



COMPU-TOOLS TREATMENT REPOSITORY



THE "WALK THE TALK" BEHAVIOR IMPROVEMENT PROGRAM
BASED ON INDIVIDUAL RESPONSIBILITY AND ACCOUNTABILITY

THERE ARE THREE PERSONAL CHARACTERISTICS THAT SEEM TO DETERMINE THE PROBABILITY OF SUCCESS:

- 1. A "REAL DESIRE" TO CHANGE BEHAVIORS
- 1. A "HUMBLE" ACCEPTANCE THAT MANY OF OUR NEGATIVE - PERSONAL CIRCUMSTANCES ARE SELF-CREATED
- 3. THE RECOGNITION THAT "HELP IS NEEDED" TO CHANGE INGRAINED NEGATIVE BEHAVIORS

"LINK TO COMPU-TOOLS SELF TREATMENT SOLUTIONS REPOSITORY"

There are approximately 300 popular treatment tools included:
(All available for download and printing)

Compu-Tools is converting these tools to PDF Forms - with ingredients that:
Help insure contents have been read - i.e. - auto timers - signatures - quizzes - and more



SUD/ALC
AA Program



Anger



Anxiety



Depression



Mental
Health



General
Wellness



Memory
Cognition



Mania



Psychosis



Somatic
Sleep



Therapy
Descriptions



PX
Alternatives



Suicide



MONITORING
ADMIN TOOLS