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For more information, please contact:

Institute of Behavioral Research
Texas Christian University
TCU Box 298740
Fort Worth, TX 76129
(817) 257-7226
(817) 257-7290 FAX
Email: ibr@tcu.edu
Web site: www.ibr.tcu.edu

APPENDIX A

THE TOWER OF STRENGTHS MATERIALS



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CHECKLIST

FOR SETTING UP *THE TOWER OF STRENGTHS*

_____ Make 1 copy of the counselor procedure sheet. (p.28 in Appendix A).

_____ Decide the number of *Tower of Strengths* sets to make and multiply the following recipe by that number.

_____ Copy each of the following materials on regular white paper:

_____ The "parts of you" explanation sheet (p. 29 Appendix A).

_____ *The Tower of Strength* map of your choice (pp. 30-33 Appendix A).

_____ The *The Tower of Strength* instruction sheet (p. 27 Appendix A).

_____ Copy each of the strength pages onto appropriate colored cardstock:

_____ The social strengths cards (p. 35 Appendix A - red cardstock).

_____ The thinking strengths cards (p. 36 Appendix A - white cardstock)

_____ The health/performance strengths cards (p. 37 Appendix A - green cardstock).

_____ The emotional strengths cards (p. 38 Appendix A - yellow cardstock).

_____ The motivational strengths cards (p. 39 Appendix A - blue cardstock)

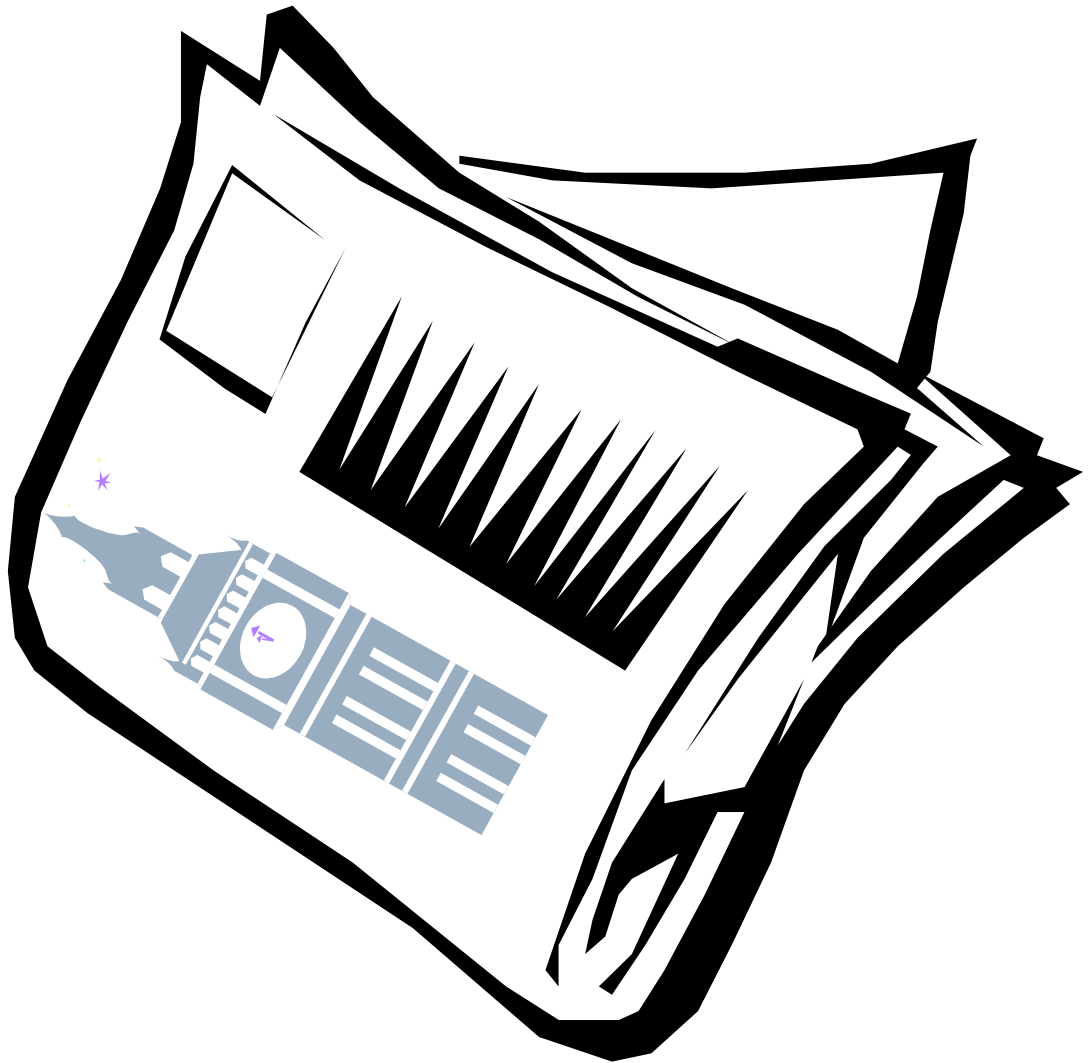
_____ The life view strengths cards (p. 40 Appendix A - green cardstock).

_____ Cut the strength cards on the dotted lines.

_____ Assemble and rubber band each strength deck.

_____ Assemble complete *Tower of Strengths* sets, consisting of a strengths card deck, a *Tower of Strengths* map, "parts of you" explanation sheet, instructions, and a pencil.

THE
TOWER OF STRENGTHS
INSTRUCTIONS



THE TOWER OF STRENGTHS INSTRUCTIONS

Objectives

To allow participants to:

- evaluate their strengths,
- find out what strengths they would like to develop
- discuss ways to use existing strengths
- discuss ways to attain their desired strengths

Directions

Completing the Foundation of Existing Strengths

- Sort through the strength cards to identify those strengths that seem to best capture your personal strengths.
- Choose 10 strengths and write these in the foundation of *The Tower of Strengths* (bottom).
- Keep the 10 cards in a separate pile for now.
- Notice that the strengths cards are associated with different code letters.
- Write the code letter that matches the strength in the small space next to each strength. For example:

Loves Children	S
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- Get the "parts of you" Explanation Sheet from your folder and notice that the letters refer to parts of the self.
- Write how many strengths you have in each part on the bottom summary flag.
- Draw a picture or write a phrase next to each strength that may help you remember the strength.


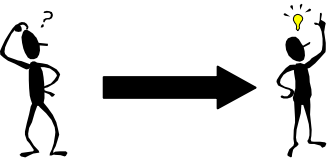
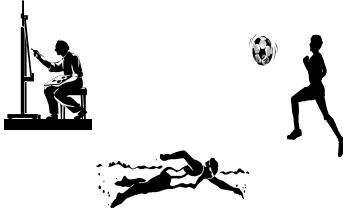


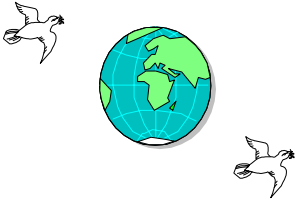
Desired Strengths

- Sort the strengths cards that you have not yet used to identify strengths that you would like to have or develop.
- Choose 5 desired strengths that you would like to gain.
- Put at the very top of the tower the one strength you want most; it should be a realistic goal for you.
- Write the desired strengths and their associated letters in the nodes, as you did before.
- Write in the summary flag how many desired strengths you have in each part.

Counselor's Procedure Sheet for *The Tower of Strengths*

- A. Give each person a *Tower* map, a strengths card deck, and a pencil.
- B. Instruct on completing *The Tower* FOUNDATION of strengths.
1. Participants sort through the strengths cards and identify 10 characteristics that best capture their personal strengths.
 2. Next, they write their strengths and the letters associated with them in the boxes of the bottom Foundation section of the map. Keep the 10 cards in a separate pile.
 3. Pass out the "parts of you" explanation sheet for participants to read. It explains that the letters associated with the strengths indicate which part of the self that strength is from.
 4. Participants then fill in the summary flag on the top of *The Tower* indicating how many strengths they have in each part.
 5. Then they can draw a picture or write a phrase on their *Tower* map next to each strength to help them remember the strength.
- E. Discussion (suggested)
1. Name one of your strengths. How many others named this strength? Discuss why it is important.
 2. Discuss how this strength has been used in the past.
 3. How could this strength be used in the current situation?
 4. Is this strength always a strength or can it also be a problem?
 5. Discuss the "parts of you" code sheet. Which "part of you" is the strongest and which is the weakest?
- F. Instruct on completing *The Tower* DESIRED Strengths.
1. Now participants should sort the *remaining* cards (not including the 10 foundation cards that should be in a separate pile) to identify five strengths they would like to have or develop. All should be realistic goals (e.g., being musical may not be realistic for some people).
 2. They should put at the top of *The Tower* the strength they want most.
 3. They can write the code letter strength as they did before.
 4. Fill in the summary flag on the top of *The Tower* with how many desired strengths come from each part.
- E. Discussion (suggested)
1. Name one of your desired strengths.
 2. Why do you want to develop this strength?
 3. What can you do to develop this strength?
 4. How difficult do you think it will be to develop?

"Parts of you" Explanation Sheet

	<p>S = Social</p> <p>The "social" part of you is how you relate to the people in your life (friends, family, co-workers, etc.). It includes how well you get along with others and your ability to make and keep friends.</p>
	<p>T = Thinking</p> <p>The "thinking" part of you is how you learn and solve problems. It includes your ability to come up with creative solutions to problems.</p>
	<p>H = Health and Performance</p> <p>The "health and performance" parts of you are your health, strength, endurance, and physical skills and talents.</p>
	<p>E = Emotional</p> <p>The "emotional" parts of you are your moods, feelings, and how you deal with them.</p>
	<p>M = Motivational</p> <p>The "motivational" parts of you are your wants and needs and your determination to meet your goals. It includes your ability to plan and set goals.</p>
	<p>L = Life View</p> <p>The "life view" parts of you are your outlook on life, morals, ethics, and religious beliefs.</p>