

# **T.L.C. Facilitator's Manual**

## **Being Together Module**

### **Session #5: What Direction Should I Follow? (2 Hours)**

#### OBJECTIVES:

1. Youths will be able to describe the eight components of an approach to improve quality of life, reducing substance use and unprotected sex.
2. Youths will relate the approach to their own lives.
3. Youths will increase their motivation to practice the approach for improving quality of life.

#### RATIONALE:

No doubt there are many guidelines for leading a high quality life. We have selected one that builds on what has already been presented in the sessions. Focusing on how to live their daily lives encourages the youths to confront these issues even if they create a different set of guidelines for themselves. In the end each youth will select his or her own direction, but the goal is for youths to think about the desired direction, make choices, and apply them to everyday life.

Essentially the way of living presented here consists of ethical behavior, mental discipline and wisdom. In this session the cognitive, affective, and behavioral aspects of a quality life are made explicit and explored. What kinds of verbal behavior and actions are desired? Are there certain ways to support oneself that are better than others? Being aware and concentrating are important and have already been presented. Displaying the effort to follow the eight components is another key area. As it is assumed that people are heavily influenced by what they think, there is an emphasis on cognitions and cognitive restructuring. An attempt is made to encourage youths to explore how they understand themselves and the world around them in hopes that this understanding will improve the quality of their lives.

To make these guidelines come alive, situations are created which allow youth to experience applying the guidelines. Responses to the guidelines require using themselves and making the guidelines more personal.

### SUMMARY OF EXERCISES:

1. Review the experiences that occurred between sessions. Use a script to introduce the day's topic. (20 minutes)
2. Explain the way to happiness and locate examples of positive speech in a script. (15 minutes)
3. Have the group generate a list of desirable actions and decide on what kind of work is positive. (15 minutes)
4. Explore the components of mental discipline: strong effort, being very aware and concentration. Practice awareness and concentrate on a task. (25 minutes)
5. Introduce positive thoughts and understanding themselves and the world around them. Have the youths create a poem and a drawing to express their comprehension of positive thoughts and understanding. (25 minutes)
6. Establish new agreements to experiences for between the sessions. Express appreciation to each other. (20 minutes)

### MATERIALS:

Newsprint and marking pens  
Scripts - "I'm Lost. What's the Way Out?" "He Was Yours."  
Positive Work?  
8 boxes of paper clips and cups  
Cushions  
Paper and pencils  
Drawing paper, colored pens, and masking tape  
"Talking Wrong" Cards  
"Talking Positive" Cards  
Experience Sheet  
Experience Cards

Exercise 1: What Happened?  
(20 minutes)

**[The purposes of this exercise are to provide support for the youths' new experiences, to increase group cohesion, and to introduce the session's focus. Review of experiences and a script are the approaches employed.]**

Welcome back.

We have been working on improving the quality of your lives by increasing your own peace of mind or inner peace.

We have been doing this by studying the self through seated meditation and becoming more aware of every moment in your life.

Let's open today's session with a thought.

This will help us come together and put our selves in the right frame of mind.

This thought is important because the more you believe that there is something wrong with you that needs fixing, the more you will desire things and end up miserable.

Let's take a deep belly breath and let it out slowly.

■PAUSE.

Let your eyes close if you like and silently repeat these words in your mind:

"I am perfect and complete, lacking nothing."

■PAUSE.

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Now please sit for three minutes.

Make sure you have three parts of you making contact: your rear is on the front of the cushion and your knees are touching the floor.

**■HAVE THE YOUTHS GET SEATED.**

Get your posture straight.

Imagine a wire from your head pulling it toward the ceiling.

Sway a little bit to settle in to a good position.

**■ONE FACILITATOR ASSISTS ANY YOUTH WHO NEEDS  
HELP IN SITTING CORRECTLY.**

Simply count your breath - 1 to 10.

If thoughts come into your head, note them, and let them float away.

Just watch them - don't get wrapped up in them.

If your counting gets off, go back to 1 and start again.

I'll keep the time for three minutes.

Go ahead and start.

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**■HAVE THE YOUTHS SIT FOR THREE MINUTES. THE FACILITATORS SIT WITH THEM TO MODEL THE CORRECT SEATED MEDITATION POSTURE.**

Time is up.

At the end of the last session you agreed to try some new experiences.

Let's hear how you made out.

**■GO AROUND AND HAVE EACH YOUTH REPORT ON WHAT HAPPENED. BE SUPPORTIVE. COACH AS NEEDED. IF A YOUTH DID NOT DO WHAT HE OR SHE AGREED TO, INDICATE THAT PROCEEDING AT ONE'S OWN PACE IS IMPORTANT AND RESPECTED.**

That was very good.

To introduce what today is about I need two volunteers to be the Wise Person and the TV reporter.

Who will help out?

**■SELECT THE VOLUNTEERS, DECIDE ON WHO WILL READ THE PARTS, GIVE THEM THE SCRIPT AND HAVE THEM READ IT ALOUD TO THE GROUP.**

IM LOST. WHAT'S THE WAY OUT?

- TV REPORTER: Hey! Wise Person. I want to ask you something.
- WISE PERSON: Good to see you again.
- TV REPORTER: Listen, Wise Person, I'm really lost. I have got to find a way out. I want to be happy. I want to be calm, but nothing works. I tried booze, drugs, sex, gourmet food, massage, hot baths, making lots of money, apartments with a view, fancy cars, nice clothes and a manicure. Nothing works. I'm still miserable.
- WISE PERSON: There's a fairly simple way.
- TV REPORTER: Wait a minute now. I don't want to go crazy in the other direction. Don't tell me to go to some mountain and live in a cave eating nuts and berries, sucking snow for water, wiping myself on pine needles, wearing scratchy long underwear and pieces of fur from dead animals, sleeping on dried leaves, and rubbing sticks together to make a fire. No way!
- WISE PERSON: I would agree with you that neither stuffing yourself nor starving yourself are the ways to go. You need something in the middle.
- TV REPORTER: This sounds a little better. So, what have you got for me?
- WISE PERSON: First, you have to realize that it all boils down to two factors. They go together. They are like the two sides on a coin.
- TV REPORTER: Tell me. Tell me.
- WISE PERSON: Wisdom and compassion. That's where you want to head. There are eight ways you have to behave to get there.
- TV REPORTER: Eight sounds like a lot to me. Give me an example.
- WISE PERSON: Talking positively for example.
- TV REPORTER: What's that mean?
- WISE PERSON: It means that when you talk about others it is important to talk

about their positive qualities whenever possible. Don't put people down, bad mouth them, be rude, tell lies.

TV REPORTER: I thought you said this middle way was easy. I can't go along with this talk positive crap. Are you forgetting? I'm a TV reporter. My job is to create interesting conversation. If I can't say something nasty about someone, I might as well quit.

WISE PERSON: Be patient. We have seven more ways to go.

THE END

That was very good.

Thank you for introducing the session.

Do you have reactions to the scene?

■ENCOURAGE SHARING OF REACTIONS.

In past sessions we talked about the fact that there is much suffering in life for the person who is driven by desires, wants, thirsts.

These desires aren't just for material things - possessions - but for love, beauty, fame, health, living forever, and intelligence as well.

For the person who is not obsessed with desires there is much more joy in life.

This session presents a way to move toward happiness.

Exercise 2: What Are the 8 Ways to Behave?  
(15 minutes)

**[The purposes of this exercise are to introduce the youths to the eight ways of behaving and to have them identify what positive speech is. An explanation and an analysis of a script are the approaches used.]**

Let me repeat what the wise person said.

Basically, having compassion and wisdom are the keys to happiness.

There is nothing hard to understand about that.

The wise person talked about the eight ways.

Because this is a powerful way to get out of being miserable, we are going to go over each one today.

The wise person talked about talking positively.

Here is a brief scene.

I need two actresses to play Jennifer and Hillary.

■SELECT THE PLAYERS AND DECIDE WHO WILL PLAY  
EACH PART. GIVE THEM THE SCRIPTS AND HAVE THEM  
READ THE PARTS ALOUD TO THE GROUP.

HE WAS YOURS!

HILLARY: I hate you and I hate George.

JENNIFER: Well, he was your boyfriend first. Are you saying you had bad taste.



HILLARY: You bitch. You took him away. Threw yourself at him. He was too dumb to see what you were doing.

JENNIFER: I didn't take him away. He was sick and tired of you.

HILLARY: I don't envy you after all. You ended up with sticky seconds.

JENNIFER: What's that supposed to mean?

HILLARY: If you can't figure it out, you deserve each other.

JENNIFER: You know I'm getting tired of the way we talk to each other. I'm just as much at fault as you are, but I'm not going to talk like this any more. It doesn't help the situation; it only makes me feel worse. I don't want to be this way.

THE END

Thanks for the reading.

What was said that you did not like in that scene?

**■ENCOURAGE REACTIONS.**

Here are some examples of talking.

I'll give them out one at a time.

When you get your card, read what it says to the group and tell us how you would feel if someone said that to you.

**■GIVE OUT THE CARDS ONE AT A TIME. HAVE THE YOUTH READ THE CARD ALOUD AND INDICATE HOW SHE/HE WOULD FEEL.**

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## CARDS

### TALKING WRONG CARD 1

A FRIEND BORROWS \$5 FROM YOU AND WHEN YOU ASK FOR IT BACK, THE FRIEND SAYS, "I DIDN'T BORROW ANY MONEY FROM YOU."

HOW WOULD YOU FEEL?"

### TALKING WRONG CARD 2

SOMEONE SAYS TO YOU, "THAT SYLVIA IS A REAL BITCH. SHE'D DO ANYTHING TO CATCH A BOY."

HOW WOULD YOU FEEL?

### TALKING WRONG CARD 3

SOMEONE SAYS TO YOU, "I DON'T THINK THE OTHERS IN THE GROUP LIKE US. WE HAD BETTER STICK TOGETHER."

HOW WOULD YOU FEEL?

### TALKING WRONG CARD 4

SOMEONE SAYS TO YOU, "DON'T THINK JACK IS A GOOD FRIEND OF YOURS. HE DOES THINGS BEHIND YOUR BACK."

### TALKING WRONG CARD 5

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SOMEONE SAYS TO YOU, "LOOK AT THOSE HORRIBLE CLOTHES SHE HAS ON. TRACY IS REALLY OUT OF IT."

HOW WOULD YOU FEEL?

TALKING WRONG CARD 6

SOMEONE SAYS TO YOU, "YOU ARE THE UGLIEST PERSON I HAVE EVER SEEN."

HOW WOULD YOU FEEL?

TALKING WRONG CARD 7

SOMEONE SAYS TO YOU, "GET OUT OF THE WAY, STUPID. I WAS HERE FIRST."

HOW WOULD YOU FEEL?

TALKING WRONG CARD 8

SOMEONE SAYS TO YOU, "YOU WOULD HAVE TO PAY SOMEBODY TO LIKE YOU."

HOW WOULD YOU FEEL?

TALKING WRONG CARD 9

SOMEONE SAYS TO YOU, "I LIKE THIS RED NAIL POLISH BETTER THAN THE PINK I HAD ON YESTERDAY. BUT PINK SOME TIMES GOES BETTER WITH MY NEW SHIRT. ON THE OTHER HAND RED MATCHES MY LIP STICK. RED PINK. RED PINK. RED PINK. DECISIONS. DECISIONS. SILVER IS ONE I OUGHT TO TRY. I BET YOU SILVER WOULD LOOK GOOD ON ME."

HOW WOULD YOU FEEL?

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## TALKING WRONG CARD 10

SOMEONE TELLS YOU ABOUT PEOPLE YOU DON'T KNOW. "ED IS GOING WITH GEORGE NOW, BUT GEORGE REALLY LIKES FRANK. FRANK WENT WITH BOBBY BEFORE HE MET GEORGE. I THINK THERE ARE TIMES WHEN ED ISN'T THAT HAPPY WITH GEORGE, BUT WHAT CAN YOU DO? TOMMY WOULD LIKE TO BREAK THEM UP. HE'S JUST WAITING FOR THE RIGHT TIME. I WISH TOMMY WOULD STAY OUT OF IT."

HOW WOULD YOU FEEL?

Why would you not want to talk to people like we just heard?

■ENCOURAGE SHARING RESPONSES. THEN PULL RESPONSES TOGETHER IN AN EXPLANATION OF TALKING RIGHT.

If a person avoids 1) telling lies, 2) bad-mouthing others and saying things that create tensions, hatred and disharmony between people and groups, 3) harsh, mean, rude and abusive language, and 4) idle, foolish, and useless babble, then she or he will talk in a positive way.

How can someone start to talk more positively?

To get at that, you might want to consider how you want people to talk to you.

Give me one word that reflects how you want people to talk to you.

■ASK EACH PERSON FOR ONE WORD - NO DUPLICATES. REINFORCE RESPONSES.

Here are some more examples of positive speech.

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I am going to give you a card with an example on it.

You read the card aloud to the group and then tell us how you feel if someone spoke to you that way.

■GIVE OUT THE CARDS ONE AT A TIME. HAVE EACH YOUTH READ THE CARD AND SAY HOW HE/SHE WOULD FEEL.

### CARDS

#### TALKING POSITIVE CARD 1

SOMEONE YOU JUST MET SAYS, "IT WAS GREAT MEETING YOU. I'LL SEE YOU TOMORROW."

HOW WOULD YOU FEEL?

#### TALKING POSITIVE CARD 2

SOMEONE SAYS TO YOU, "YOU DID A GREAT JOB. THAT WAS WONDERFUL."

HOW WOULD YOU FEEL?

#### TALKING POSITIVE CARD 3

SOMEONE SAYS TO YOU, "I REALLY LIKE THE WAY YOU LOOK TODAY."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 4

SOMEONE SAYS TO YOU, "I HEAR YOUR MOTHER IS SICK. I'M REALLY SORRY."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 5

YOU ARE ABOUT TO HAVE SEX AND YOUR PARTNER SAYS TO YOU, "I WANT TO PROTECT YOU FROM HIV. I DON'T WANT ANYTHING TO HAPPEN TO YOU. LET'S USE A CONDOM."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 6

YOU HAVE BEEN LOOKING FOR A JOB, AND SOMEONE SAYS TO YOU, "I KNOW THIS PLACE THAT GIVES HELP ON HOW TO HAVE A JOB INTERVIEW. IT'S FREE. IT REALLY HELPED ME."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 7

YOU ARE ABOUT TO HAVE SEX FOR THE FIRST TIME, AND YOUR PARTNER SAYS TO YOU, "LET'S NOT RUSH IT. I REALLY LIKE YOU. LET'S BE TENDER WITH EACH OTHER. I WANT THIS TO BE GOOD FOR BOTH OF US."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 8

YOUR PARTNER SAYS TO YOU, "HERE'S A LITTLE ANNIVERSARY CARD. I JUST

WANTED YOU TO KNOW HOW MUCH I CARE ABOUT YOU."

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 9

YOUR FRIEND SAYS TO YOU, "SOMETIMES I REALLY WONDER WHAT I WANT TO DO WITH THE REST OF MY LIFE. WHAT ABOUT YOU? DO YOU EVER ASK YOURSELF THAT KIND OF QUESTION?"

HOW WOULD YOU FEEL?

TALKING POSITIVE CARD 10

YOUR FRIEND SAYS, "I WANT TO GET OFF DRUGS. WHY DON'T WE DO IT TOGETHER? WE CAN BOTH GO TO A DRUG PROGRAM AND HELP EACH OTHER."

HOW WOULD YOU FEEL?

Can you get a feel for the difference between talking wrong and talking right?

■ENCOURAGE ANSWERS. THEN PULL THE RESPONSES TOGETHER AND EXPLAIN TALKING RIGHT.

Talking right is friendly, caring, pleasant, gentle, meaningful, and useful.

Think of a time in the last two weeks when you said something that was not an example of positive talking and when you said something that was an example of talking positive.

When you think back, don't judge - just observe.

■ASK FOR EXAMPLES OF WHAT NEGATIVE AND POSITIVE SPEECH THEY THOUGHT OF.

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Thank you for revealing some personal examples.

Is everyone clear about right speech?

■CLARIFY ANY CONFUSION.

Now lets take a look at doing - doing positive things, and at supporting yourself in a way that makes you proud.

We'll deal with that next.



Exercise 3: What Is the Way to Act and to Work?  
(15 minutes)

**[The purposes of this exercise are to enable youths to understand doing positive things and working in a positive way and to relate them to their lives. Building a list of actions and selecting jobs are used as well as asking youths about their recent actions.]**

Let's take a look at some actions.

Here are some examples:

I visited my friend in the hospital.

I volunteered time to deliver meals to people living with AIDS.

I lent \$5 to a friend of mine who was broke.

I stopped two friends of mine from screaming at each other.

I went to school every day for a week.

I took care of my sister's kids for a day.

Doing positive things encourages moral, honorable, and peaceful behavior.

Here are some more examples.

I stole \$10 from my friend's wallet.

I got drunk out of my mind.

I had sex without using a condom with someone who didn't know I was HIV positive.

I hit my partner because I was really pissed.

I cheated on my partner.

I sold drugs.

Are these examples of doing positive things?

**■OBTAIN RESPONSES.**

Now I am going to divide the group in half.

I want each small group to make a list of what are positive and negative actions.

You have five minutes.

**■DIVIDE THE GROUP IN HALF. GIVE EACH NEWSPRINT AND MARKING PENS FOR WRITING DOWN THEIR LISTS. HAVE EACH SMALL GROUP COME UP WITH A LIST OF POSITIVE AND NEGATIVE ACTIONS. GIVE THEM FIVE MINUTES TO WORK ON THEIR LISTS.**

OK, now let's hear what you came up with.

**■HAVE THE GROUPS REPORT BACK. IF THEY DON'T MENTION SUCH ACTIONS AS KILLING, MAIMING, STEALING, PASSING HIV ALONG, DEALING DRUGS TO CHILDREN, CARELESSLY GETTING A GIRL PREGNANT, HAVING UNPROTECTED SEX, CHEATING ON A PARTNER, BEING ABUSIVE, CUTTING SCHOOL, AND NOT DOING SCHOOL ASSIGNMENTS, RAISE QUESTIONS. DON'T TAKE POSITIONS. LET THE YOUTHS FIGURE OUT WHAT DOING THE RIGHT THING IS FOR THEM.**

Can you think of something you did in the last month that you wished you hadn't because it wasn't positive action?

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How did you feel?

Were you upset?

What were the consequences?

When you think back, don't be a judge - be an observer.

**■WAIT A MINUTE WHILE YOUTHS THINK.**

What did you remember?

**■AND THEN ENCOURAGE SHARING. CHECK ON BEING  
DISTURBED, FEELINGS, AND CONSEQUENCES.**

While we can't undo the past, it's great to realize that we can always choose more positive actions in the future!

The next part of the eight ways is called doing positive work.

Doing positive work is about supporting yourself in a way that doesn't hurt others - or yourself for that matter.

For example, what do you think of survival sex - working as a prostitute to support yourself?

Or selling drugs to support yourself?

Does it hurt the other person?

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Is it destructive for you?

Here is a list of work.

Which ones do you think are positive work and which ones are not positive

■GIVE OUT A LIST OF "POSITIVE WORK?" HAVE EACH YOUTH MAKE A DECISION ABOUT THE WORK LISTED.

POSITIVE WORK?

Instructions: Read over the work that is listed and decide if it is more positive work or not. Circle the ones that are more positive work.

WORKER AT BEN AND JERRY'S  
GAMBLER  
WORKER AT BURGER KINGS  
DISTILLER OF GIN  
CAR SALESPERSON  
PROSTITUTE  
CARD HUSTLER  
COMPUTER SPECIALIST  
BUTCHER  
BREWER OF BEER  
POLICEWOMAN  
DRUG PUSHER  
ASSEMBLER OF HAND GUNS IN A FACTORY  
U.S. MARINE  
COMPUTER SPECIALIST WHO IS EMPLOYED BY CHILD PORNOGRAPHERS  
NURSE  
TEACHER  
MAKER OF RAT POISON  
NUN  
FUR TRAPPER  
CONGRESSMAN  
STOCK BROKER

SANITATION WORKER  
PIMP  
WAITRESS  
MUSICIAN  
POST OFFICE WORKER  
LAWYER  
GLUE MAKER  
FISHERMAN  
DOCTOR WHO PERFORMS ABORTIONS  
REHAB THERAPIST  
FIGHTER PILOT

■ALLOW A FEW MINUTES TO MAKE THE DECISIONS.  
THEN ASK FOR FEEDBACK.

Let's start with the ones which were not positive.

What did you come up with?

■ENCOURAGE SHARING AND DISCUSSION. DON'T TAKE  
A POSITION. THE POINT IS TO MAKE YOUTH AWARE OF  
THE ETHICAL ISSUES IN MAKING A LIVELIHOOD. RAISE  
QUESTIONS SUCH AS: ARE SOME JOBS INHERENTLY  
WRONG OR IS IT JUST THE WAY THE INDIVIDUAL  
WORKER DOES IT? CAN CIRCUMSTANCES TURN A  
NEGATIVE JOB TO A POSITIVE ONE?

What do you think someone gets out of work that isn't positive?

■ENCOURAGE RESPONSES. LOOK FOR ATTENTION,  
SURVIVAL, GETTING HIGH, EXCITEMENT, REDUCES  
ANXIETY, FORGET ABOUT BEING HIV +, REDUCES  
FEELING DOWN. PROBE TO BRING UP SOME OF THESE  
ADVANTAGES IF THEY ARE NOT MENTIONED.

What about the jobs that were on the positive work list? Which ones were they?

**■ENCOURAGE RESPONSES.**

When you think of positive work, what words come to your mind.

For example, healthy, happy, helpful, important, clean, proud.

Give me some words.

**■WRITE THE WORDS ON NEWSPRINT AS THEY ARE CALLED OUT.**

That's a good list.

It looks like one could say that positive work contributes to the world, gives something positive to other people, makes you feel good about yourself, and is conducted with awareness.

Next we will explore having a strong mind.

Exercise 4: What Kind of Strong Mind Do I Need?  
(25 minutes)

**[The purposes of this exercise are to review "Do It!" - putting out effort, being aware, and really concentrating and to increase them. Sitting, describing current states and doing a task with concentration are the approaches used.]**

There are three aspects of having a strong mind, and we have already been working on two of them: concentration and awareness.

The third one is called "Do It!"

Some people want to talk positively, do positive things, do positive work and all the rest, but they just can't put out the effort.

The alarm clock rings and instead of getting up, they turn off the alarm.

Maybe you have had the experience of working out, and you wanted to do ten reps but you couldn't push yourself to do more than 7.

Or the reverse, when you really put out and felt that burn in your muscles.

You get a pain in your leg while doing seated meditation and you want to quit, but you keep on going until the time is up.

You have a job interview and feel really scared. How nice it would be to get up and walk out.

But you hang in there, take a few deep breaths and tell yourself, "This isn't pleasant, but I can get through it."

You are working on an assignment for school, and you get sleepy.

It would be so nice to put the book down and forget it, but you splash some cold water in your face and finish the assignment.

That's why this part of the 8 approaches is called "Do It!"

"Do It!" means putting your energy to work.

Right now, let's put your effort into sitting.

Get on your cushion; sit straight; get the right position; and start counting your breath.

Use your "Do it" to sit for five minutes.

**■HAVE EVERYONE SIT ON HIS/HER CUSHION. CHECK POSTURES.**

We'll start now.

**■SIT WITH THE GROUP. TIME THE SITTING FOR FIVE MINUTES.**

Time is up, but please stay where you are.

Being really aware means that you are totally focused on the here and now.

It means really experiencing every moment.

You know what is going on.

You hear the sounds - a car starts up in the street.

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You sense your body - your stomach goes out with your breath.

You feel your emotions - calm.

You catch a thought going by - what time is dinner?

Let's go around the room and check your awareness right now.

By the time I get a question out of my mouth your awareness may have changed because life is constantly changing.

**■ASK EACH YOUTH TO REPORT ON THEIR AWARENESS OF ONE OF THE FOLLOWING: BODY SENSATIONS, FEELINGS, MOODS, DESIRES, THOUGHTS. AFTER THE FIRST FIVE YOUTH, REPEAT THE SEQUENCE WITH THE SECOND FOUR YOUTH.**

THE QUESTIONS ARE AS FOLLOWS:

1. WHAT BODY SENSATION DO YOU HAVE RIGHT NOW - SUCH AS PAIN IN MY LEG OR MY SHIRT TOUCHING MY BACK?
2. WHAT FEELINGS DO YOU HAVE RIGHT NOW - SUCH AS SAD OR HAPPY?
3. WHAT MOOD ARE YOU AWARE OF RIGHT NOW - SUCH AS LAZY OR TENSE?
4. WHAT DESIRE ARE YOU AWARE OF RIGHT NOW - SUCH AS WANTING SOMEONE IN THE GROUP TO COMPLIMENT YOU?
5. WHAT THOUGHTS ARE YOU AWARE OF RIGHT NOW? - SUCH AS "I DON'T WANT TO LET PEOPLE KNOW WHAT I'M THINKING."

That was very good.

Take a moment to stand up, yawn and stretch.

**■STAND UP, THEN YAWN AND STRETCH.**

Now I want you to increase your concentration - so that you and what you are doing become one like when you ate the orange.

**■PASS TO EACH YOUTH A FOUR OUNCE PAPER CUP CONTAINING 100 PAPER CLIPS.**

First, dump the paper clips out in front of you and scatter them around.

For right now, don't concentrate on the task.

Just pick up the paper clips and put them back in the cup.

**■WAIT A MINUTE WHILE YOUTHS DUMP OUT THE PAPER CLIPS AND THEN PUT THEM BACK IN THE CUP.**

Now I want you to dump the paper clips out again and scatter them around.

This time, I want you to put them back in the cup with great concentration.

Become totally involved with the paper clips.

Know every one.

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Let there be no separation between you and the clips.

If thoughts distract you, pause, watch the thought float away and go back to concentrating on filling the cup with paper clips.

**■WAIT WHILE THE YOUTHS PUT THE CLIPS BACK IN THE CUP.**

What was your experience like?

Was it hard to concentrate?

Was there a difference between putting the clips back without concentration and with concentration?

Did the paper clips look different and feel different when you were concentrating?

Did you disappear when you were really involved in putting the clips in the cup?

**■ENCOURAGE RESPONSES AND DISCUSSION.**

If you really concentrate, you will catch what is going on in your everyday life and not miss all the good parts.

Your experiences will be clear - not confused.

You will be so involved that there won't be room for your mind to want this and that - creating the unhappiness that comes with being disappointed.

Next comes knowing what you and the world are all about.

Exercise 5: What Are Positive Thoughts?  
(25 minutes)

**[The purposes of this exercise are to experience positive thoughts - being nice to others and realizing it is possible to have an enjoyable life if one follows the way. Explanations, best experiences, remembering a miserable experience, writing a poem and drawing a picture are used here.]**

Now we are going to work on positive thoughts.

First, positive thoughts means thinking in a loving way about people.

Second, positive thoughts means realizing how life works and that you can do something about being happy.

Positive thoughts are loving, kind, accepting, non-violent and giving.

Positive thoughts are not about hating someone, wanting to hurt someone, wanting revenge, wanting to embarrass somebody, wanting to dominate and control somebody.

To think positive thoughts doesn't mean you can't be aware of evil or observe that other people do a lot of terrible things to each other.

In order to appreciate the positive side of life, it will be helpful to first reflect on one of our big challenges in life.

Positive thoughts also means realizing what life is all about.

Remember the day you discovered that you had HIV?

Where were you?

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What were you doing?

How did you find out?

What did you do?

What did you think and feel?

**■WAIT A FEW MINUTES WHILE YOUTHS PLACE THE  
SCENE IN THEIR MINDS.**

Is someone willing to tell us about that day?

**■HAVE A FEW YOUTHS DESCRIBE WHAT IT WAS LIKE.**

The fact that you are HIV positive is an example of the suffering that life contains.

People get ill.

Some get very old.

We all die.

There are many events which disappoint us.

But there is a way to go through life with less misery and more joy.

First is to accept the fact that life has much misery in it.

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Saying to yourself, "I don't want to have the virus," or "Why me?" or "I don't want to get sick," only makes it worse.

Second, get totally involved in your everyday actions.

Be so concentrated on what you are doing and so aware of every moment that there is no room for all those thoughts about what you would want to be different.

The more a person wants things the more chance there is for misery.

Last, follow the ways we have been talking about today: think positive, talk positive, act positive, choose positive work, concentrate, be aware, and put out effort (Do it!).

Remember you and all of life are constantly changing, so, all you can be is who you are right now.

**■PAUSE FOR A MOMENT.**

Now, I want each of you to recall one of the best experiences in your life.

**■WAIT WHILE THE YOUTHS THINK OF BEST EXPERIENCES IN THEIR LIVES.**

Now please tell us what those experiences were.

**■HAVE THE YOUTHS SHARE WHAT WERE THEIR BEST EXPERIENCES. AS YOUTHS TELL ABOUT THEM, POINT OUT THAT THESE EXPERIENCES CONTAIN THE ELEMENTS WE HAVE BEEN WORKING ON IN THIS SESSION:**

**TALK POSITIVE**

ACT POSITIVE  
POSITIVE WORK  
AWARENESS  
CONCENTRATION  
DO IT!  
POSITIVE THOUGHTS

You can see that great experiences have in them what we have been working on in this session.

Next I want you to write a brief poem showing positive thoughts.

For example, here is a brief poem on how I want to live my life:

Save all living creatures.  
Reduce my desires.  
Study the self.  
Search for my truth.  
Can I do it?

Write your poem on "How I want to lead my life" or on "How I want to treat other people and the world around me."

■PASS OUT PAPER AND PENCILS. HAVE THE GROUP  
WRITE A BRIEF POEM. ALLOW FIVE MINUTES.

Is someone willing to read his or her poem?

■ENCOURAGE SHARING OF POEMS.

Those were great!

What were your reactions to the poems?

October 1995  
Session 5  
Module 3



**■ENCOURAGE REACTIONS.**

The way that we have been talking about and experiencing life leads to joy and happiness.

Remember the things that made your best experiences positive, and what you put in your poems.

I am going to give each of you a piece of drawing paper and colored marking pens.

Please make a drawing which expresses your understanding of what makes life positive in spite of money, health, fame, or possessions.

Get so involved in creating your drawing that there is no room for things that make you unhappy.

You don't have to be a good artist.

This is an opportunity to share the wisdom that is within you.

Don't get all tangled up in thoughts.

Trust yourself.

Let yourself express what you know through the colors and movement that you put down on paper.

You have seven minutes.

**■PASS OUT DRAWING PAPER AND COLORED MARKING PENS TO EACH YOUTH. ALLOW 7 MINUTES TO DO THE DRAWING. WHEN THE YOUTHS ARE FINISHED INVITE**

THEM ATTACH THEIR DRAWINGS TO THE WALL AND  
WANDER AROUND LOOKING AT EACH OTHER'S WORK.

Now fix your drawing to the wall if you like and then go around looking at what everyone did.

■ALLOW TIME FOR VIEWING OF THE DRAWINGS.

I want to thank all of you for your drawings.

Now it is time to agree on what you will do between sessions.

Exercise 6: What Will I Do Between Sessions?  
(20 minutes)

**[The purposes of this exercise are to carry into the real world what was learned in the session and to build a community of participants. Agreeing to have certain experiences and showing appreciation to each other are the approaches used.]**

At the end of each session I want you to agree to continue some of the activities we have begun in here.

See if you can keep practicing when you are not in the session.

The more sessions that we cover, the more experiences you have to choose from.

Here are some examples of what you might do.

1. increase how long and how often you sit.
2. pick a brief, daily routine like shaving or putting on make-up and concentrate on it.
3. eat a meal three times a week without talking and be completely aware of what you eat.
4. write a poem about the way to lead your life.
5. do an art project that express positive thoughts in a different way.
6. make up a new saying about a daily task.
7. make note of three examples of when you spoke to someone in a way that pleased you.
8. make note of three examples of when you acted in a way that was pleasant.
9. write a paragraph on "My Understanding of Life Is..."
10. whenever you experience a drug trigger, sit for three minutes before deciding what you will do about it.

Can you give the group some other suggestions to choose from?

**■ENCOURAGE ADDING TO THE LIST.**

Think a moment and decide on what you agree to do.

**■HAVE EACH YOUTH INDICATE WHAT HE OR SHE AGREES TO DO. NOTE THE AGREEMENT ON THE FACILITATOR'S EXPERIENCE SHEET.**

Those are some good things to try.

I hope you have your experience cards with you.

Please write on the card I gave you what you plan to try during the next week.

Keep the cards with you.

Now it is time for you to show that you appreciate the other members of the group.

Go around and let people know that you are glad they are here and that you like the contributions they made to today's session.

You can appreciate things they said or did, their style, their presence, their depth, their quietness, their poem, their drawing - all kinds of things.

**■ENCOURAGE GIVING APPRECIATION TO EACH OTHER.  
MODEL REINFORCING CONTRIBUTIONS. MAKE SURE**

EVERYONE IS INCLUDED.

I would like to end with a thought.

Take a deep breath, let it out slowly, relax your eyes, and silently repeat after me.

■PAUSE.

"I will find my original nature, forget my false self, and be kind to others."

I look forward to seeing you at the next session.

We will meet again at \_\_\_\_\_ (time and place) on (day and date).

THE END OF SESSION 5

## I'M LOST. WHAT'S THE WAY OUT?

- TV REPORTER: Hey! Wise Person. I want to ask you something.
- WISE PERSON: Good to see you again.
- TV REPORTER: Listen, Wise Person, I'm really lost. I have got to find a way out. I want to be happy. I want to be calm, but nothing works. I tried booze, drugs, sex, gourmet food, massage, hot baths, making lots of money, apartments with a view, fancy cars, nice clothes and a manicure. Nothing works. I'm still miserable.
- WISE PERSON: There's a fairly simple way.
- TV REPORTER: Wait a minute now. I don't want to go crazy in the other direction. Don't tell me to go to some mountain and live in a cave eating nuts and berries, sucking snow for water, wiping myself on pine needles, wearing scratchy long underwear and pieces of fur from dead animals, sleeping on dried leaves, and rubbing sticks together to make a fire. No way!
- WISE PERSON: I would agree with you that neither stuffing yourself nor starving yourself are the ways to go. You need something in the middle.
- TV REPORTER: This sounds a little better. So, what have you got for me?
- WISE PERSON: First, you have to realize that it all boils down to two factors. They go together. They are like the two sides on a coin.
- TV REPORTER: Tell me. Tell me.
- WISE PERSON: Wisdom and compassion. That's where you want to head. There are eight ways you have to behave to get there.
- TV REPORTER: Eight sounds like a lot to me. Give me an example.
- WISE PERSON: Talking positively for example.
- TV REPORTER: What's that mean?

WISE PERSON: It means that when you talk about others it is important to talk about their positive qualities whenever possible. Don't put people down, bad mouth them, be rude, tell lies.

TV REPORTER: I thought you said this middle way was easy. I can't go along with this talk positive crap. Are you forgetting? I'm a TV reporter. My job is to create interesting conversation. If I can't say something nasty about someone, I might as well quit.

WISE PERSON: Be patient. We have seven more ways to go.

THE END

HE WAS YOURS!

HILLARY: I hate you and I hate George.

JENNIFER: Well, he was your boyfriend first. Are you saying you had bad taste.

HILLARY: You bitch. You took him away. Threw yourself at him. He was too dumb to see what you were doing.

JENNIFER: I didn't take him away. He was sick and tired of you.

HILLARY: I don't envy you after all. You ended up with sticky seconds.

JENNIFER: What's that supposed to mean?

HILLARY: If you can't figure it out, you deserve each other.

JENNIFER: You know I'm getting tired of the way we talk to each other. I'm just as much at fault as you are, but I'm not going to talk like this any more. It doesn't help the situation; it only makes me feel worse. I don't want to be this way.

THE END



**TALKING WRONG CARD 1**

**A FRIEND BORROWS \$5 FROM YOU AND WHEN YOU ASK FOR IT BACK, THE FRIEND SAYS, "I DIDN'T BORROW ANY MONEY FROM YOU."**

**HOW WOULD YOU FEEL?"**

**TALKING WRONG CARD 2**

**SOMEONE SAYS TO YOU, "THAT SYLVIA IS A REAL BITCH. SHE'D DO ANYTHING TO CATCH A BOY."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 3**

**SOMEONE SAYS TO YOU, "I DON'T THINK THE OTHERS IN THE GROUP LIKE US. WE HAD BETTER STICK TOGETHER."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 4**

**SOMEONE SAYS TO YOU, "DON'T THINK JACK IS A GOOD FRIEND OF YOURS. HE DOES THINGS BEHIND YOUR BACK."**

**TALKING WRONG CARD 5**

**SOMEONE SAYS TO YOU, "LOOK AT THOSE HORRIBLE CLOTHES SHE HAS ON. TRACY IS REALLY OUT OF IT."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 6**

**SOMEONE SAYS TO YOU, "YOU ARE THE UGLIEST PERSON I HAVE EVER SEEN."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 7**

**SOMEONE SAYS TO YOU, "GET OUT OF THE WAY, STUPID."**

**I WAS HERE FIRST."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 8**

**SOMEONE SAYS TO YOU, "YOU WOULD HAVE TO PAY  
SOMEBODY TO LIKE YOU."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 9**

**SOMEONE SAYS TO YOU, "I LIKE THIS RED NAIL POLISH  
BETTER THAN THE PINK I HAD ON YESTERDAY. BUT PINK  
SOME TIMES GOES BETTER WITH MY NEW SHIRT. ON**

**THE OTHER HAND RED MATCHES MY LIP STICK. RED PINK. RED PINK. RED PINK. DECISIONS. DECISIONS. SILVER IS ONE I OUGHT TO TRY. I BET YOU SILVER WOULD LOOK GOOD ON ME."**

**HOW WOULD YOU FEEL?**

**TALKING WRONG CARD 10**

**SOMEONE TELLS YOU ABOUT PEOPLE YOU DON'T KNOW. "ED IS GOING WITH GEORGE NOW, BUT GEORGE REALLY LIKES FRANK. FRANK WENT WITH BOBBY BEFORE HE MET GEORGE. I THINK THERE ARE TIMES WHEN ED ISN'T THAT HAPPY WITH GEORGE, BUT WHAT CAN YOU DO? TOMMY WOULD LIKE TO BREAK THEM UP. HE'S JUST WAITING FOR THE RIGHT TIME. I WISH TOMMY WOULD STAY OUT OF IT."**

**HOW WOULD YOU FEEL?**

**TALKING POSITIVE CARD 1**

**SOMEONE YOU JUST MET SAYS, "IT WAS GREAT MEETING YOU. I'LL SEE YOU TOMORROW."**

**HOW WOULD YOU FEEL?**

## **TALKING POSITIVE CARD 2**

**SOMEONE SAYS TO YOU, "YOU DID A GREAT JOB.  
THAT WAS WONDERFUL."**

**HOW WOULD YOU FEEL?**

## **TALKING POSITIVE CARD 3**

**SOMEONE SAYS TO YOU, "I REALLY LIKE THE WAY  
YOU LOOK TODAY."**

**HOW WOULD YOU FEEL?**

**TALKING POSITIVE CARD 4**

**SOMEONE SAYS TO YOU, "I HEAR YOUR MOTHER IS SICK. I'M REALLY SORRY."**

**HOW WOULD YOU FEEL?**

**TALKING POSITIVE CARD 5**

**YOU ARE ABOUT TO HAVE SEX AND YOUR PARTNER SAYS TO YOU, "I WANT TO PROTECT YOU FROM HIV. I DON'T WANT ANYTHING TO HAPPEN TO YOU. LET'S USE A CONDOM."**

**HOW WOULD YOU FEEL?**

## **TALKING POSITIVE CARD 6**

**YOU HAVE BEEN LOOKING FOR A JOB, AND SOMEONE SAYS TO YOU, "I KNOW THIS PLACE THAT GIVES HELP ON HOW TO HAVE A JOB INTERVIEW. IT'S FREE. IT REALLY HELPED ME."**

**HOW WOULD YOU FEEL?**

## **TALKING POSITIVE CARD 7**

**YOU ARE ABOUT TO HAVE SEX FOR THE FIRST TIME, AND YOUR PARTNER SAYS TO YOU, "LET'S NOT RUSH IT. I REALLY LIKE YOU. LET'S BE TENDER WITH EACH OTHER. I WANT THIS TO BE GOOD FOR BOTH OF US."**

**HOW WOULD YOU FEEL?**



## **TALKING POSITIVE CARD 8**

**YOUR PARTNER SAYS TO YOU, "HERE'S A LITTLE ANNIVERSARY CARD. I JUST WANTED YOU TO KNOW HOW MUCH I CARE ABOUT YOU."**

**HOW WOULD YOU FEEL?**

## **TALKING POSITIVE CARD 9**

**YOUR FRIEND SAYS TO YOU, "SOMETIMES I REALLY WONDER WHAT I WANT TO DO WITH THE REST OF MY LIFE. WHAT ABOUT YOU? DO YOU EVER ASK YOURSELF THAT KIND OF QUESTION?"**

**HOW WOULD YOU FEEL?**

**TALKING POSITIVE CARD 10**

**YOUR FRIEND SAYS, "I WANT TO GET OFF DRUGS. WHY DON'T WE DO IT TOGETHER? WE CAN BOTH GO TO A DRUG PROGRAM AND HELP EACH OTHER."**

**HOW WOULD YOU FEEL?**

## POSITIVE WORK?

Instructions: Read over the work that is listed and decide if it is more positive work or less.  
Circle the ones that are more positive work.

WORKER AT BEN AND JERRY'S  
GAMBLER  
WORKER AT BURGER KINGS  
DISTILLER OF GIN  
CAR SALESPERSON  
PROSTITUTE  
CARD HUSTLER  
COMPUTER SPECIALIST  
BUTCHER  
BREWER OF BEER  
POLICEWOMAN  
DRUG PUSHER  
ASSEMBLER OF HAND GUNS IN A FACTORY  
U.S. MARINE  
COMPUTER SPECIALIST WHO IS EMPLOYED BY CHILD PORNOGRAPHERS  
NURSE  
TEACHER  
MAKER OF RAT POISON  
NUN  
FUR TRAPPER  
CONGRESSMAN  
STOCK BROKER  
SANITATION WORKER  
PIMP  
WAITRESS  
MUSICIAN  
POST OFFICE WORKER  
LAWYER  
GLUE MAKER  
FISHERMAN  
DOCTOR WHO PERFORMS ABORTIONS  
REHAB THERAPIST  
FIGHTER PILOT