

12-hour Prime For Life Syllabus

Use Options Sparingly

Most estimated times do not include optional videos or optional activities

Session One (4 hours)

EXPLORING UNIT	1
Starting the Program Guidelines.....	1
Prime For Life Introduction Sample	5 minutes 1-2
What Do I Value?15 minutes 2-6
Optional Balloon Activity.....	10 minutes 4
Two Types of Problems	5-10 minutes 6-7
Two Types of Problems Option.....	6
What Would Most People Say?	20-30 minutes 8-16
What Kind of Person?	9
What Kind of Person Activity	9
What Most People Say Activity.....	12
Research on Kind of Person	13
Revisiting What Most People Say	16
Break	10 minutes
Heart Disease is a Lifestyle-Related Health Problem	20-30 minutes 17-25
Risks We Can and Cannot Change Activity	18
Preventing Heart Disease Brainstorming Activity	19
Trigger Point Demonstration.....	20
Many Things Influence Our Choices	23
Heart Disease Example	24
Things to Consider Optional Activity	25
What does this have to do with alcoholism and addiction?	45-50 minutes 25-42
Body, Brain, Biology	25
Adoption Research	26
Adoption Studies Demonstration Options	27
Biological Differences	29
What About Drugs?	31
Choices	33
Biological Influences	34
Psychological Influences	35
Social Influences	38
Optional Social Proof Video	39
Accepting and Encouraging Brainstorming Activity	39
Putting it All Together Activity	41
Break	10 minutes
Impairment Problems	30-45 minutes 42-56
Tolerance and Impairment	43
Optional Sensitivity Animation.....	47

<i>Beliefs Influencing High-Risk Choices</i>	48
<i>Is it Just Bad Luck?</i>	48
Optional Bad Luck Video	49
<i>Impaired Driving and Drugs</i>	50
Things to Consider Optional Activity	51
<i>Designated Drivers and Other Risks?</i>	51
<i>Can We Overcome Impairment With Extra Effort?</i>	52
Impairment Activity.....	52
<i>Increased Risk For Early Death</i>	53
<i>Tolerance and Overdose</i>	54
Optional Tolerance Ability/Liability Video	55
Break	10 minutes
<i>Preventing Alcohol- and Drug-Related Problems</i>	10 minutes 56-59
<i>Two Questions</i>	56
<i>What Does “Low Risk” Mean?</i>	57
What Have Heard Activity	57
<i>Risks Related to Quantities and Frequencies</i>	15 minutes 60-65
<i>Defining Standards</i>	62
<i>Risks Related to Quantities and Frequencies of Drinking</i>	64
<i>Building Low-Risk Guidelines</i>	15 minutes 66-73
<i>Exploring Guidelines for Drugs</i>	66
Building Low-Risk Alcohol Guidelines Activity	67
<i>Building Low-Risk Guidelines for Alcohol</i>	67
Understanding the 0 1 2 3 Guidelines Activity.....	69
A Closer Look at My Choices Optional Activity.....	71
<i>Do I Have Increased Biological Risk Factors?</i>	5-10 minutes 73-75
My Formula Activity Part 1: Biological Risk for Alcoholism	73
Session Two (4 hours)	
<i>Individual Differences that Increase Risk for Impairment</i>	10 minutes 75-76
<i>Less Body Fluid</i>	75
<i>Drugs/Medication</i>	76
<i>Illness/Tiredness</i>	76
<i>Empty Stomach</i>	76
<i>Other Health Problems, Cancer Risk, & Pregnancy</i>	5-15 minutes 77
Pregnancy Video Option	77
<i>My Values and Avoiding Personal Problems</i>	5 minutes 78-80
My Formula Activity Part 2: Personalizing the Low-Risk Guidelines.....	78
REFLECTING UNIT	83
<i>The Phases of Use</i>	10-15 minutes 83-86

Green Phase: Low-Risk Choices	84
<i>No Increase in Tolerance</i>	84
<i>Take-It-or-Leave-It</i>	84
Outcomes of the Green Phase	85
Green Phase Self-Reflection	85
Break	10 minutes
Transition to the High-Risk Phases	10 minutes 86-88
High-Risk Phases: Yellow, Orange, and Red	87
Yellow Phase: High-Risk Choices	20-30 minutes 89-98
Brain Responses and Changes	90
<i>Reward and Pleasure Response</i>	90
<i>Increased Tolerance</i>	90
Memory	91
State Dependent Restriction Might Begin	91
Short-Term Memory Impairment.....	92
Memory Blackouts	93
Muddy Thinking.....	93
Anticipation	94
Social Dependence Might Begin	95
Optional Social Dependence Video.....	96
Outcomes of the Yellow Phase	96
Yellow Phase Self-Reflection Activity	97
Break	10 minutes
Orange Phase: Psychological Dependence	45-50 minutes 98-113
Psychological Dependence	98
<i>Integration and Preoccupation</i>	99
State Dependent Restriction Increases	101
Optional State Dependent Restriction Video	102
Sense of Relationship	102
Relationship Illustrations Options	103
Optional Accommodating Changing Lifestyle Video.....	104
Defending High-Risk Choices	104
Brain Changes	105
More Stress, Less Reward	105
Optional More Stress Less Reward Video	106
Emotions Influence Choices	106
Rebound Effects	106
Optional Marijuana Rebound video.....	108
Memory Blackouts	108
Optional Blackouts Video.....	108
More Frequent Muddy Thinking	108
Optional Muddy Thinking Video	109
Social Dependence Normalizes	110
Orange Phase Outcomes	111
Orange Phase Self-Reflection Activity	113
Break	10 minutes

Red Phase: Addiction	20-30 minutes 113-121
<i>Periodic Loss of Control</i>	114
<i>Signs of Loss of Control</i>	115
Optional Loss of Control Videos	117
<i>Varying Degrees of Withdrawal</i>	117
Optional Withdrawal Videos	118
<i>Changing Tolerance</i>	118
<i>Changes in Blackouts</i>	118
<i>Outcomes</i>	119
Phases Summary	5-10 minutes 121-123
Red Phase Self-Reflection Activity.....	122
Something to Consider.....	123
NEEDS Return Option.....	15-20 minutes 123

Session Three (4 hours)

Two Sides of Our Choices	5-15 minutes 123-125
What My Arrest Cost Me Optional Activity	124
Treasures Lost—Making the Risk Real	45 minutes 125-131
*select one story to share with the group from the video options.	
We recommend Most Expensive Jewelry or Someone Has to Pay.	
If you are running ahead of time, select 2-3 stories to share that fit your group best.	
Treasures Lost—Making the Risk Real Activity	126
Treasures Lost—Making the Risk Real Processing Questions	130
Pros and Cons	15-20 minutes 134-137
Reflecting on What I Value	15 minutes 137-142
Optional Protecting Values Video.....	137
Reflecting on What I Value Activity	137
Break	10 minutes

PROTECTING UNIT**143**

Feeding the Wolf	5-10 minutes 143
Feeding the Wolf Animation Options.....	143
My 24-Hour Clock	15 minutes 144
My 24-Hour Clock Activity	144
Moving Toward My Future	20 minutes 145-147
Optional Gain Video	145
Moving Toward My Future Activity.....	145
Optional Decision to Change Video	146
My Formula—My Decision	5 minutes 147-148
My Formula Activity	148

Planning for Success	10-20 minutes 148-149
I Want to Go to... Activity	149
Planning for Success Video Options	149
Set a Date	149
Tell Someone	150
Break	10 minutes
Identify Support	30 minutes 150-160
Finding Support Around Me	151
Finding Support Activity.....	151
Support Within Myself	157
My Strengths Activity	
Find Alternatives	20 minutes 161-165
Finding Fun, Relaxation, and Excitement	161
Finding Fun, Relaxation, and Excitement Video	161
Finding Fun, Relaxation, and Excitement Activity.....	162
Break	10 minutes
Plan for Obstacles	165-173
Overcoming State Dependent Restriction	30-45 minutes 165
Overcoming State Dependent Restriction Group Activity	166
Optional Overcoming State Dependent Restriction Video	166
Overcoming State Dependent Restriction Workbook Activity.....	167
Preparing for Social Pressure	20-30 minutes 169
Broken Record and Conversation Switch Activity.....	169
Be Ready, Be Quick	15 minutes 170
Be Ready, Be Quick Activity.....	170
My Values, My Commitment	10 minutes 173-174
My Values, My Commitment Activity	173
My Message	20 minutes 174-175
My Message Activity	175
Drawing to a Close	5 minutes 176-180
Option 1: Long Road to Freedom.....	176
Option 2: The Serenity Prayer.....	177
Option 3: Autobiography in Five Short Chapters.....	178
Option 4: We Are Powerful Beyond Measure	179
Conclusion	180