

How to use your workbook:

This workbook will help introduce you to yourself and lead you through Step # 7, to Trust.

You will bring your workbook to all group, family and individual therapy sessions.

Your RESPECT group is the primary place where you will learn to trust yourself and begin to understand the responsibility of being part of a community.

RESPECT is a multi-sensory experience which means your workbook is an action (you carry it with you; write down your learning and experience; share what you are learning with those you trust).

A n athlete, like Michael Jordan (basketball), enters a state of mind-body awareness where the right movements happen all by themselves. He is not playing the game of basketball; he is the game. He is the air he jumps into; he is the ball and the hoop and there is no separation. His movements happen by themselves, effortlessly without any interference from the conscious will. The game plays the game, the poem writes itself and we can't tell the dancer from the dance. They have practiced and practiced and repeated the same movements until they are what they are doing. Great athletes do not think about their movements; they are the movement and there is no separation. There will be much repetition in RESPECT to bring you to that place where RESPECT is not something you remember; RESPECT is WHO you are.

Unlike other workbooks, in RESPECT there are no right or wrong answers, only your truth as you understand it on any given day.

Each step of your journey will be experienced in many different ways.

First by reading what each step is, discussing your

understanding with your RESPECT group and your therapist, doing the work, making mistakes, failure, and then living what you learn.

RESPECT is personal.

You hammer it out — or don't — in the privacy of your soul.

ADOLESCENT WORKBOOK: TRUST IS FREEDOM

This book belongs to: _____