

The **POWER**
SOURCE
Workbook



Based on the book

POWER SOURCE
Taking Charge of Your Life

Bethany Casarjian

The Power Source Workbook

by Bethany Casarjian



LIONHEART PRESS



The Power Source Workbook

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Since first publishing Power Source, we have received letters from young people all across the country sharing how the book has impacted their lives. We would love to hear from you too. Write to us at:

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The Power Source Workbook

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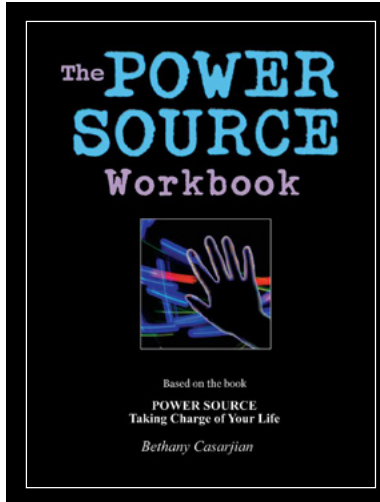
Part 1

Using this Workbook





Getting Started

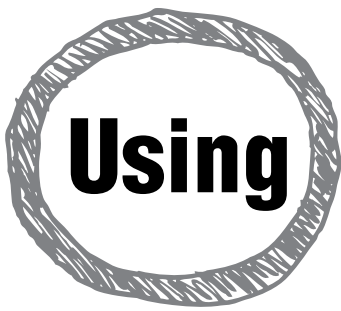


This workbook is for anyone looking to build a good, decent, powerful life *no matter where you are now or where you come from, or what you've been through.*

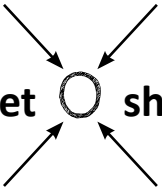
Look at the list below and check off all the things you want to be a part of your life.

- Figure out what I want my future to be like.
- Figure out the kind of job I want and how to get it.
- Connect with people who will lift me up, not pull me down.
- Get control of my risk-taking behavior.
- Handle anger and frustration in a good way.
- Deal with conflict positively.
- Find better ways to get the things I need and want.
- Find ways to relax and deal with problems without getting high or drunk.
- Let go of some of the things from my past.
- Figure out who I really am.

If you can, put your chairs in a circle. Now go around the room and share what you have checked off.



Using this Workbook

- In the Power Source Workbook we share most of our work in *Circles* like you did in the last exercise.
- *Circles* let everyone be heard in a respectful way.
- It's best to put your chairs or desks in a circle if you're doing the Workbook in a group.
- When you see this symbol on a worksheet  share your answer in a Circle.
- That means you go around the Circle and let one person talk at a time. Other people just listen without *interrupting* or *cross talking*.
- You can always say "Pass" when it comes to you.

If you are doing this workbook on your own and don't have a group, that's OK. You can answer all of the questions without sharing them in a Circle.

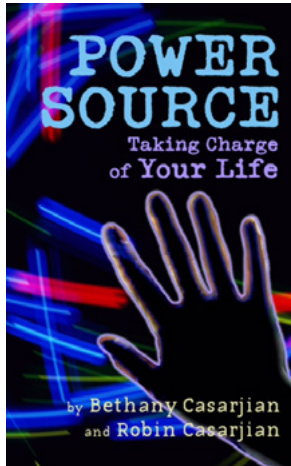
Other things to know . . .

Sometimes the reading in the book doesn't exactly match the worksheet you do *after* the reading. Try not to let it throw you off track.

Some of the topics might not totally relate to your life (for example, you might be asked to do some exercises on anger, but anger isn't a huge deal for you). Just go with it the best you can.

Okay . . . enough talking from us. Let's get started.

You and This Book . . .



Whenever you see this image, it means take out your PS book and read. Start by reading pages 6 through the middle of page 8 in a Circle. Then write out the answers to the questions below and share your responses in a Circle. If you are doing this workbook on your own, read pages 8–10 too. Then answer the questions.

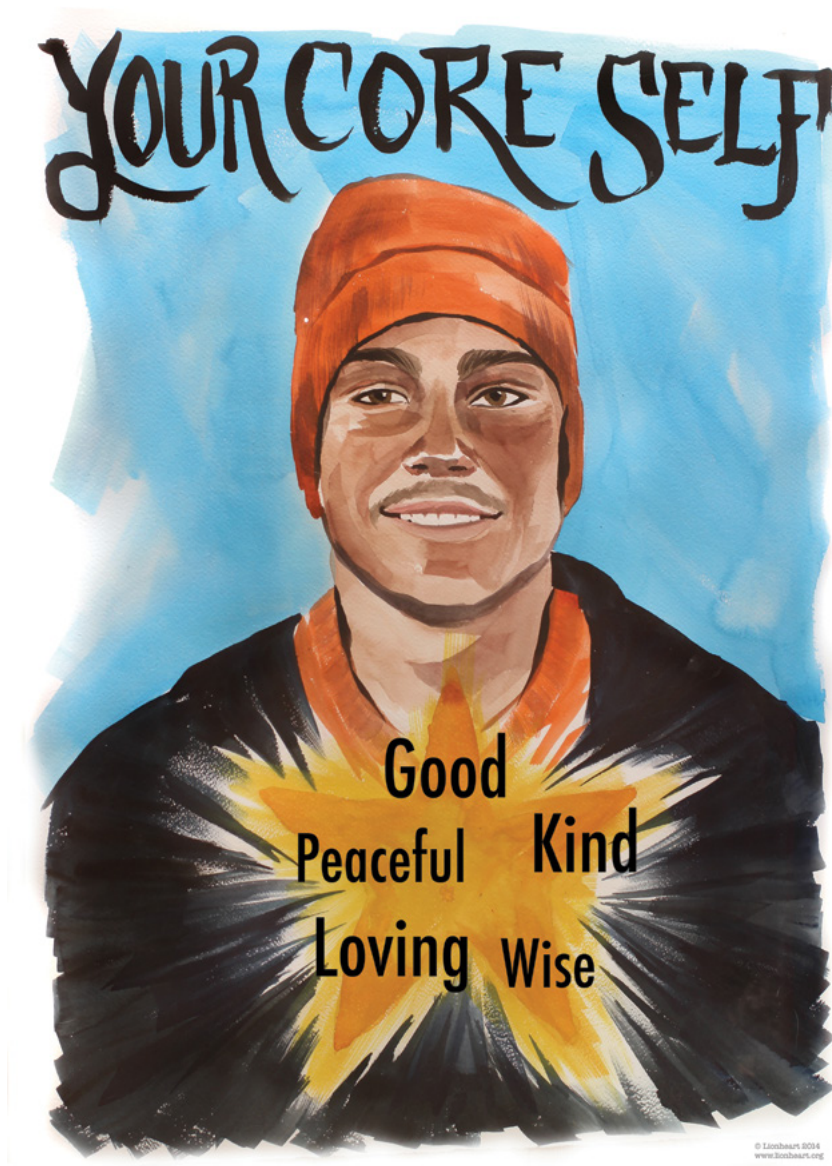
- What is one thing people might not know about you from looking at you?

- On page 8 it says: “Only you have the power to decide where you’ll end up. You are the real power source.” Circle how much you agree or disagree with that statement. Share your answer in a Circle and say why you chose this number.

1	2	3	4	5	6	7	8	9	10
Totally Disagree			Kind of Agree				Totally Agree		

- What else plays a role in where you end up in life? Share your answer in a Circle.

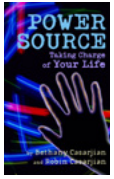
Part 2



What do Tupac's lyrics mean to you? Share in a Circle.

To ask us why we turn from bad to worse, is to ignore from which we came. You see you wouldn't ask why the rose that grew from the concrete had damaged petals. On the contrary, we would all celebrate its tenacity. We would all love its will to reach the sun. Well we are the roses. This is the concrete. And these are my damaged petals . . . Long live the rose that grew from concrete.

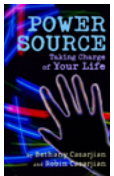
? ? ? Who Are You, Really ? ? ?



Read pages 21 and 22 and write out your answers or share in a Circle.

- Think about the two stories you just read. Give some examples of how you act or “show up” differently in different places.

- Describe a time you felt like you changed who you are to be accepted.



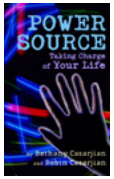
Read the top of page 23. Then, without thinking too much about it, finish the following sentences . . .

I am . . .

I am _____
I am _____
I am _____
I am _____
I am _____

- Share your answers in a Circle. Then share what you notice about your responses.

The Masks We Wear

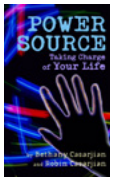


Read page 24 through the middle of page 27. Write your answers to the questions below or share in a Circle.

Think of where you are living, working, or spending a lot of your time right now. What are some of the masks people around you wear?

What do people gain and what do they lose by wearing a mask?

Gain by Wearing a Mask	Lose by Wearing a Mask



Read from the middle of page 27 through the middle of page 29 (stop before “The True Self”).

Everyone is born into the world loveable and good. Circle how much you agree or disagree with this and share your answer in a Circle.

1	2	3	4	5	6	7	8	9	10
Don't agree			Kind of agree				Disagree		

In your opinion, what makes a person lose touch with their basic goodness? Share your answer in a Circle.

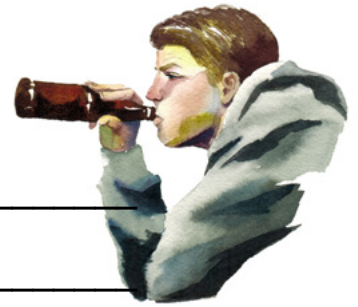
Part 4



Which quote on high-risk behavior do you relate to most? Explain why.

- * These streets remind me of quick sand. When you're on it, you'll keep going down. And there's no one to hold onto. And there's no one to pull you out. **Akon**
- * I don't go looking for trouble. Trouble usually finds me. **J.K. Rowling**
- * Knowing what's wrong doesn't imply that you right. And it's another when you suffer to apply it in life. **Immortal Technique**

Risk Taking Check-In



1) The first risky behavior I remember doing was . . .

2) Check one box:

Over time I've started taking:



- Less serious risks
- The same kinds of risks
- More serious/dangerous

3) On a scale of 1 to 10 my level of risk-taking is a . . .

1	2	3	4	5	6	7	8	9	10
No risks			Some risks				A lot of risks		

4) I take more risks when I'm with other people. True or False

5) Compared to other people my age, I take a lot of risks like fighting, using drugs, stealing, and skipping school.

1	2	3	4	5	6	7	8	9	10
Not true at all			Kind of true				Very true		

6) On a scale of 1 to 10 how much control do you have over your risk taking?

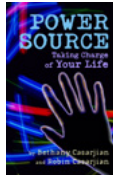
1	2	3	4	5	6	7	8	9	10
No control			Some control				A lot of control		

7) On a scale of 1 to 10 how important is it to you to change your risk taking behavior?

1	2	3	4	5	6	7	8	9	10
Not important			Kind of important				Very important		

○ Share your answers to the Risk-Taking Check-In in a Circle. Then look at your answer to #7. Explain why you didn't pick a number 2 lower than your answer. So if you picked a 5, why not a 3?

Risk Taking: Life on the Edge



**Read pages 11 through 13.
Then do the exercise below.**



High Risk Behavior	I think it's Risky (Yes or No)	The Consequences Are:
Stealing		
Drinking or drugging		
Unprotected sex		
Skipping school		
Hitchhiking		
Carrying a weapon		
Fighting		
Dealing drugs		
Tagging/graffiti		
Disrespecting an officer		
Driving drunk or high		
Ignoring curfew		
Driving with no license		
Being in a gang		

- What is the most dangerous risk on the list and why? Share in a Circle.

- What is the least dangerous risk on the list and why? Share in a Circle.