

LIFE SKILLS CLASS
WEEKLY BREAKDOWN OF MATERIAL FOR 30 WEEKS

Week	Manual	Workbook	Section/Topic	Video
1	Intro 1-9		Introduction	
	pg 1/2-1/12	pg 1-4	Section 1- Power of the Subconscious	Power of the Subconscious- 47 min
2	pg 1/12-1/32		Section 1- Power of the Subconscious	How to Grow Up- 32 min
3	pg 2/2-2/33	pg 5-18	Section 2- What is Abuse?	Power and Control- 58 min
				Silent Knight-31 min
4	pg 2/34-2/44	pg 19-22	Section 2- What is Abuse?	Bob, The Woman Hater- 23 min
5	pg 3/3-3/10	pg 23-25	Section 3- Cycle of Violence	Price of Daffodils- 43 min
6	pg 3/10-3/24	pg 26-31	Section 3- Cycle of Violence	Unforgivable (optional)- 90 min
7	pg 4/2-4/26	pg 32-39	Section 4- The Male and His Emotions	Battle of the Sexes- 33 min
8	pg 5/2-5/22	pg 40-50	Section 5- Dirty Fighting	Dirty Fighting- 27 min
9	pg 6/3-6/17	pg 51-55	Section 6- Anger and Coping	Anger- 52 min
10	pg 7/1-8/14	pg 56-63	Section 7- My Anger/Anger in the Family/My Origin	Verbal Abuse- 14 min
11	pg 9/1-9/12	pg 64-68	Section 9- The Anger Kit	Dealing With Emotion- 29 min
				Triggers- 27 min
12	pg 9/13-10/9	pg 69-73	Section 9 & 10-Anger Kit/Life Commandments	Life Commandments- 46 min
13	pg 10/10-10/20	pg 74-75	Section 10- Life Commandments	
14	pg 11/2-11/9		Section 11a- Arrested Development	The Brain: Part 1- 64 min
				The Brain: Part 2- 57 min
15	pg 11/10-11/25	pg 76-78	Section 11a/11b- Arrested Development	Arrested Development: Part 1- 54 min
				Life Span Development- 58 min
16	pg 11/27-11/33		Section 11c- Arrested Development	Dev. Fixation: Part 1- 50 min
				Dev. Fixation: Part 2- 48 min
17	pg 11/36-11/49		Section 11d	Arrested Development: Part 2- 51 min
18	pg 12/2-12/16	pg 79-85	Section 12- Guilt and Shame	
19	pg 13/2-13/21	pg 86-88	Section 13- Shame and the Journey Out	
20	pg 14/2-14/26	pg 89	Section 14- Reactive Lifestyles	Reactive Lifestyles- 48 min
21	pg 15/2-16/5	pg 90-91	Section 15/16- Forgiveness/Passive-Aggressive-Assertive	
22	pg 16/6-17/7	pg 92-93	Section 16/17- P/A/A and Subcon./ Right & Left Brain	Power of the Subconscious- 47 min
				Battle of the Sexes- 33 min
23	pg 18/3-18/16	pg 94-95	Section 18- Communications	Neuro-Linguistics (Savage)- 90 min
				How to Grow Up- 32 min
24	pg 19/3-20/16	pg 96-104	Section 19 & 20- Mother/Son	Mother/Son- 61 min
25	pg 21/3-21/17	pg 105-106	Section 21- Father/Daughter	Father/Daughter- 50 min
26			Bar Barakah	Bar Barakah
27	pg 22/3-23/10	pg 107-109	Section 22/23- Develop a Friendship/ Understanding Love	Steps to a Healthy Relationship- 37 min
28	pg 23/11-24/15	pg 110-114	Section 23/24- Understanding Love/ Guidelines for Relationships	
29	pg 25/2-25/13	pg 115-116	Section 25- Intimacy	
30	pg 26/2-26/19	pg 117-126	Section 26- Roots of a Healthy Family	Healthy Relationship Wheel- 18 min