

The Toolbox

- Practical Application of the 12 Guides to Transforming Power.

*Imagined and Initiated by: **Dynamic Donald (Bovello)***

What is the Toolbox? A 90-120 minute session held every week for 8-12 weeks which allows participants to dive into the 12 guides to Transforming Power and to work on communication skills.

What is the purpose of the Toolbox? To allow participants to ask themselves how they would practically apply each of the 12 guides into their life now and in the future, while utilizing the concentric circles to re-enforce their answers, share strategies for implementing each of the 12 guides into their lives, using "I" messages to convey strategies in the concentric circle process, strengthening listening and communication skills.

Why was the Toolbox started? As a way to get "real" with AVP. To actually take experiencing Transforming Power in real life out of being a nice concept, and challenging those within the AVP community to actually develop their own ways to implement each of the guides into their lives. In this manner, becoming the change that is needed both in prison and the community upon release.

Supplies: Each participant is given 1-folder, 3-sheets of paper, 1-"I" Messages, 1-Guide to Transforming Power, 1-Feeling faces, 1-About Who Owns The Problem by Lee Stern.

Session I

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Adjective Name Game with it's Meaning

Explain: What is the Toolbox?

Review: What is an "I" Message

Review: Anger Escalator

Concentric Circles

- Changes in my life I would like to make.
- Ways I can improve my community (in/out of prison) are...

L&L: Here I Sit

From Another Point of View

Homework: Review guides 1 & 2 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: Affirmation Pyramid

Session II

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: Something I like about this AVP community is...

Concentric Circles

- Homework: How can I apply TP Guide___in my life...

L&L: TBD

Perceptions discussion: Discuss the Perceptions exercise and give examples of how we pre-judge or form opinions, make decisions, etc... with limited, sometimes slanted information.

Active Listening

Three Question Interview

Homework: Review guides 3 & 4 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: Affirmation Pyramid

Session III

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: Something new I've learned about myself is...

Concentric Circles(Done for each guide)

- Homework: How can I apply TP Guide____in my life...

L&L: TBD

Speak Out or Lowering Levels of Violence

L & L:TBD

Homework: Review guides 5 & 6 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: Affirmation Pyramid

Session IV

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: A way I can make Transforming Power a part of my life is...

Concentric Circles

- Homework: How can I apply TP Guide____in my life...

L&L: Mrs. Mumbly

Six Point Problem Solving (Using TP Guides)

Role Play: Use Six Point Problem Solving

Homework: Review guides 7 & 8 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: Strength Bombardment

Session V

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Review: Transforming Power

Gathering: A time when someone abused my kindness or goodwill as a sign of weakness

Concentric Circles

- Homework: How can I apply TP Guide____in my life..

L&L: Back Picture (p.60 of HIPP)

Brainstorm: What are you willing to suffer for?

Mini-Talk: Truth (There are varied versions of truth, which is the true truth? Use fun-house mirrors as an example, they are a reflection of you, but not the true you. How does this affect how we view individuals or communities, news stories, etc..)

Values Clarification

Homework: Review guides 9 & 10 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: Affirmation Pyramid

Session VI

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: "I Stand For(name a TP Guide)"

Concentric Circles

- Homework: How can I apply TP Guide____in my life..

L&L: TBD

Too Close for Comfort

Listening Exercise (Take some quality time for this exercise)

Homework: Review guides 11 & 12 and write one page for each answering how you can apply/integrate this TP Guide in your life now and in the future

Closing: I give you_____ (a quality or characteristic)

Session VII

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: I am proud to be (Adjective Name), because
I am(read a TP guide that fits you)

Concentric Circles

- Homework: How can I apply TP Guide____in my life...

Brainstorming: I can defeat hate with...

Review: What is Transforming Power, how the guides help to experience Transforming Power.

Review: Buttons

Homework:

- One page explaining how **you** use
or can use at least **3** specific guides to Transforming
Power in your life now and upon release.

Closing: Rainstorm

Session VIII

Welcome and Introduction

Review of the Ground Rules (Emphasizing that these ground rules are not only for AVP, but also for our lives)

Agenda Review

Gathering: What I received from the Toolbox is...

Homework Sharing

Graduation Ceremony - Certificates

After Ceremony

Closing