**3-S INDIVIDUAL SESSIONS**

**Session topics**

**Session 1.**
Introduction to the 3-S model of the Noble Eightfold Path and 10 spiritual qualities.

**Session 2.**
Training in Mastery of the Mind (*samadhi*) #1- Right Effort, Mindfulness, Concentration – instruction in the practice of mindfulness and meditation.

**Session 3.**
Training in Mastery of the Mind #2 -- Handling Addict Self Intrusions.

**Session 4.**
Training in Morality (*sila*) #1 - right speech, action, and livelihood vis-à-vis addiction and transmission of infection
*(note: this session immediately precedes separate education session providing information and skills training for preventing HIV, hepatitis, and other STDs)*

**Session 5.**
Training in morality #2 – everyday ethics

**Session 6.**
Training in Wisdom (*panna*) #1 -- right thinking and right view -- filling the mind with the Spiritual self

**Session 7.**
Training in Wisdom #2 -- renunciation of addict self identity – assuming a spiritual self identity

**Session 8.**
Termination and transition – maintenance of the spiritual path through Truth.
3-S manual individual session format

Each session has the following format:
Welcome
(Note: beginning with Session 3, welcome includes 5 min meditation practice)
Review of previous session (beginning with Session 2):
A. Overview of material presented in previous session
B. Discussion of client’s completion of at-home practice assignments
Presentation of new material:
A. Didactic segments
B. Experiential segments
At-home practice assignments (cumulative*)
Summary of today’s session
3-S stretch [with today’s assigned spiritual quality inserted]
End.

At home assignments at a glance

<table>
<thead>
<tr>
<th>Session</th>
<th>Spiritual qualities</th>
<th>Assignment*</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Strong Determination</td>
<td>3xDaily Self Check-In – increase awareness of addict self activation; 3-S stretch</td>
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<tr>
<td>2</td>
<td>Effort</td>
<td>Meditation on sensations caused by the in and out breath (anapanasati)</td>
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<tr>
<td>3</td>
<td>Equanimity</td>
<td>Use affirmation/prayer to refocus on spiritual path when addict self intrudes</td>
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<tr>
<td>4</td>
<td>Morality</td>
<td>Attend HIV/hepatitis educational session; Transcend craving by systematic observation of impermanence</td>
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<tr>
<td>5</td>
<td>Loving Kindness + Tolerance</td>
<td>Add metta statements to meditation; Use metta statements to defuse conflict</td>
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<tr>
<td>6</td>
<td>Wisdom</td>
<td>Use of Daily Plan to “fill-the-mind” with the spiritual self</td>
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<tr>
<td>7</td>
<td>Renunciation + Generosity</td>
<td>Give up addict self identity; Assume spiritual self identity (act as if)</td>
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<tr>
<td>8</td>
<td>Truth</td>
<td>Follow-up on community referral</td>
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*Note: at-home practice assignments are cumulative. Each session a new assignment is added such that by Session #8, client is practicing all 8 assignments above in daily life.