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A matrix for selecting TCU maps Informational links to Mapping Interventions: GMTC -Getting Motivated to Change MECI -Mapping Enhanced Counseling: An Introduction MJ -Mapping the Journey MRP -Mapping Your Reentry Plan MTP -Mapping Your Treatment Plan TCUG -TCU Guide Maps © Copyright 2014 Institute of Behavioral Research Texas Christian University Fort Worth. All rights reserved.		Topic Areas																
		Self and Others							Goals and Planning					Recovery and Relapse				
		Exploring self	Motivation	Dealing with emotions	Thinking errors	Health/HIV/AIDS/STDs	Improving Communication	Improving relationships	Treatment planning/goal setting	Planning critical actions	Monitoring Progress	Problem-solving/decision making	Reentry plan	Relapse prevention	Taking control	Social networks/peer inventory	Coping/stress management	Success/outcomes
Activities “There are some activities that I could get into that would make me feel good...”	TCUG pg 83	X	X					X					X					
Attitude “This is how I would describe my attitude about...”	TCUG pg 82	X								X				X				
Avoid HIV/AIDS “Ways to Avoid Getting or Giving HIV/AIDS”	TCUG pg 71					X	X		X					X				
Bad Happening “What is the bad thing that happened to you?”	TCUG pg 110			X						X					X		X	
Blank map #1 (“Issue” node with 3 other empty nodes)	TCUG pg 126																	
Blank map #2 (all purpose wagon wheel shape of nodes)	TCUG pg 125																	
Blank map #3 (with Instructions for growing a free map)	MECI pg 71																	
Care Plan Update “Things I’ve said I want to work on” “Progress I have made in tackling them”	MTP pg 47		X					X	X							X		
Critical Action List for Aftercare and Recovery	TCUG pg 76	X							X				X					
Decision Map (You have a decision to make about...)	MRP pg 51								X		X			X				
Defining Your Critical Action “Picture yourself doing this...”	TCUG pg 77		X					X		X			X					

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Drug Use/AIDS Drug Use, AIDS, and other Diseases	TCUG pg 118				X			X					X						
Emotion / Feeling “An Emotion or Feeling that gives you trouble.”	TCUG pg 70			X						X		X			X				
Feel Good Positive things to do	TCUG pg 68			X							X				X				
Five Steps to Decision Making Decision-making template	TCUG pg 102		X				X			X						X			
Fixing a Negative Pattern “This happens again and again in your life and you don’t like it!”	TCUG pg 111	X			X					X							X		
Future Map “What do you see when you picture the future for yourself?”	MRP pg 60	X									X	X				X			
Goal Planner “Which problems are the most important for you to begin working on immediately”	MTP pg 23		X				X			X			X						
IDEAL Problem Solving (I-D-E-A-L)	TCUG pg 103	X					X			X			X			X			
If I do relapse, this is what I will do	TCUG pg 73		X						X			X			X				
Imagine HIV/AIDS Imagine that you have HIV/AIDS	TCUG pg 116					X		X			X		X						
** Important Conversation “You... Other person” <i>**continued by the More Conversation map</i>	MECI pg 37	X								X				X					

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Important Person Think about an important person in your life.	TCUG pg 94	X								X				X		X		
Keeping myself from relapsing (looking for warning signs)	TCUG pg 72	X								X			X					
Life Story Map: Ages ___ to ___ "Life Story"	TCUG pg 67	X							X				X					
Magic Change Map	TCUG pg 88	X								X			X					
Me Today (for self-exploration)	MTP pg 19	X							X						X			
** More conversation (You... Other person) <i>**continues</i> Important Conversation map	MECI pg 38	X												X				
Movie Map #1 (video worksheet)	TCUG pg 120			X						X						X		
Movie Map #2 (video worksheet)	TCUG pg 121	X								X						X		
Movie Map #3 (video worksheet)	TCUG pg 122	X								X						X		
My Self Map Parts of self	TCUG pg 90	X								X				X				
Next Goal... possible problems... Solutions	MECI pg 29		X							X			X					

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No Boredom “This is how I can keep from being bored!”	TCUG pg 81			X						X			X					
Nugget Useful idea or insight	TCUG pg 107	X			X			X		X			X					
Parenting What are you like (or would you be like) as a parent?	TCUG pg 84	X							X						X			
Peer Inventory “Friends who are important to me”	TCUG pg 69							X						X				
Personal action list for treatment	TCUG pg 63	X						X			X				X			
Picture a Positive Future “What do you see when you picture a positive future for yourself?”	TCUG pg 79	X						X			X			X				
Plan for Getting a Sponsor When? Who? How?	TCUG pg 74		X						X					X				
Plan Update (Reentry Plan Update)	MRP pg 54		X					X				X						
Planning Rocket Goals and steps	MECI pg 28		X					X			X					X		
Prior Change Map “This is one way that I changed for the better...”	TCUG pg 89	X	X							X						X		
Questions about my drug use of... “Do I have a problem?”	TCUG pg 114				X					X	X					X		

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Relapse “This is how I would describe my using again”	TCUG pg 113			X					X	X		X						
Response #1 Response(s) – “Situation” node	TCUG pg 108			X						X			X					
Response #2 Response(s) – Comparing assertive, aggressive or disruptive, and cooperative	TCUG pg 109			X						X			X					
Running into a Brick Wall #1 “What can you do differently next time?”	MECI pg 33	X								X							X	
Running into a Brick Wall #2 “How has this experience made you wiser?”	MECI pg 34	X								X							X	
Self Map (wagon wheel shape) Parts of self	TCUG pg 61	X						X						X				
Solving Problems with Others “...problem with another person?”	TCUG pg 93			X						X			X	X				
Specific Goal “What is your primary concern at this time?”	MECI pg 30		X					X		X		X						
Starting point Year ...You are here (“Road map”)	MECI pg 20	X						X		X		X						
Things I would like to be different “How have you been coping?”	MTP pg 21			X						X			X					
Things I Would Like to Change	MRP pg 20	X							X	X	X				X			

