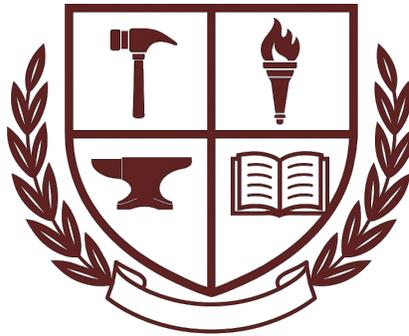


# FORGE



PHASE 1: FOUNDATION

## Know Yourself

*Participant Workbook*

Weeks 1 – 12

Dooly State Prison

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# Week 1 — Identity & Purpose

Who am I, and why am I here?

## My FORGE Commitment

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By signing below, I commit to full participation in the FORGE program. I understand that my growth depends on my honesty, effort, and willingness to change.

I commit to:

- Attending every session, on time and prepared
- Being honest with myself and my cohort
- Practicing the skills I learn, even when it is hard
- Holding myself and my peers accountable
- Completing all assignments and reflections

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Participant Name (printed)

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Participant Signature & Date

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Facilitator Signature & Date

## One Thing I Want to Be Different in 9 Months

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Think carefully. What is the single most important change you want to see in yourself by the end of this program?

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## **My Elevator Speech**

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An elevator speech is a 30-second introduction that tells people who you are and where you are headed. Use the template below to draft yours.

**My name is**

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**Before FORGE, I was known for**

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**What I am working on changing is**

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**By the end of this program, I want to be**

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**One thing you should know about me is**

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# Week 2 — Thinking Patterns

How my thoughts drive my behavior

## The 8 Thinking Errors

Thinking Error	Definition
<b>1. Closed Thinking</b>	Refusing to consider another person's perspective or new information. "I already know everything I need to know."
<b>2. Victim Stance</b>	Blaming others and seeing yourself as the victim in every situation. "This always happens to me."
<b>3. Lack of Empathy</b>	Failing to consider or care about how your actions affect others.
<b>4. Minimizing</b>	Making your harmful behavior seem less serious than it really is. "It wasn't that big a deal."
<b>5. Power Thrust</b>	Using aggression, intimidation, or control to get what you want.
<b>6. Entitlement</b>	Believing you deserve special treatment or that rules don't apply to you.
<b>7. Cognitive Indolence</b>	Taking the easy way out; refusing to think things through.
<b>8. Discontinuity</b>	Starting something and not following through; inconsistency between words and actions.

## Thinking Report

Use this 5-column format to break down situations where your thinking led to problems. Fill one out each time you notice a thinking error this week.

Situation	Thought	Feeling	Action	Consequence

Situation	Thought	Feeling	Action	Consequence

**Thinking Report (continued)**

Situation	Thought	Feeling	Action	Consequence

**Thinking Report (continued)**

Situation	Thought	Feeling	Action	Consequence

Situation	Thought	Feeling	Action	Consequence

**Thinking Report (continued)**

Situation	Thought	Feeling	Action	Consequence

**STOP Technique**

1. **S — Stop.** Freeze. Do not react.
2. **T — Think.** What is my thinking error right now?
3. **O — Options.** What are my choices? What are the consequences of each?
4. **P — Plan.** Choose the best option and act on it.

**Alternative Thought Bank**

---

When you catch a thinking error, challenge it and replace it with a healthier thought.

Old Thought	Challenge Questions	New Thought

Old Thought	Challenge Questions	New Thought

# Week 3 — Emotional Awareness

Understanding what I feel and why

## Emotion Wheel Reference

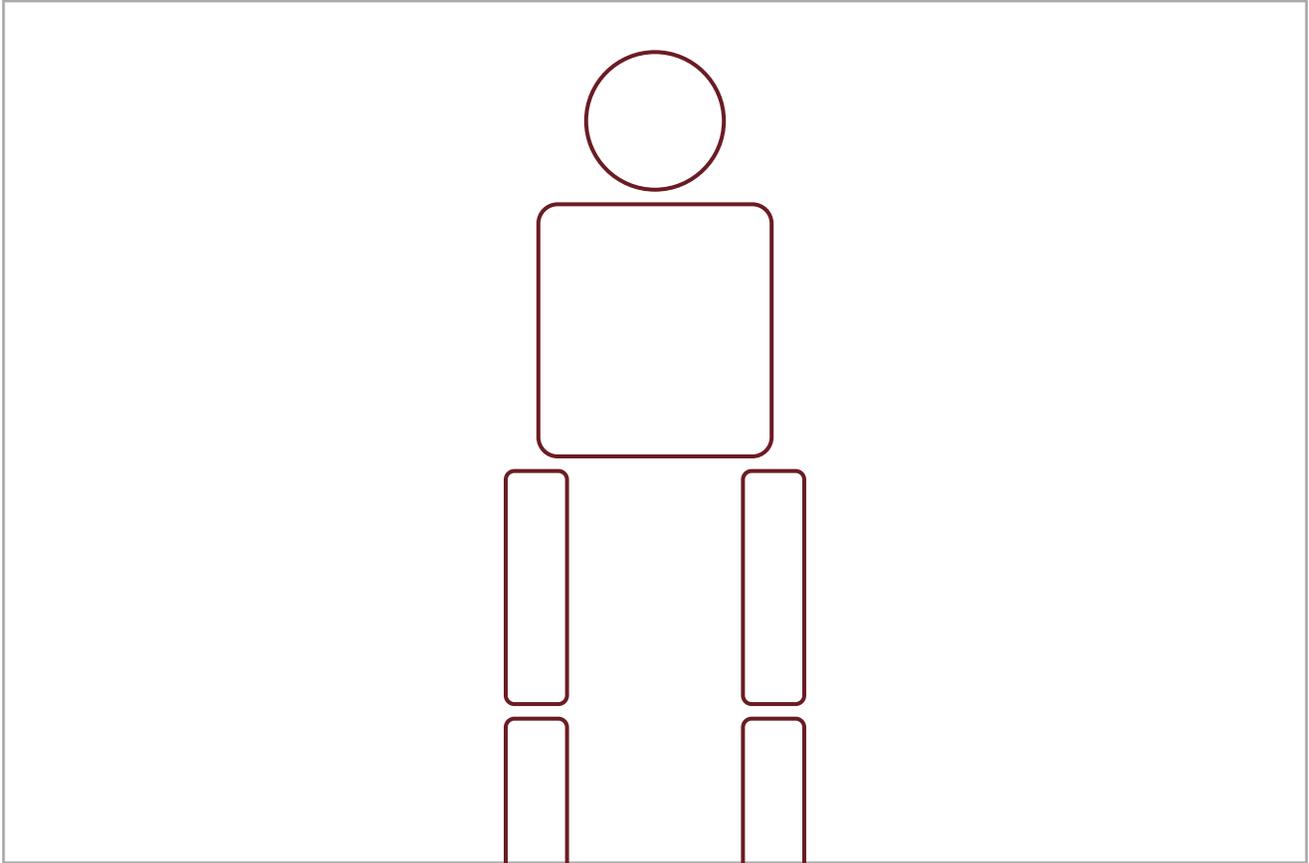
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Primary Emotion	Secondary Emotions
<b>Anger</b>	Frustrated, Irritated, Resentful, Hostile
<b>Fear</b>	Anxious, Insecure, Overwhelmed, Panicked
<b>Sadness</b>	Lonely, Hopeless, Disappointed, Grieving
<b>Joy</b>	Grateful, Proud, Content, Excited
<b>Surprise</b>	Confused, Amazed, Shocked, Stunned
<b>Disgust</b>	Contempt, Revolted, Judgmental, Disapproving

## Body Map

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Draw or label where you feel different emotions in your body.



Label where you feel anger, fear, sadness, joy, and anxiety in your body.

## Emotion Tracking Log

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Record your emotions three times per day for one week.

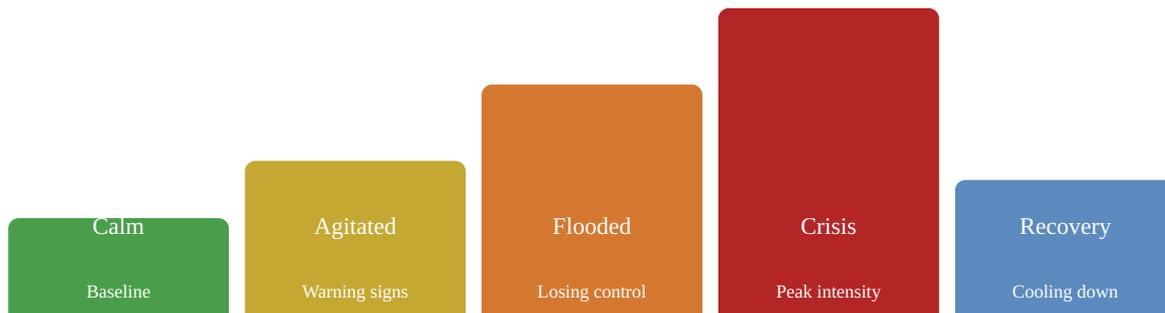
Date	Time	Emotion	Body Signal	Trigger



Date	Time	Emotion	Body Signal	Trigger

## Escalation Curve

Understanding how emotional intensity builds helps you intervene early.



**Key:** The goal is to intervene at the *Agitated* stage, before you become *Flooded*. Use your breathing and grounding techniques here.

### 4-4-4 Breathing Technique

1. **Inhale** slowly through your nose for **4 seconds**.
2. **Hold** your breath for **4 seconds**.
3. **Exhale** slowly through your mouth for **4 seconds**.

Repeat 4 times. This activates your parasympathetic nervous system and lowers your heart rate.

### 5-4-3-2-1 Grounding Technique

When you feel overwhelmed, name:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**

- 1 thing you can taste

## **Beneath My Anger — Writing Exercise**

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**When I feel angry, the emotion underneath is usually...**

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**I learned to use anger as a shield because...**

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**The last time I got angry, what I was really feeling was...**

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**If I could express what is beneath my anger without fear, I would say...**

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**The hurt I am protecting with my anger is...**

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# Week 4 — Coping & Safety

Building my emotional toolkit

## Safe vs. Unsafe Coping Strategies

Safe Coping Strategies	Unsafe Coping Strategies
Deep breathing / 4-4-4 technique	Substance use
Physical exercise (push-ups, walking)	Isolation / shutting everyone out
Talking to a trusted person	Physical aggression
Writing in a journal	Verbal intimidation
Listening to calming music	Self-harm
Praying or meditating	Reckless behavior
5-4-3-2-1 grounding	Manipulation
Counting down from 20	Denial / pretending everything is fine
Removing yourself from the situation	Suppressing all emotion
Reading	Blaming others

## My Personal Safety Plan

**5 safe coping strategies I will use:**

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**2 people I can talk to when I am struggling:**

1.

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2.

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**1 place where I feel safe:**

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## **Journal Prompt**

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**How has my past shaped my present?**

Consider: What experiences made you who you are today? Which patterns from your past do you want to break? What strengths has your past given you? *(continue on your own paper)*

# Week 5 — Communication Skills

Listening to understand, speaking to connect

## Active Listening — 5 Components

1. **Attending** — Face the speaker, make eye contact, open posture, minimize distractions.
2. **Reflecting** — Mirror back what you hear. "It sounds like you are saying..."
3. **Clarifying** — Ask questions to make sure you understand. "Can you tell me more about...?"
4. **Summarizing** — Recap the main points. "So what I am hearing is..."
5. **Validating** — Acknowledge the speaker's feelings. "That makes sense because..."

## "I" Statement Practice Sheet

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Rewrite each aggressive statement as an assertive "I" statement using the format: *"I feel [emotion] when [behavior] because [impact]. I need [request]."*

**1. Aggressive:** "You never listen to me! You don't care about anyone but yourself."

*Assertive rewrite:*

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**2. Aggressive:** "You're always disrespecting me in front of everyone."

*Assertive rewrite:*

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**3. Aggressive:** "You took my stuff without asking again. I'm sick of it."

*Assertive rewrite:*

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**4. Aggressive:** "You think you're better than me."

Assertive rewrite:

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5. **Aggressive:** "Mind your own business. Nobody asked you."

Assertive rewrite:

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### **SBI Feedback Model**

- **S — Situation:** Describe when and where the behavior occurred.
- **B — Behavior:** Describe the specific observable behavior (no judgments).
- **I — Impact:** Describe the effect the behavior had on you or others.

## **SBI Practice Sheet**

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### **Scenario 1**

**Situation:**

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**Behavior:**

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**Impact:**

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### **Scenario 2**

**Situation:**

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**Behavior:**

---

---

**Impact:**

**Scenario 3**

**Situation:**

---

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**Behavior:**

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---

**Impact:**

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# Week 6 — Conflict Resolution

Turning conflict into connection

## FORGE Conflict Resolution Model

1. **Pause & Posture** — Stop. Take a breath. Adopt an open, non-threatening body posture.
2. **Name the Heat** — Identify your emotion and rate it on the Heat Scale (1-10).
3. **Facts > Stories** — Separate what actually happened from the story you are telling yourself.
4. **Needs & Options** — What does each person need? Brainstorm options together.
5. **Agreement & Check-Back** — Agree on a plan and set a time to check back.

## Heat Scale (1-10)



1-3: Calm, can think clearly | 4-6: Agitated, need to use tools | 7-10: Flooded, must remove yourself first

## Scenario Rating Exercise

Rate each scenario on the Heat Scale and write what you would do.

1. Someone cuts in front of you in the chow line.

Heat level: \_\_\_\_\_ My response:

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2. Your cellmate makes a disrespectful comment about your family.

Heat level: \_\_\_\_\_ My response:

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3. You find out someone has been spreading rumors about you.

Heat level: \_\_\_\_\_ My response:

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4. A CO speaks to you in a way you feel is demeaning.

Heat level: \_\_\_\_\_ My response:

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## Mediation Ground Rules Template

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When mediating a conflict between two parties, both parties agree to:

- Speak one at a time without interrupting
- Use "I" statements instead of "you" accusations
- Stay focused on the current issue, not past grievances
- Listen to understand, not to respond
- Commit to finding a solution, not winning
- Keep what is said in mediation confidential
- Follow through on agreements made

**Additional ground rules for this mediation:**

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Party 1 Signature & Date

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Party 2 Signature & Date

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Mediator Signature & Date

# Week 7 — Accountability

Owning my choices and their impact

## Accountability Spectrum

Stage	What It Sounds Like	Level
<b>Denial</b>	"I didn't do anything wrong."	Lowest
<b>Minimization</b>	"It wasn't that serious."	Low
<b>Blame-shifting</b>	"They made me do it."	Mid-Low
<b>Partial Ownership</b>	"I played a part, but..."	Mid-High
<b>Full Accountability</b>	"I chose to do this. I am responsible for the harm."	Highest

## My Accountability Statement

Write your accountability statement below. Be specific. Name what you did, who was harmed, and what you are doing to make it right. This is for you — be honest. (*continue on your own paper*)

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### The 4 Integrity Tests

1. **The Mirror Test** — Can I look at myself in the mirror after this decision?
2. **The Mentor Test** — What would someone I respect think of this choice?
3. **The Front Page Test** — Would I be comfortable if this was on the front page of a newspaper?
4. **The Child Test** — Would I want a child I care about to make this same decision?

## Impact Awareness Letter

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This letter is not to send. It is for your own growth. Write to someone you have harmed, addressing these guided prompts:

**What I did:**

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**How I think it affected you:**

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**What I wish I had done instead:**

---

---

**What I am doing now to change:**

---

---

**What I want you to know:**

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*(continue on your own paper)*

# Week 8 — Empathy & Relationships

Seeing through others' eyes

## Perspective-Taking Exercise

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**Scenario:** A man in your housing unit has been disrespectful to several people. One day he gets into a heated argument with another resident and a CO intervenes, writing both of them up. The man who started it claims the other person was the aggressor.

**Viewpoint 1 — The man who started the argument:**

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**Viewpoint 2 — The other resident:**

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**Viewpoint 3 — The CO:**

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**Viewpoint 4 — A bystander who saw everything:**

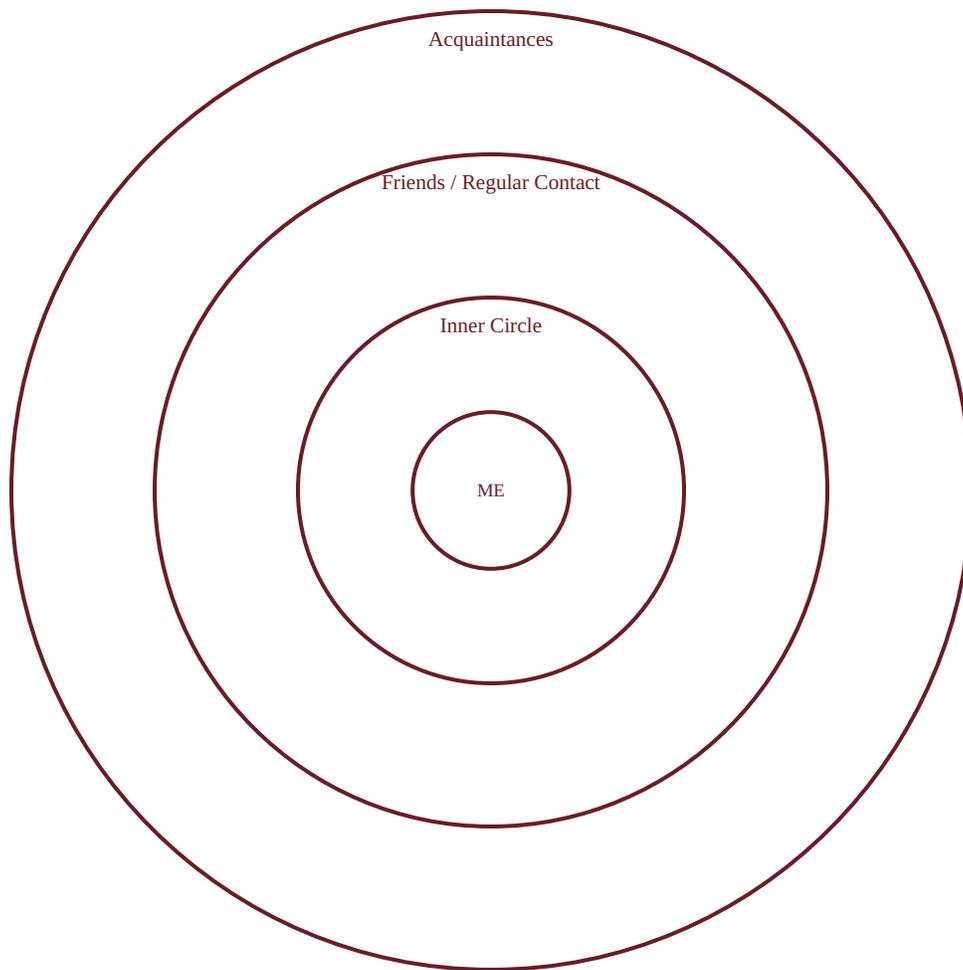
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## Relationship Map

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Map your relationships using the concentric circles below. Place people closest to you in the center ring. In the outer rings, place people you interact with but are less close to. Mark each person with (+) if they are pro-social or (-) if they pull you backward.



# Week 9 — Decision-Making

Thinking before acting

## 6-Step Problem Solving

1. **Define the problem** — What exactly is the problem? Be specific.
2. **Gather information** — What do I know? What do I need to find out?
3. **Generate options** — List at least 3 possible solutions.
4. **Evaluate options** — What are the pros and cons of each?
5. **Choose and act** — Pick the best option and commit to it.
6. **Review results** — Did it work? What would I do differently?

## Problem-Solving Worksheet

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**Step 1 — Define the problem:**

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**Step 2 — What I know / need to find out:**

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**Step 3 — My options:**

Option A:

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Option B:

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Option C:

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**Step 4 — Pros and cons:**

Option	Pros	Cons

**Step 5 — My decision and action plan:**

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**Step 6 — Review (fill in after taking action):**

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**My Personal Rules**

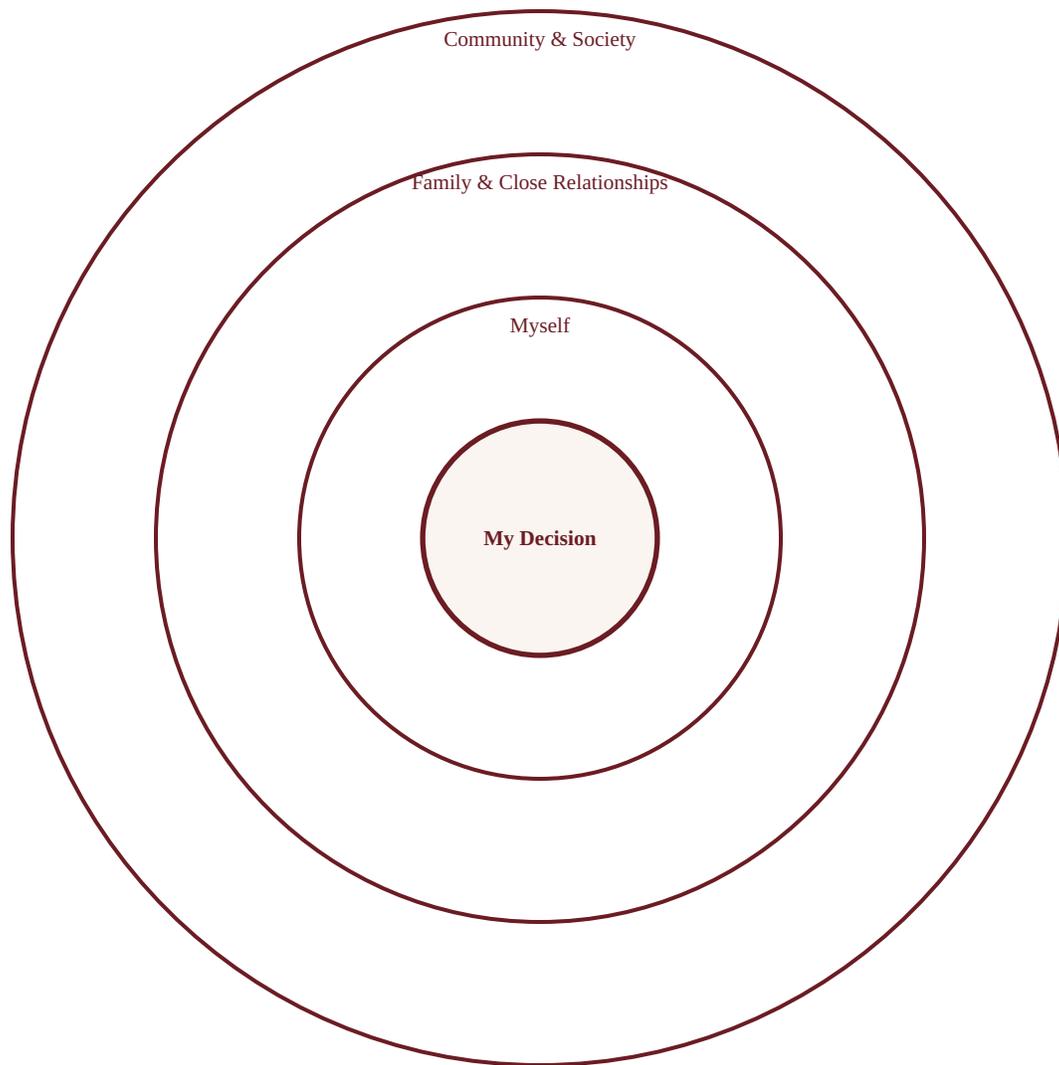
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Personal rules are commitments you make to yourself in advance so you do not have to decide in the moment.

**I will always...**

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### **The 10-10-10 Rule**

Before making a decision, ask yourself:

- How will I feel about this in **10 minutes**?
- How will I feel about this in **10 months**?
- How will I feel about this in **10 years**?

If the answer changes over time, slow down and think it through.

# Week 10 — Mindset & Vision

Growing from who I was into who I can be

## Fixed vs. Growth Mindset

Fixed Mindset	Growth Mindset
"I'm not smart enough."	"I can learn this with effort."
"I failed, so I'm a failure."	"I failed, so now I know what to do differently."
"This is just who I am."	"I can change with practice."
"I don't like being challenged."	"Challenges help me grow."
"Other people's success threatens me."	"Other people's success inspires me."
"Feedback is a personal attack."	"Feedback is information I can use."
"I give up when it's hard."	"I push through when it's hard."
"My past defines me."	"My past informs me; my choices define me."

## Letter From My Future Self

Imagine it is two years from now. You have completed FORGE, demonstrated real change, and are building the life you want. Write a letter from that future version of yourself to the person you are today.

What would your future self say about the journey? What advice would they give? What would they want you to know about the hard days ahead? (*continue on your own paper*)

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## My Stakeholder Commitment

Identify 5 specific actions you will take to demonstrate your growth to the people who matter.

1.

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2.

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3.

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4.

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5.

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# Week 11 — Self-Assessment & Review

Measuring my growth

## Who I Was When I Started and Who I Am Now

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Reflect honestly on your journey through Phase 1. How have you changed? What surprised you? Where do you still need to grow? (*continue on your own paper*)

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## Phase 1 Skills Self-Assessment

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Rate yourself on each skill: **1** = Cannot do it yet | **2** = Need more practice | **3** = Can do it with support | **4** = Can do it independently

Skill	1	2	3	4
Identifying my thinking errors				
Using the STOP Technique				
Completing a Thinking Report				
Naming and describing my emotions accurately				
Using 4-4-4 breathing when escalated				
Using 5-4-3-2-1 grounding when overwhelmed				
Recognizing my escalation curve warning signs				
Using safe coping strategies				
Active listening (all 5 components)				
Communicating with 'I' statements				
Giving SBI feedback				

Skill	1	2	3	4
Using the FORGE Conflict Resolution Model				
Rating myself on the Heat Scale				
Taking full accountability for my actions				
Applying the 4 Integrity Tests				
Writing an impact awareness letter				
Perspective-taking (seeing other viewpoints)				
Mapping my relationships				
Using the 6-Step Problem Solving process				
Applying the 10-10-10 Rule				
Demonstrating a growth mindset				
Articulating my vision for the future				

# Week 12 — Portfolio & Preparation

Completing Phase 1 and preparing for Phase 2

## Phase 1 Portfolio Checklist

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Check off each item as you confirm it is complete and included in your portfolio.

- Signed FORGE Commitment (Week 1)
- Elevator Speech — final version (Week 1)
- At least 6 completed Thinking Reports (Week 2)
- Alternative Thought Bank with at least 5 entries (Week 2)
- Completed Emotion Tracking Log (Week 3)
- "Beneath My Anger" writing exercise (Week 3)
- Personal Safety Plan (Week 4)
- Journal: "How has my past shaped my present?" (Week 4)
- 5 completed "I" Statement rewrites (Week 5)
- 3 completed SBI practice forms (Week 5)
- Heat Scale scenario exercise (Week 6)
- Accountability Statement (Week 7)
- Impact Awareness Letter (Week 7)
- Perspective-Taking exercise (Week 8)
- Relationship Map (Week 8)
- Completed Problem-Solving Worksheet (Week 9)
- Personal Rules (Week 9)
- "Letter From My Future Self" (Week 10)
- Stakeholder Commitment (Week 10)
- Self-Assessment reflection (Week 11)
- Skills Self-Assessment (Week 11)
- Phase 1 Study Guide — reviewed (Week 12)

## Phase 1 Study Guide

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Review the key concepts from each week before your Phase 1 assessment.

Week	Key Concepts
<b>Week 1</b>	Identity, purpose, commitment, elevator speech
<b>Week 2</b>	8 Thinking Errors, Thinking Reports, STOP Technique, Alternative Thought Bank
<b>Week 3</b>	Emotion Wheel, body signals, Escalation Curve, 4-4-4 Breathing, 5-4-3-2-1 Grounding
<b>Week 4</b>	Safe vs. unsafe coping, Personal Safety Plan, self-reflection
<b>Week 5</b>	Active Listening (5 components), "I" Statements, SBI Feedback Model
<b>Week 6</b>	FORGE Conflict Resolution Model (5 steps), Heat Scale, mediation ground rules
<b>Week 7</b>	Accountability Spectrum, 4 Integrity Tests, Impact Awareness
<b>Week 8</b>	Perspective-taking, empathy, Relationship Mapping
<b>Week 9</b>	6-Step Problem Solving, Personal Rules, Ripple Effect, 10-10-10 Rule
<b>Week 10</b>	Fixed vs. Growth Mindset, future visioning, Stakeholder Commitment
<b>Week 11</b>	Self-assessment, skills review, growth reflection
<b>Week 12</b>	Portfolio completion, study guide review, readiness for Phase 2

## **Congratulations on completing Phase 1: Know Yourself.**

Your journey continues in Phase 2: Prove Yourself.