**Forward Thinking**

**Individual Application for High Contact Time (60-90 minutes)**

**What Got Me Here? (12 Sessions)**

NOTE: The individual application session design for the *What Got Me Here?* Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-7* using facilitated activities.  
          2) Introduce *pages 8-9*. | Assign behavioral homework on page 7. |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 8-9* using facilitated activities.  
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 10-13* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 14-17* using facilitated activities.  
          3) Introduce *pages 18-21*. | Assign behavioral homework on page 17. |
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 18-21* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 22-25* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 26-30* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 31-36* using facilitated activities.  
### Forward Thinking
Individual Application for High Contact Time (60-90 minutes)

**What Got Me Here? - continued (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
2) Complete *pages 37-39* using facilitated activities.  
3) Introduce *pages 40-41*. | Assign behavioral homework on page 38. |
| 10      | 1) Review behavioral homework.  
2) Complete *pages 40-41* using facilitated activities.  
3) Introduce *pages 42-47*. | Assign behavioral homework on page 41. |
| 11 & 12 | Readiness Statement  
1) Review behavioral homework.  

**Note:** Two sessions allow participants to complete multiple drafts of their Readiness Statements.
**Forward Thinking**  
*Individual Application for Low Contact Time (30 minutes or less)*

**What Got Me Here? (12 Sessions)**

NOTE: The individual application session design for the What Got Me Here? Interactive Journal is structured to support participant assessment and case planning. It is recommended that participants complete this Journal prior to working in additional Forward Thinking Series Journals.

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-4* using facilitated activities.  
| 2       | 1) Review *pages 5-9* using facilitated activities.  
           2) Introduce and assign homework. | Assign behavioral homework on page 9.  
| 3       | 1) Review behavioral homework.  
           2) Review *pages 10-13* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
           2) Review *pages 14-17* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
           2) Review *pages 18-21* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
           2) Complete *pages 22-25* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
           2) Complete *pages 26-30* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
           2) Complete *pages 31-36* using facilitated activities.  
## Forward Thinking

**Individual Application for Low Contact Time (30 minutes or less)**

### What Got Me Here? - continued (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2) Complete <em>pages 37-39</em> using facilitated activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3) Introduce <em>pages 40-41</em>.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2) Complete <em>pages 40-41</em> using facilitated activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3) Introduce <em>pages 42-47</em>.</td>
<td></td>
</tr>
<tr>
<td>11 &amp; 12</td>
<td>Readiness Statement</td>
<td>Assign behavioral homework on page 45.</td>
</tr>
<tr>
<td></td>
<td>1) Review behavioral homework.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2) Complete <em>pages 42-47</em> using facilitated activities.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Note:</strong> Two sessions allow participants to complete multiple drafts of their Readiness Statements.</td>
<td></td>
</tr>
</tbody>
</table>

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**Forward Thinking**  
*Individual Application for High Contact Time (60-90 minutes)*

**Individual Change Plan (12+ Sessions)**

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified “treatment” issues. Sessions are organized to support participants as they progress through the “steps toward change.” Timing for completion of “steps” and development of a change plan should be individualized to meet the participant’s needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1 & 2   | Assessment Phase (to be completed as a component of the participant assessment process)  
1) Complete pages 2-7 using facilitated activities.  
2) Introduce pages 8-11. | Assign behavioral homework on pages 9 and 10. |
| 3       | Step 1: Considering Change  
1) Complete pages 8-9 using facilitated activities.  
2) Introduce pages 12-15. |  |
| 4       | Step 1: Considering Change  
1) Review behavioral homework.  
2) Complete pages 12-15 using facilitated activities.  
| 5       | Step 2: Committing to Change  
1) Review behavioral homework.  
2) Complete pages 16-21 using facilitated activities.  
| 6       | Step 2: Committing to Change  
1) Review behavioral homework.  
2) Complete pages 22-23 using facilitated activities.  
| 7       | Step 3: Making Change Happen  
1) Review behavioral homework.  
2) Complete pages 24-27 using facilitated activities.  
# Forward Thinking

**Individual Application for High Contact Time (60-90 minutes)**

## Individual Change Plan - continued (12+ Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 8       | Step 3: Making Change Happen  
1) Review behavioral homework.  
2) Complete *pages 28-31* using facilitated activities.  
2) Introduce *pages 32-33*. | Assign behavioral homework on pages 29 and 31. |
| 9       | My Individual Change Plan  
1) Review behavioral homework.  
2) Complete *pages 32-33* using facilitated activities.  
Issue 1  
1) Assist participants in setting change goals for Issue 1 on *page 34*. | |
| 10      | Issue 2  
1) Assist participants in setting change goals for Issue 2 on *page 38*. | |
| 11      | Issue 3  
1) Assist participants in setting change goals for Issue 3 on *page 42*. | |
| 12+     | Reviewing Progress  
1) Review progress using *pages following each issue*.  
Maintaining Momentum  
1) Complete *pages 46-47* using facilitated activities. | |
**Forward Thinking**  
**Individual Application for Low Contact Time (30 minutes or less)**

**Individual Change Plan (12+ Sessions)**

NOTE: The session design for the Individual Change Plan is structured to support participant assessment, case planning and participant work to address identified “treatment” issues. Sessions are organized to support participants as they progress through the “steps toward change.” Timing for completion of “steps” and development of a change plan should be individualized to meet the participant’s needs and readiness to change. The final product consists of an Individual Change Plan and process for reviewing progress.

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | Assessment Phase (to be completed as a component of the participant assessment process)  
1) Complete pages 2-3 using facilitated activities.  
| 2       | 1) Review pages 4-7 using facilitated activities.  
| 3       | Step 1: Considering Change  
1) Review pages 8-11 using facilitated activities.  
| 4       | Step 1: Considering Change  
1) Review behavioral homework.  
2) Review pages 12-15 using facilitated activities.  
| 5       | Step 2: Committing to Change  
1) Review behavioral homework.  
2) Review pages 16-21 using facilitated activities.  
| 6       | Step 2: Committing to Change  
1) Review behavioral homework.  
2) Review pages 22-23 using facilitated activities.  
## Step 3: Making Change Happen

1) Review behavioral homework.
2) Review *pages 24-27* using facilitated activities.
3) Introduce and assign homework.


## Step 3: Making Change Happen

1) Review behavioral homework.
2) Review *pages 28-31* using facilitated activities.
3) Introduce and assign homework.


## My Individual Change Plan

1) Review behavioral homework.
2) Review *pages 32-33* using facilitated activities.
3) Introduce and assign homework.

### Assign participant to set change goals for Issue 1 on page 34.

## Issue 1

1) Review Issue 1 change goals on *page 34*.
2) Introduce and assign homework.

### Assign participant to set change goals for Issue 2 on page 38.

## Issue 2

1) Review Issue 2 change goals on *page 38*.
2) Introduce and assign homework.

### Assign participant to set change goals for Issue 3 on page 42. Assign Journal pages 46-47.

## Issue 3

1) Review Issue 3 change goals on *page 42*.

### Reviewing Progress

1) Review progress using *pages following each issue*.

### Maintaining Momentum

1) Review *pages 46-47* using facilitated activities.

## Forward Thinking

**Individual Application for Low Contact Time (30 minutes or less)**

### Individual Change Plan - continued (12+ Sessions)
# Forward Thinking

**Group Application for High Intensity (60-90 minutes)**

**Responsible Behavior (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete pages 2-5 using facilitated activities.  
2) Introduce pages 6-8. | Assign behavioral homework on pages 4-5. |
| 2       | 1) Review behavioral homework.  
2) Complete pages 6-8 using facilitated activities.  
3) Introduce pages 9-11. | Assign behavioral homework on pages 6-8. These exercises include logging of situations, self-talk and feelings. Consider combining into one log. |
| 3       | 1) Review behavioral homework.  
2) Complete pages 9-11 using facilitated activities.  
| 4       | 1) Review behavioral homework.  
2) Complete pages 12-15 using facilitated activities.  
| 5       | 1) Review behavioral homework.  
2) Complete pages 16-17 using facilitated activities.  
| 6       | 1) Review behavioral homework.  
2) Complete pages 18-21 using facilitated activities.  
| 7       | 1) Review behavioral homework.  
2) Complete pages 22-27 using facilitated activities.  
| 8       | 1) Review behavioral homework.  
2) Complete pages 28-31 using facilitated activities.  
### Forward Thinking
Group Application for High Intensity (60-90 minutes)

**Responsible Behavior - continued (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
2) Complete *pages 32-34* using facilitated activities.  
3) Introduce *pages 35-37*. | Assign behavioral homework on pages 33-34. |
| 10      | 1) Review behavioral homework.  
2) Complete *pages 35-37* using facilitated activities.  
3) Introduce *pages 38-41*. | Assign behavioral homework on pages 36-37. |
| 11      | 1) Review behavioral homework.  
2) Complete *pages 38-41* using facilitated activities.  
3) Introduce *pages 44-47*. | Assign behavioral homework on pages 41 and 43. |
| 12      | 1) Review behavioral homework.  
2) Complete *pages 44-47* using facilitated activities. | Assign behavioral homework on page 47. Share with assigned staff person. |
# Forward Thinking

## Group Application for Medium Intensity (60-90 minutes)

**Responsible Behavior** (8 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-9* using facilitated activities.  
Homework exercises on pages 6-8 include logging of situations, self-talk and feelings. Consider combining into one log. |
| 2       | 1) Review behavioral homework.  
2) Complete *pages 10-15* using facilitated activities.  
| 3       | 1) Review behavioral homework.  
2) Complete *pages 16-21* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
2) Complete *pages 22-27* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
2) Complete *page 28-31* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
2) Complete *pages 32-37* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
2) Complete *pages 38-41* using facilitated activities.  
3) Introduce *pages 44-47*. | Assign behavioral homework on pages 41 and 43. |
| 8       | 1) Review behavioral homework.  
2) Complete *pages 44-47* using facilitated activities. | Assign behavioral homework on page 47. Share with assigned staff person. |
# Forward Thinking

*Group Application for High Intensity (60-90 minutes)*

## Handling Difficult Feelings (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-8*. |                        |
| 2       | 1) Complete *pages 6-8* using facilitated activities.  
          2) Introduce *pages 9-12*. | Assign behavioral homework on *pages 6-8*. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 9-12* using facilitated activities.  
          3) Introduce *pages 13-17*. | Assign behavioral homework on *pages 10-12*.
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 13-17* using facilitated activities.  
          3) Introduce *pages 18-21*. | Assign behavioral homework on *pages 13-17*.
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 18-21* using facilitated activities.  
          3) Introduce *pages 22-23*. | Assign behavioral homework on *pages 18-21*.
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 22-23* using facilitated activities.  
          3) Introduce *pages 24-27*. | Assign behavioral homework on page 23.
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 24-27* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 28-31* using facilitated activities.  
          3) Introduce *pages 32-33*. | Assign behavioral homework on *pages 28-30*. |
## Handling Difficult Feelings - continued (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
         | 2) Complete *pages 32-33* using facilitated activities.  
| 10      | 1) Review behavioral homework.  
          | 2) Complete *pages 34-35* using facilitated activities.  
          | 3) Introduce *pages 36-37*. | Assign behavioral homework on page 34. |
| 11      | 1) Review behavioral homework.  
          | 2) Complete *pages 36-37* using facilitated activities.  
| 12      | 1) Review behavioral homework.  
          | 2) Complete *pages 38-39* using facilitated activities. | Assign behavioral homework on page 38. Share with staff member. |
**Handling Difficult Feelings (8 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-8* using facilitated activities.  
2) Introduce *pages 9-12*. | Assign behavioral homework on pages 6-8. |
| 2       | 1) Review behavioral homework.  
2) Complete *pages 9-12* using facilitated activities.  
3) Introduce *pages 13-17*. | Assign behavioral homework on pages 10-12. |
| 3       | 1) Review behavioral homework.  
2) Complete *pages 13-17* using facilitated activities.  
3) Introduce *pages 18-23*. | Assign behavioral homework on pages 13-17. |
| 4       | 1) Review behavioral homework.  
2) Complete *pages 18-23* using facilitated activities.  
3) Introduce *pages 24-27*. | Assign behavioral homework on pages 18-23. |
| 5       | 1) Review behavioral homework.  
2) Complete *page 24-27* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
2) Complete *pages 28-31* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
2) Complete *pages 32-35* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
### Forward Thinking

**Group Application for High Intensity (60-90 minutes)**

**Relationships and Communication (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-7*. | Assign behavioral homework on pages 4-5.  
**NOTE:** Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation. |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 6-7* using facilitated activities.  
          3) Introduce *pages 8-10*. | Assign behavioral homework on page 7. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 8-10* using facilitated activities.  
          3) Introduce *pages 11-14*. | Assign behavioral homework on pages 8-10. |
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 11-14* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 15-17* using facilitated activities.  
**NOTE:** Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 6 – sufficient time should be given to participants for self-evaluation. |
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 18-20* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 21-22* using facilitated activities.  
# Forward Thinking
## Group Application for High Intensity (60-90 minutes)

### Relationships and Communication - continued (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 23-27 (Relationship #1)* using facilitated activities.  
| 9       | 1) Review behavioral homework.  
          2) Complete *pages 28-31 (Relationship #2)* using facilitated activities.  
| 10      | 1) Review behavioral homework.  
          2) Complete *pages 32-35 (Relationship #3)* using facilitated activities.  
| 11 & 12 | 1) Review behavioral homework.  

**NOTE:** This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.
## Forward Thinking

Group Application for Medium Intensity (60-90 minutes)

### Relationships and Communication  (8 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-7*. | Assign behavioral homework on *pages 4-5*.  
                                          **NOTE:** Consider having participants begin work on “My Relationship Diagram” (pg. 6) prior to Session 2 – sufficient time should be given to participants for self-evaluation. |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 6-7* using facilitated activities.  
          3) Introduce *pages 8-10*. | Assign behavioral homework on *page 7*. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 8-10* using facilitated activities.  
          3) Introduce *pages 11-17*. | Assign behavioral homework on *pages 8-10*. |
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 11-17* using facilitated activities.  
          3) Introduce *pages 18-21*. | Assign behavioral homework on *pages 12-17*.  
                                          **NOTE:** Consider having participants begin work on “Rethinking My Relationship Diagram” (pg. 20) prior to Session 5 – sufficient time should be given to participants for self-evaluation. |
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 18-21* using facilitated activities.  
          3) Introduce *pages 22-31*. | Assign behavioral homework on *pages 19-21*.  
                                          **NOTE:** During Session 6 participants will evaluate three relationships. Have participants begin work on *pages 22-31* in preparation for in-session activities. |
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 21-31* using facilitated activities.  
          3) Introduce *pages 32-35*. | Assign behavioral homework on *pages 22-31*. |
### Forward Thinking

**Group Application for Medium Intensity (60-90 minutes)**

**Relationships and Communication - continued (8 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 7 & 8   | 1) Review behavioral homework.  

**NOTE:** This is often a very challenging issue for young people. Two sessions are dedicated to this topic to ensure sufficient time for discussion, planning and practice. Role-play is valuable here.
### Forward Thinking

**Group Application for High Intensity (60-90 minutes)**

**Victim Awareness (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete pages 2-5 using facilitated activities.  
2) Introduce pages 6-11. | Assign behavioral homework on page 5.  
**NOTE:** Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions. |
| 2       | 1) Review behavioral homework.  
2) Complete pages 6-11 using facilitated activities.  
3) Introduce pages 12-17. | Assign behavioral homework on pages 6 and 8.  
**NOTE** Additional out-of-session time may be necessary for participants to complete their “revised story of my committing offense.” |
| 3       | 1) Review behavioral homework.  
2) Complete pages 12-17 using facilitated activities.  
| 4       | 1) Review behavioral homework.  
2) Complete page 18 using facilitated activities.  
| 5       | 1) Review behavioral homework.  
2) Complete pages 19-20 using facilitated activities.  
| 6       | 1) Review behavioral homework.  
2) Complete pages 21-23 using facilitated activities.  
3) Introduce pages 24-25. | Assign behavioral homework on pages 22-23. |
## Forward Thinking
Group Application for High Intensity (60-90 minutes)

### Victim Awareness - continued (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 24-25* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 26-28* using facilitated activities.  
| 9       | 1) Review behavioral homework.  
          2) Complete *pages 29-30* using facilitated activities.  
          3) Introduce *pages 31-33*. | Assign behavioral homework on page 30. |
| 10      | 1) Review behavioral homework.  
       2) Complete *pages 31-33* using facilitated activities.  
       3) Introduce *pages 34-36*. | Assign behavioral homework on pages 31-33 & page 35 (Behavior Check). |
| 11      | 1) Review behavioral homework.  
       2) Complete *pages 34-36* using facilitated activities.  
| 12      | 1) Review behavioral homework.  
# Forward Thinking

## Group Application for Medium Intensity (60-90 minutes)

### Victim Awareness (8 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-11*. | Assign behavioral homework on pages 6-7.  
          **NOTE:** Work in this Journal requires participants to discuss and journal about their committing offense and victimization of others. Facilitators must decide whether certain topics will be discussed and shared openly in sessions or work will be completed in individual sessions. |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 6-11* using facilitated activities.  
          3) Introduce *pages 12-17*. | Assign behavioral homework on pages 6 and 8.  
          **NOTE** Additional out-of-session time may be necessary for participants to complete their “revised story of my committing offense.” |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 12-17* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 18-25* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
          2) Complete *page 26-30* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 31-33* using facilitated activities.  
          3) Introduce *pages 34-36*. | Assign behavioral homework on pages 31-33 & page 35 (Behavior Check). |
# Forward Thinking

**Group Application for Medium Intensity (60-90 minutes)**

**Victim Awareness - continued (8 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 7       | 1) Review behavioral homework.  
          | 2) Complete *pages 34-36* using facilitated activities.                                | Assign behavioral homework on page 36.                       |
|         | 3) Introduce *pages 37-39*.                                                           |                                                               |
| 8       | 1) Review behavioral homework.  
# Forward Thinking

**Group Application for High Intensity (60-90 minutes)**

**Reentry Planning (14 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-12*. | Assign behavioral homework on pages 4-5 (ICP Issue #1). |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 6-12* using facilitated activities.  
          3) Introduce *pages 13-16*. | **NOTE:** ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 13-16* using facilitated activities.  
          3) Introduce *pages 17-18*. | |
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 17-18* using facilitated activities.  
          3) Introduce *pages 19-21*. | Assign behavioral homework on page 18. |
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 19-21* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 22-27* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 28-31* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 32-37* using facilitated activities.  
## Forward Thinking
**Group Application for High Intensity (60-90 minutes)**

### Reentry Planning - continued (14 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
2) Complete *pages 38-44* using facilitated activities.  
3) Introduce *pages 45-47*. | Assign behavioral homework on pages 38-41 & page 44. |
| 10      | 1) Review behavioral homework.  
2) Complete *pages 45-47* using facilitated activities.  
| 11      | 1) Review behavioral homework.  
2) Complete *pages 48-53* using facilitated activities.  
3) Introduce *pages 54-56*. | Assign behavioral homework on pages 49-53. |
| 12      | 1) Review behavioral homework.  
2) Complete *pages 54-56* using facilitated activities.  
3) Introduce *pages 57-60*. | Assign behavioral homework on page 55. |
| 13      | 1) Review behavioral homework.  
2) Complete *pages 57-60* using facilitated activities.  
3) Introduce *pages 61-63*. | Assign behavioral homework on pages 59. |
| 14      | 1) Review behavioral homework.  
2) Complete *pages 61-63* using facilitated activities. | |
**Forward Thinking**

**Group Application for Medium Intensity (60-90 minutes)**

**Reentry Planning (10 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-12*. | Assign behavioral homework on pages 4-5 (ICP Issue #1). |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 6-12* using facilitated activities.  
          3) Introduce *pages 13-18*. | NOTE: ICP Issues 2 & 3 can be completed in session or assigned as homework in the first session. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 13-18* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 19-24* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 25-31* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 32-37* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 38-47* using facilitated activities.  
**Forward Thinking**  
**Group Application for Medium Intensity (60-90 minutes)**

*Reentry Planning - continued (10 Sessions)*

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 48-53* using facilitated activities.  
          3) Introduce *pages 54-56*. | Assign behavioral homework on pages 49-53. |
| 9       | 1) Review behavioral homework.  
          2) Complete *pages 54-56* using facilitated activities.  
          3) Introduce *pages 57-63*. | Assign behavioral homework on page 55. |
| 10      | 1) Review behavioral homework.  
          2) Complete *pages 57-63* using facilitated activities. | Assign behavioral homework on page 57. Share with a staff member. |
### Forward Thinking

**Group Application for High Intensity (60-90 minutes)**

**Substance Using Behaviors (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
          2) Introduce *pages 6-9*. |                           |
| 2       | 1) Complete *pages 6-9* using facilitated activities.  
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 10-11* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 12-13* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
          2) Complete *pages 14-16* using facilitated activities.  
          3) Introduce *pages 17-22*. | Assign behavioral homework on pages 14-16. |
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 17-22* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 23-25* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
          2) Complete *pages 26-27* using facilitated activities.  
## Forward Thinking
**Group Application for High Intensity (60-90 minutes)**

### Substance Using Behaviors - continued (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
            2) Complete *pages 28-30* using facilitated activities.  
            3) Introduce *pages 31-33*. | Assign behavioral homework on page 30. |
| 10      | 1) Review behavioral homework.  
            2) Complete *pages 31-33* using facilitated activities.  
| 11      | 1) Review behavioral homework.  
            2) Complete *pages 34-35* using facilitated activities.  
            3) Introduce *pages 36-40*. | Assign behavioral homework on pages 34-35. |
| 12      | 1) Review behavioral homework.  
**Forward Thinking**  
*Group Application for Medium Intensity (60-90 minutes)*  

**Substance Using Behaviors (8 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-7* using facilitated activities.  
          2) Introduce *pages 8-11*. | Assign behavioral homework on pages 6-7. |
| 2       | 1) Review behavioral homework.  
          2) Complete *pages 8-11* using facilitated activities.  
          3) Introduce *pages 12-16*. | Assign behavioral homework on pages 8-11. |
| 3       | 1) Review behavioral homework.  
          2) Complete *pages 12-16* using facilitated activities.  
          3) Introduce *pages 17-23*. | Assign behavioral homework on pages 12-16. |
| 4       | 1) Review behavioral homework.  
          2) Complete *pages 17-23* using facilitated activities.  
| 5       | 1) Review behavioral homework.  
          2) Complete *page 24-27* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
          2) Complete *pages 28-31* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
          2) Complete *pages 32-35* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
## Forward Thinking
Group Application for High Intensity (60-90 minutes)

**Family** (12 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete *pages 2-5* using facilitated activities.  
2) Introduce *pages 6-7*. | Assign behavioral homework on pages 4-5. |
| 2       | 1) Complete *pages 6-7* using facilitated activities.  
2) Introduce *pages 8-9*. | Assign behavioral homework on pages 6-7. |
| 3       | 1) Review behavioral homework.  
2) Complete *pages 8-9* using facilitated activities.  
| 4       | 1) Review behavioral homework.  
2) Complete *pages 10-11* using facilitated activities.  
3) Introduce *pages 12-14*. | Assign behavioral homework on pages 10-11. |
| 5       | 1) Review behavioral homework.  
2) Complete *pages 12-14* using facilitated activities.  
| 6       | 1) Review behavioral homework.  
2) Complete *pages 15-17* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
2) Complete *pages 18-19* using facilitated activities.  
| 8       | 1) Review behavioral homework.  
2) Complete *pages 20-21* using facilitated activities.  
Forward Thinking  
Group Application for High Intensity (60-90 minutes)  

**Family - continued (12 Sessions)**

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 9       | 1) Review behavioral homework.  
2) Complete *pages 22-25* using facilitated activities.  
| 10      | 1) Review behavioral homework.  
2) Complete *pages 26-27* using facilitated activities.  
| 11      | 1) Review behavioral homework.  
2) Complete *pages 28-29* using facilitated activities.  
| 12      | 1) Review behavioral homework.  
2) Complete *pages 30-32* using facilitated activities. | Assign behavioral homework on pages 30-32. Share with assigned staff person. |
## Forward Thinking

**Group Application for Medium Intensity (60-90 minutes)**

**Family** (8 Sessions)

<table>
<thead>
<tr>
<th>Session</th>
<th>In-session objectives</th>
<th>Out of session (homework)</th>
</tr>
</thead>
</table>
| 1       | 1) Complete pages 2-5 using facilitated activities.  
         | 2) Introduce pages 6-9.                               | Assign behavioral homework on pages 4-5. |
| 2       | 1) Review behavioral homework.  
         | 2) Complete *pages 6-9* using facilitated activities.  
| 3       | 1) Review behavioral homework.  
         | 2) Complete *pages 10-13* using facilitated activities.  
         | 3) Introduce *pages 14-17*.                          | Assign behavioral homework on pages 10-11. |
| 4       | 1) Review behavioral homework.  
         | 2) Complete *pages 14-17* using facilitated activities.  
         | 3) Introduce *pages 18-21*.                         | Assign behavioral homework on pages 14-17. |
| 5       | 1) Review behavioral homework.  
         | 2) Complete *page 18-21* using facilitated activities.  
         | 3) Introduce *pages 18-21*.                         | Assign behavioral homework on pages 18-19. |
| 6       | 1) Review behavioral homework.  
         | 2) Complete *pages 22-25* using facilitated activities.  
| 7       | 1) Review behavioral homework.  
         | 2) Complete *pages 26-28* using facilitated activities.  
| 8       | 1) Review behavioral homework.  