

Course Description

The Life Recovery study helps students identify and overcome addiction, destructive behaviors, emotional wounds, and unhealthy thinking patterns through biblical principles, personal accountability, cognitive restructuring, and recovery-focused life skills. The course supports healing, responsible decision-making, emotional stability, relapse prevention, and successful community reentry while addressing key criminogenic needs related to substance abuse, criminal thinking, antisocial attitudes, impulsivity, and behavioral change.

Criminogenic Needs Addressed: Substance Abuse, Criminal Thinking, Antisocial Attitudes, Impulsivity/Self-Control, Cognitive Restructuring, Problem Solving, Emotional/Personal Stability, Responsivity.

Substance Abuse

The misuse or dependency on drugs or alcohol or other dependencies that negatively affects decision-making, behavior, relationships, employment, health, and overall stability.

Criminal Thinking

Patterns of thinking that justify, rationalize, or support criminal behavior, including blaming others, minimizing consequences, entitlement, manipulation, or impulsive behavior.

Antisocial Attitudes

Negative beliefs, values, or behaviors that oppose social norms, lawful behavior, authority, or personal responsibility, often contributing to conflict and criminal conduct.

Impulsivity / Self-Control

Difficulty managing emotions, reactions, or behaviors, leading to acting without thinking, poor judgment, anger outbursts, or risky decision-making.

Cognitive Restructuring

The process of identifying and changing unhealthy, irrational, or self-destructive thought patterns into healthier, responsible, and productive ways of thinking.

Problem Solving

The ability to identify challenges, evaluate possible solutions, and make constructive decisions that resolve issues in healthy and responsible ways.

Emotional / Personal Stability

The ability to manage emotions, stress, trauma, relationships, and personal responsibilities in ways that support healthy functioning and long-term stability.

Responsivity

An individual's ability and willingness to engage in learning, treatment, recovery, counseling, spiritual growth, and behavioral change interventions.