

MRT Instruction for Completion of Step 1

1. **READ** pages 1-43 in your workbook.
2. On page 41, complete the pyramid. **You must draw pictures.** At the top, in “present life circumstances,” you must draw a picture of yourself on probation, parole, or in this class. In the one year ago real life happenings, draw an **event** that led to your present situation. Continue to draw pictures in the five, ten, and twenty year ago spaces. These must be situations that show a history of bad decision-making, and they must be a situation over which you had some control.

If you are younger than 20, you must still draw pictures in the 20 year ago spaces. In this instance, you must draw something from your childhood that occurred before the ten year ago event.

On the right side of the pyramid, “what could have been”, draw what you could have done differently in the 1, 5, 10 and 20 year ago spaces to have made the outcome better.

3. You must be ready to stand in front of the group and give a testimony on the items listed at the bottom of page 42. Also, refer to page 43 for testimony rules. You may not use your workbook during the testimony.