CR UNIT: FIGHTING AND VIOLENCE #2 (10 sessions)		
GOALS:	Reduction in assault and acting out behaviors. Success in handling feelings from specific problem situations. Demonstrated understanding, (CBT). Movement to Contemplation Stage. Increased confidence in anticipation of specific high risk or problem situations (SCQ).	
● PreContemplation - aggression and violence-specific	1	Worksheet - What happened in your life? FFT - Trigger events #1
	2	Worksheet - Growing up around violence FFT - Trigger events #2 Changing thoughts, making choices that work #2 (anger)
	3	FFT - Anger GG13r - Respect, Part 1
● Contemplation stage	4	GG13r - Respect, Part 2 FFT - Fear vs respect
	5	CC4 - Trust and distrust CF3-5 - Dealing with tough feelings #5 (loss)
	6	CC8 - Retaliation CF3 - Dealing with tough feelings #4 (What's going on?)
	7	CF9 - Adding to your troubles: Importance checklist Worksheet - Values Activity #2
	8	FFT - Hurt people hurt people CC11 - Why am I thinking about changing?
● Situational confidence assessment and action planning (correctional-specific)	9	CF8.1 - Adding to your troubles: Confidence assessment (SCQ) FFT - What's really important to me
	10	CF8.2- Adding to your troubles: Confidence assessment (SCQ) Summary activity and checkpoint

Note: Resources CF8 and CF9 may be valuable assessments of change at this point.