

This manual was developed as part of the National Institute on Drug Abuse (NIDA) Grant DA08608, *Cognitive Enhancements for the Treatment of Probationers (CETOP)*.

The ***Preparation for Change: The Tower of Strengths and the Weekly Planner*** training manual and related maps, handouts, and any data collection forms may be used for personal, educational, research, and /or information purposes. Permission is hereby granted to reproduce and distribute copies of these materials (except reprinted passages from copyrighted sources) for nonprofit educational and nonprofit library purposes, provided that copies are distributed at or below costs and that credit for author and source are included on each copy. No material may be copied, downloaded, stored in a retrieval system, or redistributed for any commercial purpose without the express written permission of Texas Christian University.

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](mailto:ibr@tcu.edu)  
Web site: [www.ibr.tcu.edu](http://www.ibr.tcu.edu)

# DISCUSSION TOPICS FOR *THE* *WEEKLY PLANNER*

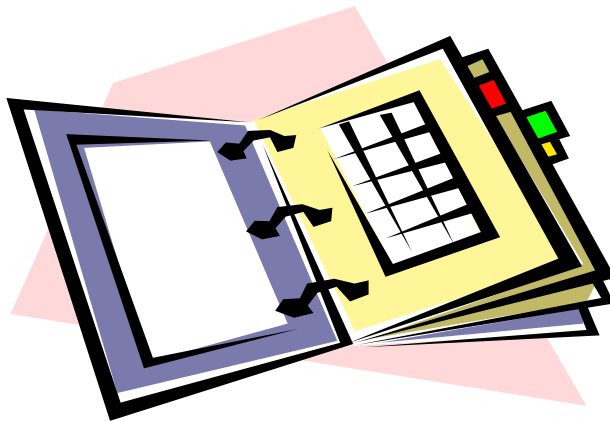


The following discussion topics have been used with *The Weekly Planner*. Feel free to create or modify the discussion questions to better serve your clients.

# ***THE WEEKLY PLANNER***

## **DISCUSSION TOPICS**

- Who wants to read aloud one of your quotes and tell what it means to you?
- How many other people chose this quote? Does it mean the same thing to you?
- Describe how this quote can help you attain a personal goal (desired strength) in your life.
- How are you going to apply this quote to your daily life?



# ***THE WEEKLY PLANNER***

## **FOLLOW-UP DISCUSSION TOPICS**

- How have the quotes helped you make progress on one of your personal goals?
- Which quote has been the most useful to you? Why?
- Which quote has been the most difficult for you to use? Why?
- Which quotes would you like to replace with new quotes? Why?

