

Unit CR- A: Adjustment - Handling people problems here successfully (10 sessions)		
GOAL: - Success in handling people problems, specific problem situations - Reduction in vulnerability to selected high risk factors		
● PreContemplation ☐ engagement ☐ awareness	1	FFT - Waiting for a magic wand SD1.1- Introduction to Self-Discovery FFT - Where do you stand today?
	2	FFT - Nobody gets to tell me what to do SD1.2 - Introduction to Self-Discovery Worksheet - What was going on? (situational assessment)
● Contemplation stage	3	CF16- Adjustment #1 (Learning the ropes); CF16- Adjustment #2 (Nothing is free) CF2 - People Problems #5 (Gambling) CF2 - People Problems #10 (The observer)
	4	CF16 - Adjustment #4 (Being tested) CF16 - Adjustment #3 (What you mean and what you say) A practical question #10 (Healing)
	5	CF5.1 - Everybody's got an opinion 1 FFT - Categories FFT - Choice
	6	CF5.2 - Everybody's got an opinion 2 FFT - Gladiators FFT - Labels
	7	CF2 - People Problems #1 (Trust) CF2 - People Problems #2 (The job) FFT - Some words I hate On the unit #4 (Staff)
	8	CF2 - People Problems #7 (Bullying) CF2 - People Problems #9 (Harassment) On the unit #5 (Extortion) On the unit #7 (Harassment)
	9	FFT - Fear vs respect CF2 - People Problems #3 (Family) CF2 - People Problems #4 (Contraband) FFT - Survivor
● Preparation/ determination, and action planning	10	TP15 - The Future Summary activity and checkpoint: "Where do you fall?"