

NEW HOPE ON THE LAST FRONTIER
LIFE SKILLS
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TABLE OF CONTENTS
AND
OVERVIEW AND PURPOSE

- 1. Power of the Subconscious**
Introduction to the program. It will show the purpose, sets limits and starts group interaction. This section shows the extreme swing of attitudes and behavior to be expected. As well as begin understanding how our subconscious affects our decision making.
- 2. What is Abuse**
To identify the three areas of abuse: myths, and characteristics
- 3. Attitudes, Cycle of Violence, Control / Protection, Time-out Contract**
To explain the cycle of violence, the three phases, how men and women perceive violence
- 4. The Male and His Emotions**
To understand the thinking of the male and the conquering mind set.
- 5. Dirty Fighting**
To identify unacceptable fight techniques. End with Fair Fighting techniques.
- 6. Anger and Coping**
To start identifying anger: What is it? Where is it directed? Is it misplaced? End class with heavy use of self-statements and conflict containment
- 7. My Anger**
Find the source of your anger, where did it come from? Try to trace it back four generations (at least three generations)
- 8. Anger in the Family**
To identify the characteristics that we have accepted by the learned behavior that trickle through the generations. Where our belief system comes from, item by item.
- 9. The Anger Kit**
To understand that anger is a secondary reaction to a primary feeling, that anger is normal and that anger is an asset

10. Life Commandments

- a. Start to learn the process of dealing with anger:
- b. to identify verbal and non-verbal behaviors that create anger within, and project out
- c. Identify feelings
- d. Set boundaries

11. (A) Arrested Development I

Take time to make the group work, discuss, and get in touch with roots of anger

(B) Developmental Stages of Fixation

(C) Life Span Development

(D) Arrested Development II

12. Guilt and Shame

Start to identify Shame based thinking and Self-rejection: how it affects our behavior and it's power over us in self-destruction. How it affects relationships

13. Shame and the Journey Out

To help the group identify their own behavior by checking or circling the statements on "Shame Based Right Systems." How shame hooks behavior. How to understand authority through the "*Coping with Criticism*" Chart. How the shamed based person has 2 behaviors, and the start to healthy understanding

14. Reactive Life Styles

See our root problems and the lifestyle these hurts cause. To understand how childhood trauma and de-valuation hook the person into an arrested development state of maturity. Pre, mid and post adolescence.

15. Forgiveness

To start the process of forgiveness and identify the issues that need to be resolved.

16. Passive, Aggressive, Assertive

To reach an understanding of the balance between assertiveness, which is always acceptable, and the two ends of the pendulum swing, which are not acceptable.

17. Subconscious, Right and Left Brain

Understanding the value of total communications: audio, visual, and feeling (body language). How the brain works, receives filters, expresses, shuts down pain etc.

18. Communications

After understanding the Neuro-linguistic programming tape, learn how to get through your own subconscious barriers and through the listener's subconscious barriers...impact the message. Stay in adult to adult communications.

19. Mother / Son

To see the dysfunction in the family that produces fear and hate of the woman, in the man who cannot connect in the relationship. Identifying where we are in this profile.

20. Father / Daughter

To bring to understanding the value of the man/father/husband role in the family, and his effect on the daughter, that set her pattern for life. Types of fathers and types of daughters that fathers produce. His dysfunction creates a mirror for her dysfunction.

21. Developing a Friendship

These last five segments teach how to form a marriage that has a foundation that will last. This session shows an overview at the beginning with the chart, and then focuses on the friendship segment and the four levels of friendship.

22. Understanding Love

We need at this point to understand what Love really is and what it is not. Relationships leading to marriage and family have to know real love to be long term.

23. Guidelines For Relationships

Relationships have to be defined to work. We need to have an understanding of the needs, desires, goals, personality, etc. of the person we are relating to. We have to know boundaries and limits, these need to be discussed and agreed upon so the person can retain their identify

24. Intimacy

To see the importance of knowing the partner and his/her needs. The value of individuality and the fact that love is a choice and accepts the person as he/her is. The value of self-esteem and valuing the partner.

25. Roots to Healthy Family

To understand the roots of the Healthy Family. Use the dictionary as a facilitator, read the definitions out loud. Have the client write down what they heard and read it back. You will see the change of meaning in their minds; due to past, generational, and environmental training.

