

**CR UNIT G: YOUR MINDSET AND YOUR CHOICES** (10 sessions)

**GOALS:** Success in reducing and acting out on specific risk factors.  
 Demonstrated understanding, (CBT).  
 Movement to Contemplation Stage, and some (limited) Preparation//Determination Stage.

Note: Critical elements of this unit address the risk factors and thinking underlying **gang involvement**. They are appropriate for individuals who have been identified as members of a security threat group (STG), as well as those who may be exposed to gang activity. We suggest that this unit may be most effective if it follows - and builds on - some of the other program elements.

<ul style="list-style-type: none"> <li>● Contemplation</li> </ul> <p>This unit examines thinking (CBT), risk factors, and choices</p>	1	GG I - What was on your mind, part 1 FFT - I shouldn't be here
	2	GG I - What was on your mind, part 2 FFT - What really matters to you?
	3	GG I - What was on your mind, part 3 FFT - On the day you were arrested
	4	GG I - What was on your mind, part 4 FFT - I knew they were watching me
	5	GG I - What was on your mind, part 5 FFT - I ain't afraid of nothing
	6	GG I3I - Loyalty FFT - Introduction to risk factors
	7	GG7 - Understanding yourself, part 1 Worksheet - Values activity #2
	8	GG7 - Understanding yourself, part 2 Discussion starter: What do you think?
	9	GG7 - Understanding yourself, part 3 WDYT 45 - Out of sight, out of mind
<ul style="list-style-type: none"> <li>● Determination and action planning</li> </ul>	10	TP 7 - I can't ever do that again Discussion starter: What do you think?