

Introduction to the Good Lives Model

What is the Good Lives Model?

- The Good Lives Model is a treatment approach that focuses on your whole life and not just on your inappropriate behaviors.
- The Good Lives Model will help you to figure out what is most important in your life and how to pursue and achieve it in a safe and positive way.
- The Good Lives Model outlines ten long-term goals (sometimes referred to as “goods”). In order to achieve these long-term goals, you may need to achieve short-term, or secondary, goals. These are goals that help you work toward your long-term goals.
- Although you have many of the same goals as the people around you, your idea of a good life may be different from theirs. Everyone’s definition of a good life is unique. Certain goals may be more important for some people, depending on what matters most in their lives. For example, some people are really passionate about what they do at work, while others may be more focused on what they do in their spare time (e.g., leisure activities, hobbies, etc.).
- Deciding which goals are most important to you will help you to complete your Passport to Independence.

What is a Passport to Independence?

- Your Passport to Independence includes everything you find important to help you to lead a healthy, balanced, and self-determined life. This Passport to Independence will accompany you on your life journey. When you put your goals together, your journey to independent living becomes more clear.
- Your Passport to Independence will help you to identify the steps you will need to take in gaining control over your life. Only you can decide which goals are important.

Today is the day you will start to create your Passport to Independence!



Post-Testing

Measuring in-treatment change (how well you are learning to manage your thoughts and behaviors) is an important part of the treatment process. In many ways, it's like having mid-terms and pop quizzes in school – that's how the teacher assesses how well students are learning the materials. Post-testing is important because if anyone is having difficulty, we want to make sure that we address those issues before moving on to the next section.

In order to facilitate this process, we have divided this workbook into ten sections, each focusing on one Good Lives goal. As you work through the various exercises in each section, we suggest that you use the post-tests to see how your thoughts and understandings of the particular goal have changed or evolved as a result of the exercises. The post-tests (and what we would suggest are appropriate answers to post-test questions) are found in the appendix at the end of this workbook.

Of course, if you are working through this workbook on your own and not as part of a formal treatment process with an instructor, make sure that you don't look at the answers before you've had a chance to test your progress by completing the post-test.