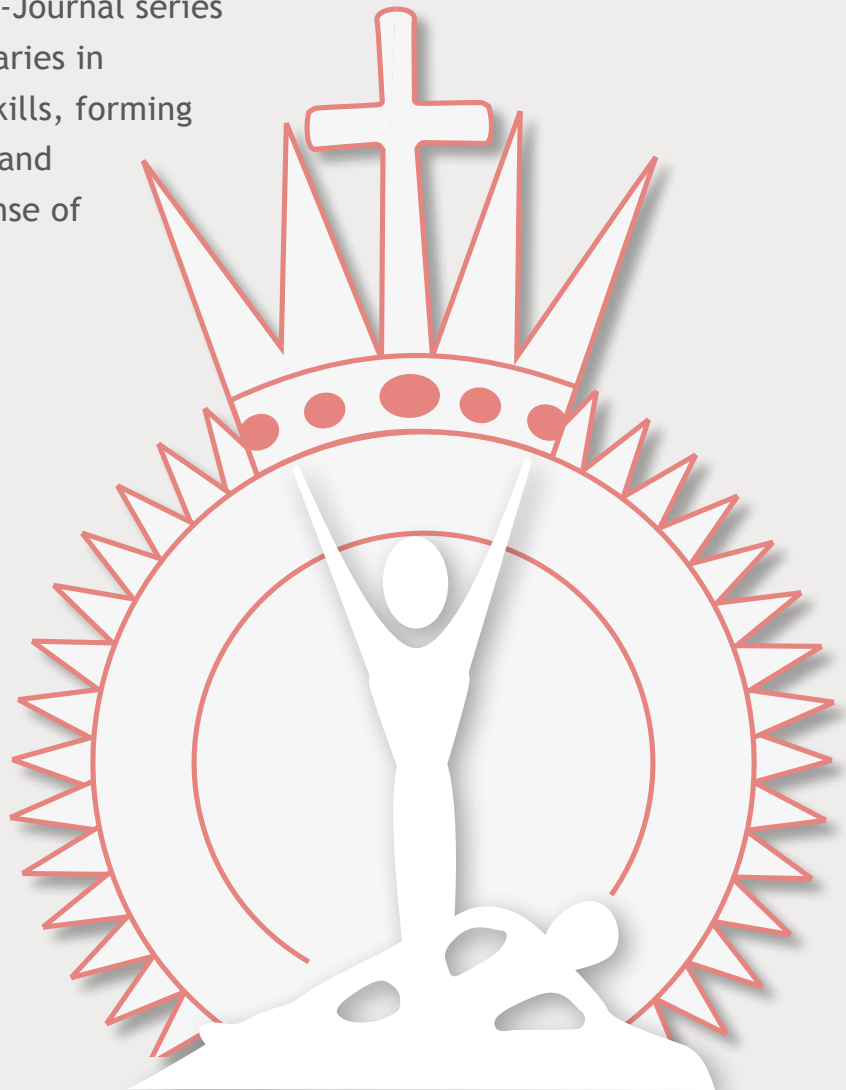




The ARC Interactive Journaling® Series

The Adult Rehabilitation Centers of The Salvation Army serve thousands of beneficiaries each year with an outstanding program of spiritual restoration incorporating a Twelve-Step, Biblically-based approach delivered in a structured residential setting. This 12-Journal series assists beneficiaries in acquiring life skills, forming positive habits and enhancing a sense of self-worth.



The **Change** Companies®

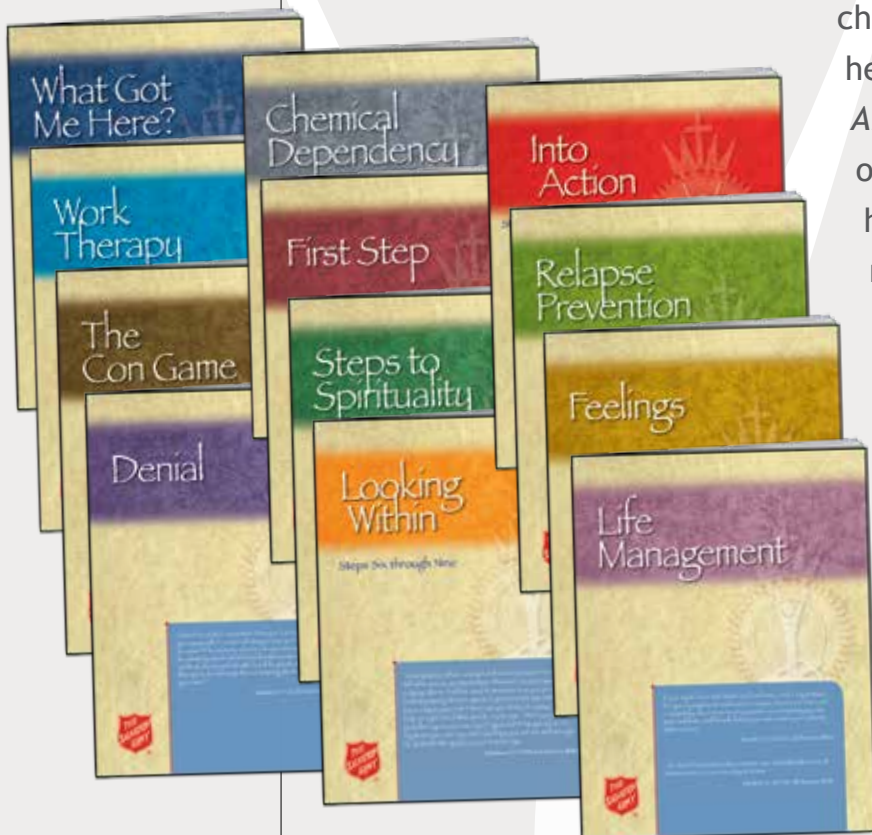
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The ARC Interactive Journaling® Series

The *ARC Interactive Journaling®* Series focuses on helping each beneficiary apply relevant information and behavior

change strategies to his or her life circumstances. The *ARC Interactive Journals* offer simple tools for helping beneficiaries take responsibility for their self-change. They act as personal and permanent resources within the change process.



What Got Me Here?

What Got Me Here? gives beneficiaries an opportunity to explore the reasons they are entering the ARC and prepares them for the work of positive life change that lies ahead.

Work Therapy

Work Therapy teaches beneficiaries how work promotes structure, self-discipline and self-respect with an emphasis on working with others and accepting responsibility.

The Con Game

The Con Game guides beneficiaries toward self-responsibility by exploring how the “con game” may be at the core of faulty beliefs and behaviors.



ARC Interactive Journaling® Series (continued)

Denial

This Journal helps beneficiaries discover how their use of denial may have kept them from recognizing the impact of their substance use.

Chemical Dependency

Chemical Dependency provides beneficiaries with information about the effects of alcohol and other drugs on their bodies, minds and lives.

First Step

This Journal helps beneficiaries move from self-will to an acceptance of the powerlessness and unmanageability that surrounds their use of substances.

'I want to do this on my own!'

Most people who arrive for help would prefer to do the work of rehabilitation totally on their own. They may be thinking:

"I got myself into this mess, it's my job to get myself out."

"I don't want anyone else to get involved with my personal life."

"I'm the kind of person who likes to go solo - I can handle it. Just tell me what I have to do."

Spiritual rehabilitation from any problem is difficult to do in isolation. It requires the support and assistance of others. The earlier you accept this fact, the sooner you can make progress toward positive change.

Do you find it difficult to ask for help from others? ☐ yes ☐ no ... Explain:

Do you find asking for help to be a sign of personal weakness or a sign of personal strength? ☐ weakness ☐ strength ... Explain:

Describe two of your efforts of trying to control your use of alcohol or other drugs on your own. Then state the results of your efforts.

Effort 1:	Results:

Effort 2:	Results:

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'Sabotaging my wellness'

There is no one that knows more about the way you operate than you do. One way you can assist yourself in staying free from alcohol and other drugs is to take an educated guess in advance as to how you may sabotage your program of personal renewal. After all, you are the world's best expert on you.

Here are some of the ways other people have described their sabotaging techniques:

- "I don't care what they say, my problem is with illegal drugs. Cocaine and pot have got to go, but not a beer or two in the evenings."*
- "I will not give up my old drinking buddies. It's my problem, not theirs. They have stuck by me in the past, and I will not desert those men."*
- "I will act as if I've with the program completely in order to get through the staff counseling with the least amount of hassle, but when it comes to the truth, I'll do it my own way."*
- "If I can get my husband and friends all to support me, I will go through with this."*

Now, based on your wealth of self-knowledge, how do you think you might be most tempted to sabotage this opportunity for personal growth?

My sabotage list

If I don't guard against it, I may sabotage my spiritual growth by...

-
-
-

Point to Ponder

Here are some other ways that people have found to sabotage their rehabilitation:

- "I will not follow directions."
- "I will not ask for help."
- "I'm doing it for someone else."
- "I will not refrain from using all mind-changing chemicals."
- "I will be compliant but not honest."
- "I will not change anything else in life."
- "I will remain rigidly self-sufficient."

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ARC Interactive Journaling® Series (continued)

Steps to Spirituality

Steps to Spirituality introduces beneficiaries to Steps Two through Five, which will prepare them to begin working on the action steps of recovery.

Looking Within

Looking Within provides an introduction to Steps Six through Nine. These Steps will help beneficiaries prepare for maintaining a daily program of healthy living.

Into Action

Into Action offers a solid introduction to Steps 10 through 12 and helps beneficiaries maintain an ongoing program of recovery.



Telephone Orientation

This complimentary, 30-minute telephone orientation is a great introduction to the “how” of effectively using the ARC *Interactive Journaling*® Series.

Topics covered:

- How to use Journals for planning and documentation.
- Using Journals in either individual or group sessions.
- A step-by-step explanation of powerful facilitation techniques that are proven effective with *Interactive Journaling*®.

Relapse Prevention

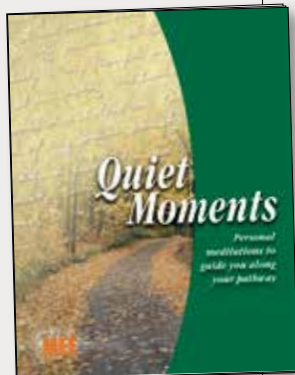
Relapse Prevention provides the tools beneficiaries need to identify and interrupt their pattern of relapse before they begin to drink or use again.

Feelings

Beneficiaries are encouraged to explore their feelings as part of the recovery process and develop coping strategies to help manage difficult feelings.

Life Management

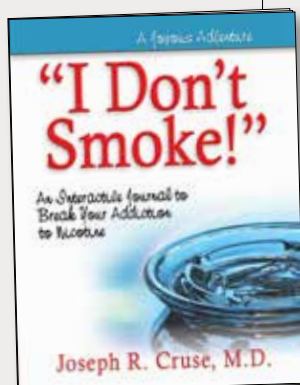
Life Management offers practical tips to help beneficiaries get their lives back in order. It provides information about stress management, nutrition, finances, time management and leisure time.



Additional Participant Journal

Quiet Moments

A simple, original and beautiful approach to meditation, *Quiet Moments* gently encourages clients to create their own words of recovery and serenity. Many programs provide a special time for clients to share their words of meditation with their peers.



Additional Participant Journal

"I Don't Smoke!" • by Joseph R. Cruse, M.D.

This Interactive Journal guides participants through the benefits of considering change and moves them toward acting on their desire to quit. The Journal includes strategies for getting through the first difficult weeks of smoking cessation, as well as strategies for maintaining nicotine abstinence on a long-term basis.



Additional participant material

Set Free • by Jan Coates

Set Free gives the stories of six women who, with God's help, found their way through the healing process. The companion Interactive Journal follows the chapters in the book, providing reflective writing opportunities and other activities that will help readers apply these strategies to their own lives and healing processes. *Set Free* is specifically designed to help those who suffer from depression, hopelessness, low self-esteem, anti-social behavior, drug abuse and promiscuity, among other things, as a result of child abuse.

The *Set Free* bundle includes:

- 15 *Set Free* Books
- 15 *Set Free* Reflection Journals
- 1 Introduction DVD
- 1 Implementation Guide



What is Interactive Journaling®?

Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. *Interactive Journaling*® provides bite-sized pieces of information and helps participants apply this information by having them ask the question, “What does this mean to me?”

Studies show that journaling can be valuable in self-exploration, healing and coping with difficult situations in a healthy way. Evidence suggests that journaling, especially structured journaling, can assist people in the process of change. The power of writing comes from its immediate personalization and relevancy. Individuals can map out where they have been, where they are today and where they wish to go.

To date, Interactive Journals created by The Change Companies® have served 20 million individuals in making positive life changes.

Interactive Journals promote the following principles:

- All change is self-change.
- People can change their attitudes and behavior.
- Change is a process, not an immediate event.
- Participants are responsible for the choices they make. Taking part in a program and using Interactive Journals can help participants make informed decisions but, ultimately, they alone possess the power to choose.

ARC Interactive Journaling® Series Order Form

Item	Title	Price	Quantity	Total
SA1	What Got Me Here? – 16 pages	\$ 1.20		
SA2	Work Therapy – 16 pages	\$ 1.20		
SA3	The Con Game – 24 pages	\$ 1.80		
SA4	Denial – 16 pages	\$ 1.20		
SA5	Chemical Dependency – 32 pages	\$ 2.40		
SA6	First Step – 16 pages	\$ 1.20		
SA7	Steps to Spirituality – 24 pages	\$ 1.80		
SA8	Looking Within – 16 pages	\$ 1.20		
SA9	Into Action – 16 pages	\$ 1.20		
SA10	Relapse Prevention – 24 pages	\$ 1.80		
SA11	Feelings – 24 pages	\$ 1.80		
SA12	Life Management – 24 pages	\$ 1.80		
WTP	Work Therapy Evaluation – pad of 50	\$ 5.25		
IDS	I Don't Smoke – 32 pages	\$ 3.95		
SA26	Quiet Moments – 24 pages	\$ 1.80		
ARC	ARC Medallions (minimum order of 50)	\$ 2.05		
SF	Set Free bundle	\$ 210.00		

Packages will be shipped the same day
your order is received.

Subtotal	\$
7.5% S/H (min. \$9.50)	\$
Total	\$

DATE:		PO # (IF REQUIRED):	
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SITE NAME:		E-MAIL ADDRESS:	
ADDRESS:			
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 **The Change Companies®**

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