

<b>BEST LIFE</b>		
<b>Packet</b>	<b>Contents</b>	<b>Description of Contents</b>
<b>FD1e: Give Your Thinking A Reality Check</b>	Giving your thinking a “reality check”	Self-inventory and helpful review of progress in recovery program. CBT-based and very appropriate for substance abuse and mental health programming.
	It’s just like magic (Pre13)	Assesses importance of making changes and avoiding certain traps in making only a partial commitment to these changes.
<b>FD2e: Facing Your Dependencies/ You Can Do This!</b>	Facing your dependencies	Helps participants identify additional dependency issues and identifies possible risks of replacing one dependency with another.
	I can do this (strengths) (TPI6)	Helps participants identify key internal strengths and protective factors, and guides them to make better choices about how they will live their life in the future.
<b>FD3m: Control!</b>	Control!	Identifies and addresses range of controlling behaviors and control issues and links controlling with dependencies. Topics include need to control feelings and controlling of others.
<b>FD5e: Being Realistic and Honest with Yourself</b>	Becoming realistic and honest with yourself	Helpful workbook for substance abuse and basic mental health programs. Addresses denial issues, increases self-awareness, and addresses issues of continuing vulnerability.
	Denial (CC9)	This resource helps identify denial issues and develop an action plan for change. Also helpful as a resource in addressing dysfunctional thinking, defense mechanisms, and criminal thinking.
<b>FD6e: Trust</b>	Learning to trust (trusting yourself and others)	Identifies and addresses basic issues of trust: (1) low trust of others (including issues of past hurt or abuse); (2) low trust of self; (3) being unworthy of trust; (4) being overly trusting.
	Trust and distrust (CC4)	Guides participants in evaluating the costs and consequences of misplaced trust. Specifically helpful in challenging those who may be influenced by peer leaders, gang leaders, or others.

<b>SP1e: Ready to Change!</b>	Readiness for change	Addresses issues of self-discipline, and denial. Good review of progress in recovery. Provides motivation for making more changes in both substance abuse and general behavioral health programs..
	Developing resilience (TP8)	Resilience in the face of difficulties can be a critical quality. It's basic: people with this quality do better in life, and it can be especially helpful in making changes to support recovery.  Addresses both external and internal elements in resilience. On the external side, it helps clarify currently available supports and options for expanding this safety net. Then participants evaluate themselves on 20 characteristics of internal supports for resilience - as basic assessment of their own capacity for resilience. The resource then guides participants in developing a specific action plan to increase their support system.
<b>SP2e: Getting it Right This Time</b>	Getting it "right" this time	Self-assessment and preparation/determination stage resource, addresses issues of taking responsibility and provides continued self-inventory. Helps identify lingering issues of denial or resistance.
	Impact! (CC2)	Guides participants to consider what victims feel, and various consequences for victims.
	What does your future look like? (CC3)	Increasing confidence in making changes.
<b>SP3e: Keep Your Life In Balance</b>	Learning how to keep life in balance	Valuable workbook for behavioral health and substance abuse programs. Guides participants to: (1) evaluate cues that they are out of balance; (2) develop a balance of activities and friendships; (3) identify specific ways to keep today in balance; (4) change the balance from dependence to independence.
	The new <u>reinvented</u> you (TP3)	This lesson provides the opportunity to explore giving yourself a fresh start. It helps participants clarify new goals, assess their strengths and assets, briefly summarize their new external support system, and clarify their commitment to change. It summarizes with a brief action plan.
<b>SP4e: A New Outlook, A Great Future</b>	A new outlook: seeking happiness and contentment	Positive workbook for preparation/determination stage. Encourages participants to view recovery as more than a "negative" process. Increases confidence and motivation for recovery (behavioral health and substance abuse programs).
	The future (Pre16)	Targeted to correctional populations. Encourages future thinking - preparation for successful community reintegration, and beginning the process of exploring positive changes and options.