

MRT Module # 11
Developing Your Relapse-Prevention Plan

In this assignment you will be asked to review all of the modules we have studied in the MRT workbook. This may sound like a lot of work, but I have done some of it for you by going back and picking out the main points in each module. The point in doing this is so that you can leave this program with a good idea of how to live life and handle problems when they come your way. If you can do this there is a better chance you will not be in trouble with the legal system again.

In Module 1 we talked about how dishonesty has affected you, your family, and others you care about. We talked about how lying and cheating and being dishonest in other ways has affected you in the past, how it is affecting you today, and how it will continue to affect you down the road if you do not make serious changes. What are you doing about this?

In Module 2 we talked about whether you are really serious about changing for the better or if you tell others what you believe they want to hear. This includes your probation officer, case workers, and even me, your counselor. Are you aware that you do this? Do you do it on purpose? Is it a habit? Do you do it to manipulate others? What are you going to do about it, if anything?

In Module 3 we talked about how our attitudes, beliefs and behaviors are shaped by our life experiences, especially those from early childhood. Sometimes unrealistic expectations, greed, desire for immediate gratification, and low moral as it was described become so important that they become top priorities in our lives. As you know, all of these have led to your problems because society still expects us to be responsible regardless of our past experiences. How have your life experiences affected you? How can you learn from these experiences so that you can move past them and have a better future?

In Module 4 we talked about trust and mistrust. One important point that was made is that *People who mistrust others can't be trusted themselves*. What does this mean to you?

Do you have any trouble trusting anyone right now? What about staff who work in the legal system and in other agencies?

A Bird of a Feather is an expression meaning that you and everyone you hang out with have a lot in common. The idea is that, if everyone around you has a certain set of attitudes, habits, behaviors, etc..., it will be hard for you to change if you do not get away from them. What do you think about this?

In Module 5 we talked about trustworthiness, which means that you do what you say you are going to do. It also means that you can be trusted, even if other people are not watching. Do you believe you are trustworthy? Tell me more about this.

In Module 6 we talked about people who have a hard time living by the rules of society. They may believe that everyone is against them and that they are treated unfairly. They may try hard to get the upper hand in situations and may do things to manipulate others to get their way. Does this sound like you? If so, is this working for you? Is there a better way to get by?

In Module 7 we talked about how getting and staying in trouble has to do with making the wrong decisions over and over. Are you still making wrong decisions that mess up your life? You can tell whether this is true or not by considering whether you have new or ongoing legal problems, new or ongoing relationship problems, new or ongoing financial problems, or a relapse in substance addiction. You may think you haven't done anything new but your ongoing problems could be because you did not show up for a court date, missed appointments with the P.O., or told your partner more lies.

Tell me about this.

In Module 8 we talked about how difficult it is to change for the better even when we try. Reasons for this include low self-esteem as well as being focused just on ourselves and our own needs. We do not consider what others want and need. Does this sound like you? Have others accused you of behaving this way? What can you do to change things for the better? Who in your life deserves to be treated better? _____

In Module 9 we talked about the importance of having a sense of purpose in life. It is important to set goals and work on them daily if you want to live a good life. Having a purpose in your life that is very important to you will help you stay focused and out of trouble. For some people it is getting married and having kids. For some it is going to school and getting a good job. For others it is joining a church and getting involved in the ministry services there. Do you have a sense of purpose in life? _____

In Module 10 we finished up the workbook by talking about the importance of making a commitment toward changing life for the better. Regardless of whether you showed up for these classes every week, regardless of whether you did the homework, it will take a long-term

commitment on your part to take what you have learned and make it a part of your life. Are you ready to make this commitment now? _____

Keep in mind that this assignment was given to you for purposes of *planning* your relapse-prevention plan. The actual relapse-prevention plan is your 12th and final Module. You will get it next week.

This material was created by Nora King, LCSW for use by involuntary outpatient participants of an MRT program at a community mental health clinic. The participants had completed Little et als Thinking for Good but needed a discharge plan before they could be discharged from the clinic.

Reference: Thinking for Good: Changing Antisocial & Criminal Thoughts with the MRT Model. Dr. Gregory L. Little, NCP, LPC, CCBT; Jamie Pettit M.S., NCC; Dr. Kenneth D. Robinson, CPC, CCBT. Eagle Wing Books, Memphis TN. 1999.