EXPLORING UNIT .......................................................... 1
Starting the Program Guidelines .......................................................... 1
Prime For Life Introduction Sample ...................................................... 5 minutes 1-2

What Do I Value? .......................................................... 15 minutes 2-6
Optional Balloon Activity .......................................................... 10 minutes 4

Two Types of Problems .......................................................... 5-10 minutes 6-7
Two Types of Problems Option ...................................................... 6

What Would Most People Say? .................................................. 20-30 minutes 8-16
What Kind of Person? .................................................. 9
What Kind of Person Activity .................................................. 9
What Most People Say Activity .................................................. 12
Research on Kind of Person .................................................. 13
Revisiting What Most People Say .................................................. 16
Break .................................................. 10 minutes

Heart Disease is a Lifestyle-Related Health Problem ........... 20-30 minutes 17-25
Risks We Can and Cannot Change Activity .................................. 18
Preventing Heart Disease Brainstorming Activity .................................. 19
Trigger Point Demonstration .................................................. 20
Many Things Influence Our Choices .................................................. 23
Heart Disease Example .................................................. 24

What does this have to do with alcoholism and addiction? .... 45-50 minutes 25-42
Body, Brain, Biology .................................................. 25
Adoption Research .................................................. 26
Biological Differences .................................................. 29
What About Drugs? .................................................. 31
Choices .................................................. 33
Biological Influences .................................................. 34
Psychological Influences .................................................. 35
Social Influences .................................................. 38
Accepting and Encouraging Brainstorming Activity .................................. 39
Putting it All Together Activity .................................................. 41
Break .................................................. 10 minutes

Impairment Problems .................................................. 30 minutes 42-56
Tolerance and Impairment .................................................. 43
Beliefs Influencing High-Risk Choices .................................................. 48
Is it Just Bad Luck? .................................................. 48
Impaired Driving and Drugs .................................................. 50
Designated Drivers and Other Risks? .................................................. 51
Can We Overcome Impairment With Extra Effort? .................................. 52
Impairment Activity .................................................. 52

Use Options Sparingly
Most estimated times do not include optional videos or optional activities
### Increased Risk For Early Death
53
### Tolerance and Overdose
54

**Break**
- 10 minutes

---

**Preventing Alcohol- and Drug-Related Problems**
- 10 minutes 56-59
  - Two Questions
- 56
  - What Does “Low Risk” Mean?
- 57
  - What Have Heard Activity

---

**Risks Related to Quantities and Frequencies**
- 15 minutes 60-65
  - Defining Standards
- 62
  - Risks Related to Quantities and Frequencies of Drinking

---

**Building Low-Risk Guidelines**
- 15 minutes 66-73
  - Exploring Guidelines for Drugs
- 66
    - Building Low-Risk Alcohol Guidelines Activity
- 67
    - Building Low-Risk Guidelines for Alcohol
- 67
    - Understanding the 0 1 2 3 Guidelines Activity

---

**Do I Have Increased Biological Risk Factors?**
- 5-10 minutes 73-75
  - My Formula Activity Part 1: Biological Risk for Alcoholism

---

**Individual Differences that Increase Risk for Impairment**
- 10 minutes 75-76
  - Less Body Fluid
- 75
  - Drugs/Medication
- 76
  - Illness/Tiredness
- 76
  - Empty Stomach

---

**Other Health Problems, Cancer Risk, & Pregnancy**
- 5-15 minutes 77

---

**My Values and Avoiding Personal Problems**
- 10-30 minutes 78-80
  - My Formula Activity Part 2: Personalizing the Low-Risk Guidelines
- 78
  - Review Activity Option
- 80

---

**REFLECTING UNIT**
- 137

**Reflecting on What I Value**
- 15 minutes 137-142
  - Reflecting on What I Value Activity

---

**My Message**
- 20 minutes 174-175
  - My Message Activity

---

**Drawing to a Close**
- 5 minutes 176-180
  - Option 1: Long Road to Freedom
  - 176
  - Option 2: The Serenity Prayer
  - 177
  - Option 3: Autobiography in Five Short Chapters
  - 178
  - Option 4: We Are Powerful Beyond Measure
  - 179

---

**Conclusion**