## CR UNIT: FIGHTING AND VIOLENCE #1 (10 sessions)

**GOALS:**
- Reduction in assault and acting out behaviors.
- Success in handling feelings from specific problem situations.
- Participation, adherence to group rules.
- Demonstrated understanding, (CBT).
- Movement to Contemplation Stage.

### PreContemplation - aggression and violence-specific engagement awareness acceptance

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| 1 | Worksheet - Fighting and violence  
Worksheet - Experiences with violence  
Changing thoughts, making choices that work #1 (The letter) |
| 2 | CF6.1 - Aggravation #1  
Aggravation and disrespect (1-4) |
| 3 | CF6.2 - Aggravation #2  
Aggravation and disrespect (5-8) |

### Contemplation stage; correctional-specific trigger scenarios

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| 4 | Worksheet - Violence  
CC6 - I have my reasons  
Aggravation and disrespect #12 |
| 5 | GG13d.1 - Disrespect 1  
Changing thoughts, making choices that work #3 (Respect)  
Aggravation and disrespect #17 |
| 6 | GG13d.2 - Disrespect 2  
Aggravation and disrespect #15  
Aggravation and disrespect #16 |
| 7 | CC8 - Retaliation  
A practical question #1 (The enemy) |
| 8 | CF12-Where are you setting yourself up?  
On the unit #2 (Top dog)  
A practical question #12 (The lookout)  
A practical question #13 (Gang pressure) |
| 9 | Aggravation and disrespect (5 elements #9-11)  
Worksheet - Take a look at what is going on around you (situational awareness and analysis)  
A practical question #14 (Recruitment)  
A practical question #6 (Making a change) |
| 10 | FFT - Going forward  
CF-11 What are my options?  
Sharing a cell #12 (Agitation) |
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<th>Optional: 3 session review element</th>
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<td><strong>CF8</strong></td>
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<td><strong>CF9</strong></td>
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