time ago.

Remember not to "sweat the small stuff" and that "it's all small stuff."

Say the Serenity Prayer.

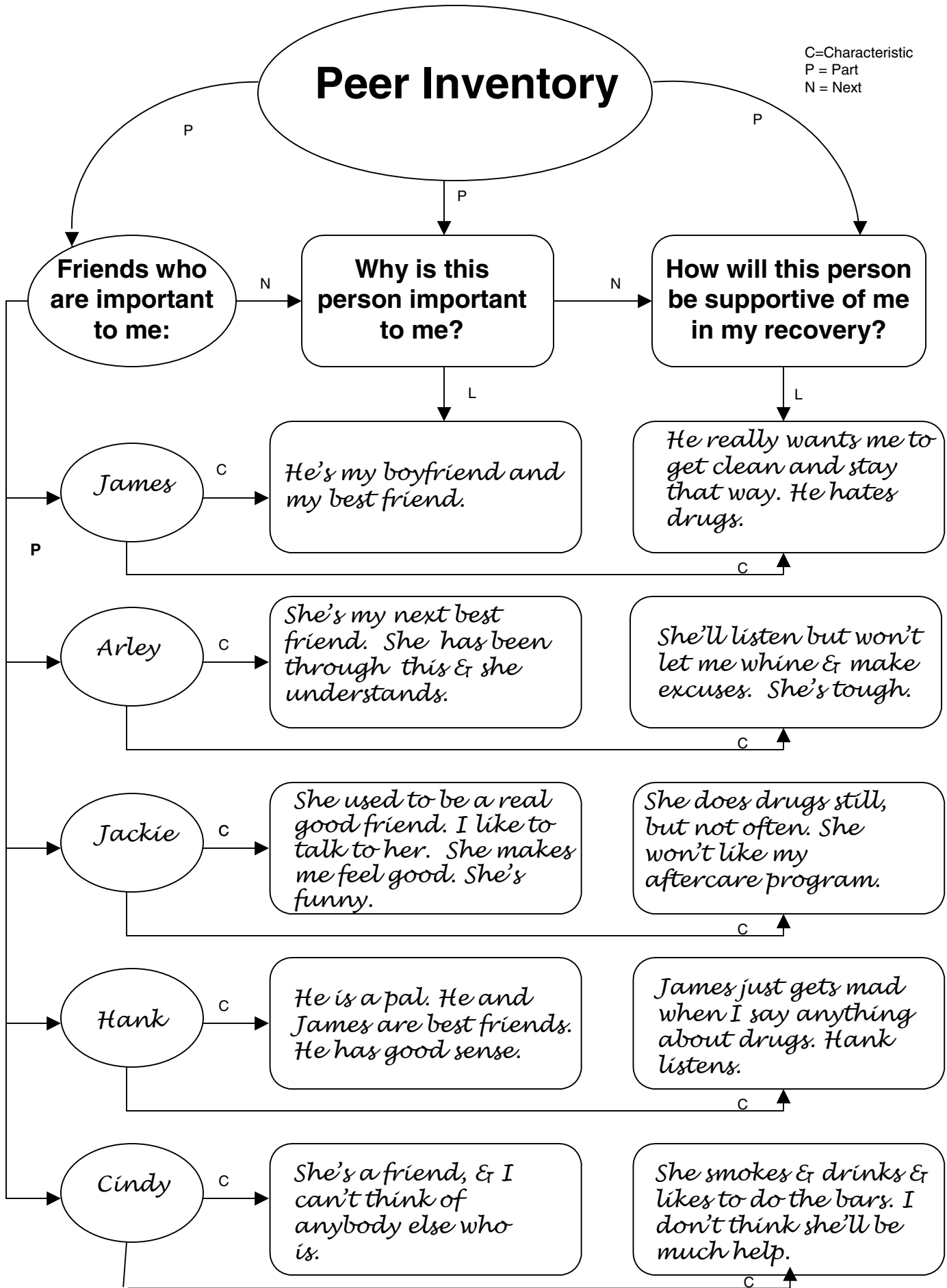
Close my eyes and do the relaxation meditation that my counselor showed us.

Remember to think "Stop!!!" when I start thinking rotten thoughts about myself.

P = Part

Peer Inventory

C=Characteristic
P = Part
N = Next



An Emotion or Feeling that Gives You Trouble: Anger

What usually happens to cause you to feel this way?

Somebody puts me down or says that what I have to say is not right.

N = Next

What problems does having this feeling cause for you?

I get in fights a lot... sometimes shoving and hitting. I also say things I don't mean and feel bad about later.

How would you feel if you could avoid this emotion when these situations happen?

That would be great, but sometimes it feels good to just let it all out.

What have you done to deal with this in the past that did not help?

Sometimes I try to reason with the person, to show that I'm not a dumb ass and that he's wrong about me. I must say the wrong things. That never works. Maybe I am a dumb ass.

What have you done to deal with this in the past that helped?

Not much. I forget to walk away or ignore what the person says. I've done that a few times but it was because I was working and had stuff to do. No time to argue or fight.

What are some new ways you could deal with this emotion?

Remember to walk off. Maybe just explain that what the guy just said is something that I am not going to talk about because I don't have the time or desire to get mad. Maybe I should have what I could say already memorized. Or maybe read it off a card. That would almost be fun, I think.

WAYS TO AVOID GETTING OR GIVING HIV/AIDS

