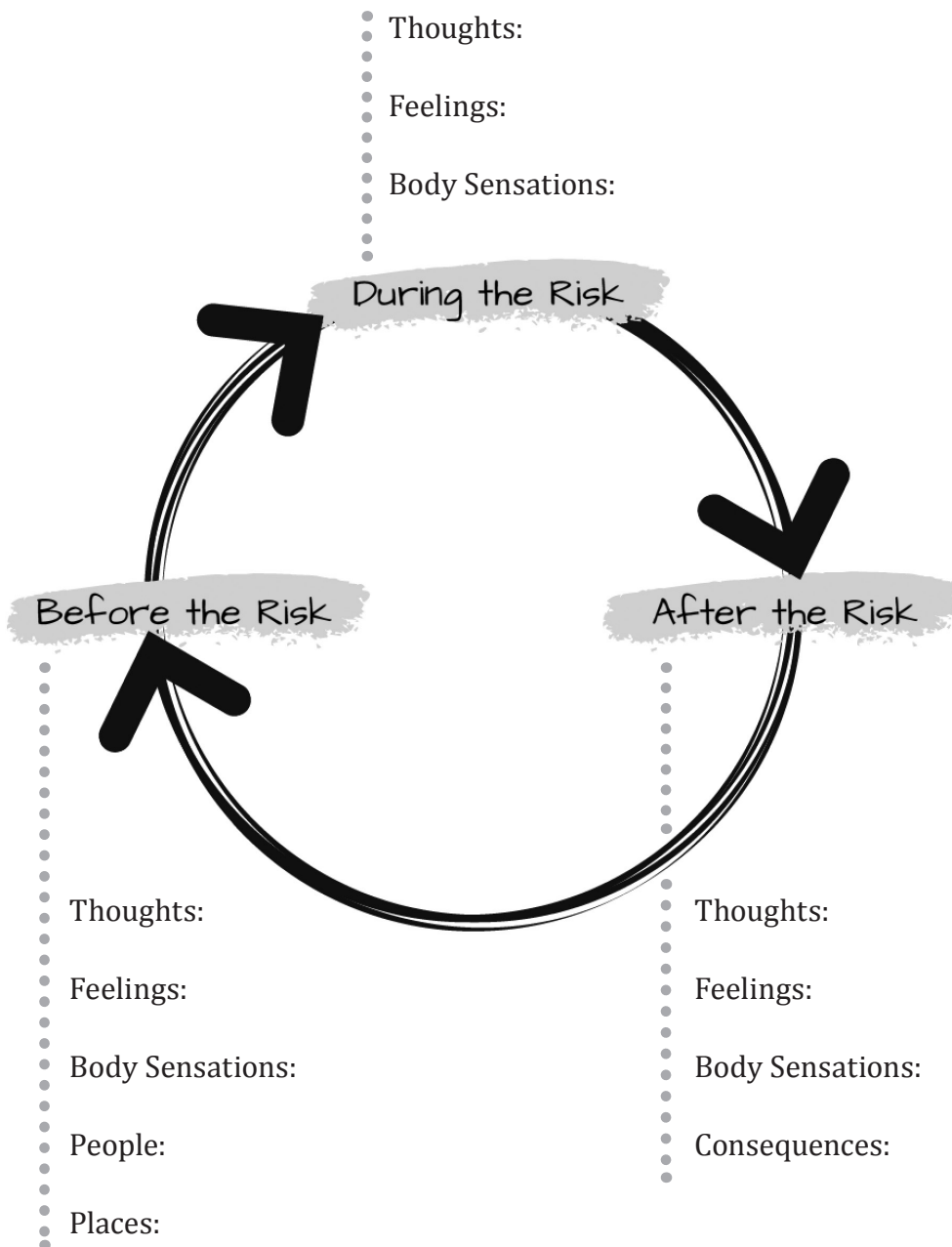
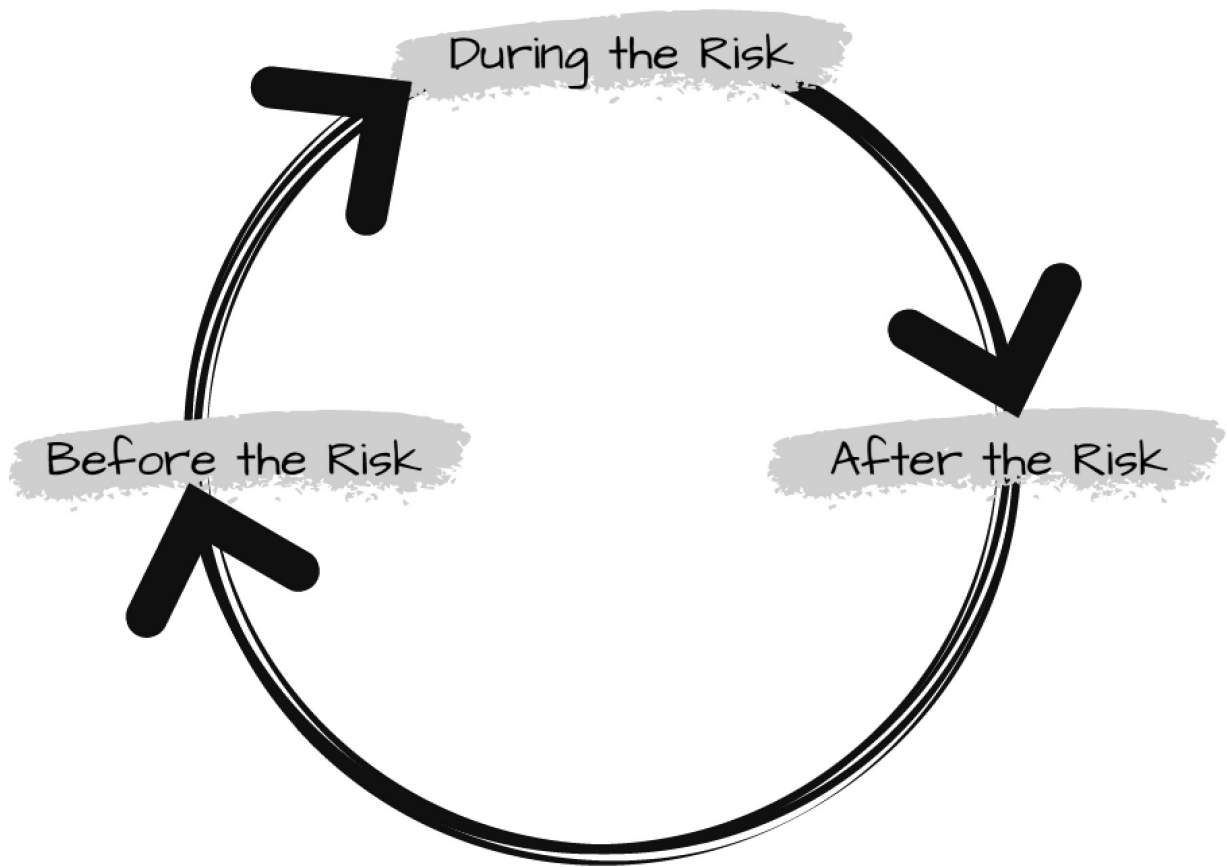


Full Cycle of Risk

The Cycle of Risk



Simple Cycle of Risk



What Triggers Me to Take Risks

Think of a high-risk behavior that you have been involved in recently. It could be getting into fights, stealing, doing drugs or alcohol, or having sex in a way that's not safe for everyone. **Circle** all the people, places, situations, feelings, and body sensations that trigger that behavior.

People who trigger me:

People in my gang/crew	Older kids	Authority figures
Family members	Police	Boyfriends
People I want to impress	Girlfriends	Teachers
People who make me angry	People in rival gang/crew	
People who seem weak or uncool		
Others: _____		

Situations that trigger me:

Going to school	Being accused of something I didn't do
Being drunk or high	Peer pressure—wanting to fit in
Being with gang members	Someone disrespecting me
When I feel like I have no choice	Someone telling me what to do
Wanting sex	Being provoked/threatened by someone
Being “on the street”	Being around drugs or alcohol
Racial/ethnic discrimination	Other types of discrimination
Others: _____	

Thoughts that trigger me:

I deserve to take what I want	They deserves what they get
Nobody talks to me like that	I've got nothing to lose
I need to get revenge	They can't do that to me
I never get a fair shot	It doesn't matter what I do
People will think I'm soft if I don't do this	They've gotta learn
I don't care about anything/anyone	I want to disappear

Getting high is the only way to make me feel better

The system is only fair to rich white people

Others: _____

Feelings that trigger me:

Sad	Bored	Cheated	Angry
Afraid	Hopeless	Ashamed	Embarrassed
Lonely	Disrespected	Jealous	Frustrated
Scared	Vulnerable	Worthless	Abandoned
Invisible	Powerless	Disgusted	Fed up

Others: _____

Body Sensations that trigger me:

Hot/burning	Achy	Uneasy	Stomach clenched
Shaky	Blank/numb	Heavy	Suffocated
Pit in stomach	Alone	Tense	Frozen
Buzzy	Constricted	Nauseous	Dizzy
Knotted up	Disconnected	Blocked	Too much energy
Dry mouth	Adrenaline rush		

Others: _____



Meditation—Not as Weird as It Sounds

These stories are from real guys serving sentences in the adolescent unit of Riker’s Island (the biggest jail complex in New York City). They all read Power Source and learned to meditate. Here’s what they said:

Mike: “When I first started meditating, I had to scratch and I felt a lot of other distractions, but now, it calms me down, I can hear the air exhale/inhale. It gets your mind right.”

Juan: “Meditation—it’s relaxing. It helps you control your thoughts. I used to think meditation is stupid. I used to look at the teacher like, ‘what’s that do?’ But it’s like a muscle relaxing, a mind relaxer. It brings you to a good place and lets bad things out. I meditate all the time—3 times a week. I really meditate when I’m thinking too much, or I’m lonely, or I feel left out. I tried to teach dudes in my unit, they got so many things running through their heads. They’re too negative. They say they can’t do it, but that’s the problem right here, saying they can’t.”

Damian: “The first time I did it, I didn’t like it because I thought it was too boring—thought it was really useless, sitting there quiet—but then I started doing it in my cell. I count backwards, calms me down so you won’t react the way you were doing. Everybody wanted to make a joke about it, but it really helped me in the long run. Now a lot of people do it, count to ten. When we get mad or upset we can start breathing. Let me breathe first before I get into trouble. It’s really easy to catch new charges. I still meditate every time I get angry.”

Answer honestly:

I would be open to trying something that could help me relax and help me keep my power.

1	2	3	4	5	6	7	8	9	10
Not true			Kind of true				True		

Emotional “Weather Report”

1. Think of a time when you felt_____ (even a little).
Describe what happened.

2. What were some of the **people, places, feelings, events, or thoughts** that triggered you in this situation? (Be specific).

3. What **thoughts** did you have when you were triggered?
(What was going on inside your mind?)

4. In that stressful situation, what **feelings** got triggered? Circle the feelings that describe your emotions.

angry annoyed anxious ashamed bored calm cheated
cheerful confused concerned disrespected disturbed edgy empty
enthusiastic entitled excited fed up frightened glad
guilty happy helpless hopeful hurt ignored intimidated isolated
jealous joyful left out lonely mad miserable nervous
overwhelmed pained pleased proud rejected relieved
remorseful restless sad scared stupid tense thrilled
worried worthless

The strongest feeling I had was _____.

- On a scale of 1 (not much) to 100 (a lot), how strong was this feeling? _____
- On a scale of 1 (not much) to 100 (a lot) how strong is this feeling *now*? _____

The second strongest feeling I had was _____.

- On a scale of 1 (not much) to 100 (a lot), how strong was this feeling? _____

5. What body sensations or signs of physical stress did you experience?
Circle below.

**muscle tension headache sweating difficulty breathing pounding heart
tingling numbness tiredness hyper or restless upset stomach
couldn't sleep physical pain dizziness body got hot or cold dry mouth**

6. How did you react—what did you do?

7. If you face this situation again, **what Cool Thoughts or Good Moves** could you use to keep your power and control?

8. Looking back at the situation, how do you think your reaction made the other person feel? Why?

Now Choose . . . A Cool Thought and a Good Move

Take a look at this list, then fill in 2 *Cool Thoughts* and 2 *Good Moves* of your own to help deal with risk triggers. Share your answers in a *Circle*.

Cool Thoughts	Good Moves
The rush might feel good now, but it won't last long	Avoid places and people that are risky
By saying "no" I keep my power and control	Do something else that feels good but has less risk
I don't want to let my family down again	Back out of a risk as soon as you realize what's going on
The consequences aren't worth it	Listen to your Risk Radar – what's it telling you?
No one ever regrets doing the right thing.	Be with people who won't bring you down.
That's not who I am anymore.	Be in places with less risk.
Other Cool Thoughts:	Other Good Moves:
Other Cool Thoughts:	Other Good Moves:

Describe how your life would be different or better if you stayed off the *Cycle of Risk*.



Role-Play Script #1: James

Background: *Meet James. He's been working really hard to control his anger lately. It's gotten him into trouble a bunch of times and he almost got locked up for it when he started a fight in a corner store. His mom told him if he screws up one more time, he'll be out on the street, and James doesn't want to disappoint her anymore. Today, James is hanging on his block smoking with two people he knows, trying to stay calm after a fight with his girl. They ask him to help them rob a store.*

Friend 1: James, we're gonna hit that store over on High St and we need a look out.

Friend 2: Yeah, you don't have to do nothing but give a shout if you see the cops or something.

James: I don't know, man. We just finished smoking and I don't know if my mind is right for something like that. Plus... (gets cutoff by Friend 2).

Friend 2: C'mon, we only smoked two blunts. We're not gonna get caught. And anyway, worst comes to worst, you're only 15 so you won't catch any time for it.

Friend 1: We got it planned tight. You heard us talking about it the whole time we were smoking! In and out in 5 minutes and we'll give you a cut of whatever we take.

James: (Checks his watch) Sorry, but I gotta run. Meeting my cousin and I'm already late.

Friend 1 and 2: (Yell at him as he's walking away that he's scared and soft and he better not snitch).



Who Am I Really?

If someone asked you to describe yourself, what would you say?

I am: _____

I am: _____

I am: _____

I am: _____

I am: _____

I am: _____

The Core Self Quiz

Question	True/False
1. No matter what you have done in the past, your Self remains good and worthwhile.	True/False
2. If someone doesn't like themselves, it shows they have no Core Self.	True/False
3. If someone was really abused and they feel like there's something wrong with them—they feel like they're damaged goods—then their Core Self is damaged too.	True/False
4. No matter what, the true Self is always there. It can't be destroyed.	True/False
5. People who are mean or cruel have no Core Self.	True/False
6. Some peoples' Core Selves are better than other peoples' Core Selves.	True/False
7. If a person has committed a really serious crime like murder or rape, then their Core Self is destroyed.	True/False
8. No matter what has happened to you or what you did, you are still good, wise and strong at your core.	True/False
9. You are just as good today as the day you were born.	True/False
10. If you do a lot of really bad things for a really long time, then the Core Self will finally turn bad too.	True/False

What Are My Values?

My Mask(s): _____	My Core Self
<input type="checkbox"/> Creativity	<input type="checkbox"/> Creativity
<input type="checkbox"/> Education	<input type="checkbox"/> Education
<input type="checkbox"/> Status in my community	<input type="checkbox"/> Status in my community
<input type="checkbox"/> Family	<input type="checkbox"/> Family
<input type="checkbox"/> Faith	<input type="checkbox"/> Faith
<input type="checkbox"/> Protecting my image	<input type="checkbox"/> Protecting my image
<input type="checkbox"/> Being good at something	<input type="checkbox"/> Being good at something
<input type="checkbox"/> Fitness/Physical Health	<input type="checkbox"/> Fitness/Physical Health
<input type="checkbox"/> Revenge	<input type="checkbox"/> Revenge
<input type="checkbox"/> Adventure	<input type="checkbox"/> Adventure
<input type="checkbox"/> Loyalty	<input type="checkbox"/> Loyalty
<input type="checkbox"/> Independence	<input type="checkbox"/> Independence
<input type="checkbox"/> Feeling safe	<input type="checkbox"/> Feeling safe
<input type="checkbox"/> Excitement and risk-taking	<input type="checkbox"/> Excitement and risk-taking
<input type="checkbox"/> Freedom	<input type="checkbox"/> Freedom
<input type="checkbox"/> Happiness	<input type="checkbox"/> Happiness
<input type="checkbox"/> Money	<input type="checkbox"/> Money
<input type="checkbox"/> Sense of Humor	<input type="checkbox"/> Sense of Humor
<input type="checkbox"/> Justice or fairness	<input type="checkbox"/> Justice or fairness
<input type="checkbox"/> Friendships	<input type="checkbox"/> Friendships
<input type="checkbox"/> Power over others	<input type="checkbox"/> Power over others
<input type="checkbox"/> Peace of mind	<input type="checkbox"/> Peace of mind
<input type="checkbox"/> Possessions	<input type="checkbox"/> Possessions
<input type="checkbox"/> Appearance	<input type="checkbox"/> Appearance
<input type="checkbox"/> Stability	<input type="checkbox"/> Stability
<input type="checkbox"/> Honesty	<input type="checkbox"/> Honesty
<input type="checkbox"/> Control	<input type="checkbox"/> Control
<input type="checkbox"/> Trust	<input type="checkbox"/> Trust
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Getting Goals, Getting Ahead

These are the goals I will work towards to get the future I want. And here is how I'll achieve these goals.



1. When it comes to **education** my goal is to:

Something I can **do (a Good Move)** to reach this goal is to:

Something I can **tell myself (a Cool Thought)** to help me reach this goal:

2. When it comes to **work**, my goal is to:

Something I can **do (a Good Move)** to reach this goal is to:

Something I can **tell myself (a Cool Thought)** to help me reach this goal:

3. When it comes to the **people in my life**, my goal is to:

Something I can **do (a Good Move)** to reach this goal is to:

Something I can **tell myself (a Cool Thought)** to help me reach this goal:

The Disrespect Chart

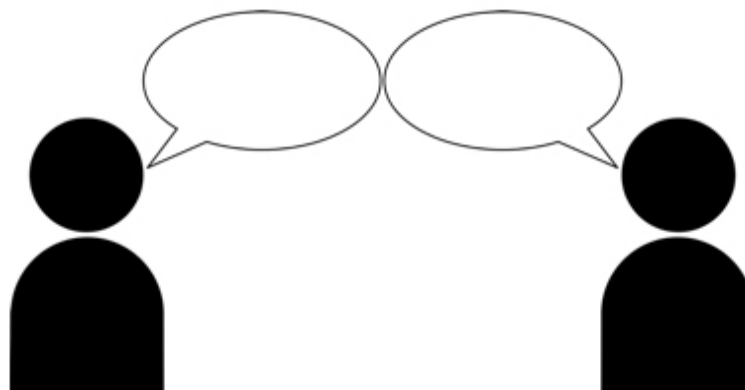
A. Triggers	B. Hot Thoughts	C. Feelings And Body Sensations	D. Your Reaction	E. The Consequences
Someone talks trash to you	Who do they think they are? I can't let them get away with that.	<i>Feelings:</i> Disrespected, punked, angry, challenged <i>Body Sensations:</i> Hot, fists ball, heart pounds, headache, sweaty	Threaten them so they'll shut up. Punch them. Come back later and get them when they don't expect it.	Now their people are looking for me. Violated my probation by fighting. The situation never actually gets resolved.
<i>Disrespectful Behavior:</i>				
<i>Disrespectful Behavior from Role-Play:</i>				

Communication Styles Worksheet

Learning how to communicate in a way that people will listen is a skill that many of us need to grow. It's how we keep our power. Maybe we are used to blowing up in order to get heard. Or maybe we try to disappear. But becoming a mature adult means communicating in a good way.

There are three basic ways to deal with conflict, get our needs met and communicate with others. Put a check in front of the style you use most often.

- 1 ☐ **Passive**— Passive communicators have a hard time stating their opinions or feelings. They let other people get their way. They don't like to create conflict. They go along with what others want. They often do not get their needs met.
- 2 ☐ **Aggressive**— Aggressive communicators force, bully, or intimidate others to get what they want. They put their needs above the needs of others. They don't like to compromise. Other people do not usually want to deal with aggressive people. May lead to short term success, but not long term.
- 3 ☐ **Assertive**— Assertive communicators state their needs in a way that other people can hear. They state their positions clearly and stick to their boundaries. They check in to see what the other people need. They don't get walked on, but they don't walk on others. They are reasonable and willing to compromise. They often use, "I" statements, clearly expressing how they feel or what they need.





Role-Play Script #2: Ramón

Background: *Ramón has been out of detention for two months. He's been doing well, going to school part time and working part time for his uncle, as well as meeting with his PO twice a week. Ramón even started dating a girl he's liked for a while, Vanessa, but last night she told him things were moving too fast and she needed a break. Ramón's friend said he saw her hanging with another guy, though. Ramón felt disrespected, like he'd been played. He was on his way to work when the following happened:*

Ramón: (Walking down the street)

Guy walking toward him on the street: (Gives him a threatening look, passes Ramón and keeps walking).

Ramón: (Stops walking, turns towards the guy) *Yo, what's your problem?*

Guy on street: (Keeps walking and says something under his breath that Ramón can't really hear).

Ramón: (Picks his pants up and walks towards the guy) *WASSUP?!!!!*

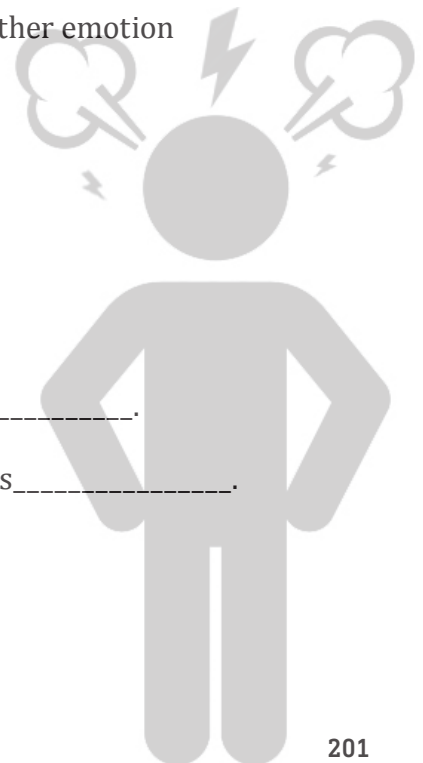
Guy on street: (Stops, turns around, and starts walking back toward Ramón with an angry face).

Anger Styles

- ☐ **Hot Head:** Explodes easily and is always on the edge of becoming angry
- ☐ **Silent Type:** Shuts down and is real quiet once they become angry
- ☐ **Cold Shoulder:** Won't deal with the person who makes them angry
- ☐ **Long Fuse:** Can take a lot before they get angry but then flips out
- ☐ **Pass the Buck:** Keep anger hidden from the person who triggered him and takes it out on someone else
- ☐ **The Waiter:** Hides anger during the conflict, but gets revenge another time
- ☐ **The Coper:** Gets mad, but deals with it in healthy ways like blowing off steam getting some exercise or talking to friends
- ☐ **The Faker:** Pretends that they are not angry
- ☐ **The "Numb"er:** Tries to escape feelings of anger by using drugs, alcohol, or sex to numb how they're really feeling
- ☐ **The Masker:** Hides their anger in humor or another emotion
- ☐ **The Stewer:** Thinks about something for a long time before getting angry
- ☐ **The Blamer:** Blames someone else for making them explode
- ☐ **Other:** _____

Something in the past that got me angry was _____.

When I think back, I can see that my anger style was _____.



Feeling Thermometer

Anger Worksheet

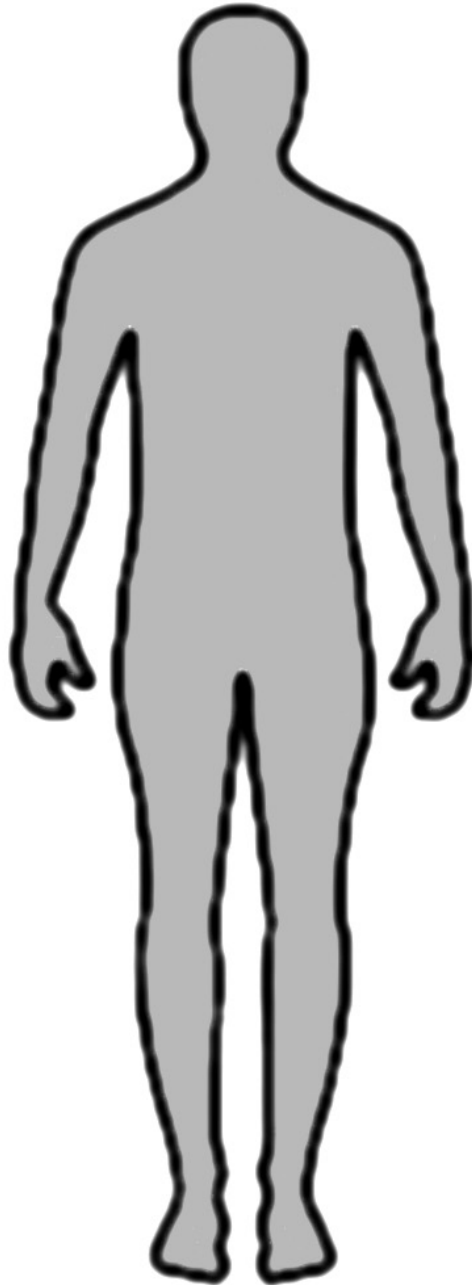
Extremely Angry (furious, enraged)
100

Angry (mad, ticked off, pissed)
75

Kind of Angry (frustrated, irritated, agitated)
25

Not Angry at All (calm, relaxed, peaceful, at ease)
0

Anger in My Body



The Anger Iceberg



Stopping Anger in its Tracks

As soon as you notice you are getting triggered...



1. STOP! The first step in getting control in the moment of a conflict or a fight is to STOP. By stopping yourself before you blow up, you've kept your power and stayed in control. Now you have **options**.



2. BREATHE. Take a moment to breathe and contain your anger. No matter how good it might feel at the time to vent your anger by going off on someone or doing something aggressive, there are always consequences.



3. CHOOSE. Based on how angry you are, choose something that will help:

- ☐ **If your anger is high: Back off.** Leave. Don't look back. Keep your power.
- ☐ **Get your mind off of it.** Do something else to help reduce your anger. Exercise, read, talk to a friend, write, watch TV, meditate, listen to music. Take a break from whatever made you angry to give yourself time to bring your anger thermometer down.
- ☐ **Think of a Cool Thought** that will help you hold on to your power.



If you were really angry, which one would be hardest to try? _____

THEN: KEEP GOING. Once you've calmed down a bit, try these out to get more to the heart of your anger and release it safely.

Check ones that would work for you:

- ☐ **Ask yourself: Am I reading this right?** There is a chance you may have misread the situation. Did you see a threat where there isn't one?
- ☐ **Ask yourself: Are there deeper feelings here?** If you can, see if you can figure out if there are other feelings underneath the anger like sadness, disrespect, grief, humiliation, or shame.
- ☐ **Release your anger safely.** If the energy from the anger is still in your body, choose a way to release the anger slowly and safely in a way that works for you. Breathe deeply, do push-ups, play ball, run, walk fast, write it down, draw, or talk to someone grounded. These are more Good Moves.
- ☐ **Give yourself credit.** Walking away from a situation that's triggering is really hard. If you've done this, congratulate yourself.
- ☐ **What else?**

What Kids Need:

Write down all of the things *that kids need* when they're young to grow up into healthy, strong adults.

1. _____
2. _____
3. _____
4. _____
5. _____

Here's a list that a group of young people in a locked detention facility came up with. Circle any that you agree with.

Attention from people taking care of them

To be shown love Unconditional love Respect

To have enough money to buy things they need

Sympathy Support Guidance

Having people they can count on even if they mess up

To be comforted Someone to listen to them

To be judged as an individual, not by race

To feel safe in their homes Medical attention

A good education Discipline Role models



How Kids Feel:

Write down some of the ways *kids might feel* if they didn't get the things they needed when they were younger.

1. _____
2. _____
3. _____
4. _____
5. _____

Here's a list that a group of young people in a locked detention facility came up with. Circle any that you agree with.

Angry Hurt Stupid Pissed off at everyone
Sad Like hurting yourself or someone else
Like nothing matters Stubborn An "eff-it" attitude
Disrespectful Confused about things Lazy
Crazy Mean Worthless
Having evil thoughts Like you can't focus
Things are unfair Out of control Like a loser Empty
Sad Powerless Neglected
Like no one understands you or knows how you feel
Abandoned Disappointed Ashamed



Letter to My Younger Self

Dear Younger _____,

I know you lost part of your childhood because of ____

I know this affected you and made you feel _____

If I could go back in time, one piece of advice I'd give
you is _____

I'm sorry for what you went through.

You always deserved _____

Love,



Ways to Feel Good Without the Risk

Think of a time when you acted in an *Entitled* way. Maybe you stole something, scammed someone, or acted in a way that made you feel good at the time, but violated someone's rights.

Here's an example:

When I **stole from the store**, I felt **more powerful and alive**.
(Entitled Behavior) (feeling you wanted)

Another way I could feel **more powerful and alive** without negative risk is by **doing a difficult workout**.

Try one for yourself:

When I _____, I did it to feel _____.
(your Entitled Behavior) (feeling you wanted)

Another way I could have tried to feel _____
(the feeling you wanted)

without negative risk, is by _____.
(non-risky behavior)



Where We Come From



1. Something my family does (or did) well:
2. Something my family struggles with (like addiction, incarceration, mental illness, domestic violence):
3. Something I can count on my family for:
4. A way that my family has let me down:
5. A way in which I am similar to the people in my family:
6. A way in which I am different than my family members:
7. One thing I wish my father/mother/caregiver could have done for me:
8. Something I went through that I would never want my children to have to deal with:
9. A strength I have because of my family:

The Trauma Checklist

Read this trauma list, and in your mind check off anything you have experienced in your life so far:

- ☐ Having someone break into your home
- ☐ Losing your home or being evicted
- ☐ Having a family member go to jail or prison
- ☐ Being the victim of physical, sexual, or emotional abuse or neglect
- ☐ Seeing someone you care about (like a sibling or cousin) get abused
- ☐ Witnessing violence in your community or neighborhood
- ☐ Witnessing domestic violence between the adults you're living with
- ☐ Having a friend, relative, or classmate pass away
- ☐ Having a parent or caretaker become addicted to drugs or alcohol
- ☐ Being targeted because of your race, sexual orientation, religion, gender, class, etc.
- ☐ Having a difficult or dangerous medical procedure or illness
- ☐ Being forcefully separated from your family
- ☐ Getting mugged, jumped, or attacked
- ☐ Being bullied in school or in your neighborhood
- ☐ Being in an accident
- ☐ Being in a war or having to leave your country
- ☐ Being in a natural disaster, like hurricane, tornado, or flood

Other: _____

Other: _____

How Trauma Affects Us

Trauma affects us all differently. But there are some common ways humans experience trauma. Read this list, and in your mind check off anything you have experienced:

- ☐ Having a hard time sleeping— falling asleep or staying asleep
- ☐ Flashbacks about the event or thinking about the trauma when you don't want to
- ☐ Having nightmares
- ☐ Feeling like you have no control over yourself, acting impulsively
- ☐ Trouble concentrating and paying attention in school
- ☐ Avoiding people and places that remind you of what happened
- ☐ Feeling alert or like you always have to watch your back
- ☐ Getting involved in high-risk behaviors like stealing, risky sex, or running away to avoid feeling the pain
- ☐ Feeling unsafe in the world
- ☐ Hard time trusting people
- ☐ Cutting or self-harm as a way to replace emotional pain with physical pain which may seem easier to control
- ☐ Feeling like you caused the bad or traumatic things to happen
- ☐ Getting in fights, being easily triggered
- ☐ Feeling hopeless or powerless to change things in your life
- ☐ Using drugs and alcohol to numb the pain
- ☐ Feeling bad about yourself, like you're worthless or damaged

**Trauma can lead to many different feelings.
In your mind, check the ones you can relate to:**

<input type="checkbox"/> Scared <input type="checkbox"/> Nervous <input type="checkbox"/> On Edge <input type="checkbox"/> Irritable <input type="checkbox"/> Worthless <input type="checkbox"/> Numb	<input type="checkbox"/> Anxious <input type="checkbox"/> Terrified <input type="checkbox"/> Distracted <input type="checkbox"/> Helpless <input type="checkbox"/> Hopeless <input type="checkbox"/> Upset	<input type="checkbox"/> Guilty <input type="checkbox"/> Angry <input type="checkbox"/> Confused <input type="checkbox"/> In a fog <input type="checkbox"/> Different than everyone
--	---	---

Family Roles

The Caregiver or Provider

- Covers for the user (maybe pays bills, deals with an angry boss or landlord, does the cooking and cleaning).
- On the outside looks responsible and capable. Inside feels hurt and angry.
- Takes care of siblings because parents can't.
- By stepping in and saving the person over and over, lets them continue using.
- Feels loyal to the person and thinks they are helping "fix" things.

The Hero

- Stays out of trouble, follows the rules, and does "the right thing."
- Tries to erase the shame of the family by being a high achiever.
- Might do well in school or sports.
- On the outside seems perfect, on the inside might feel inadequate, scared, or bad about self.

The Scapegoat

- Acts out feelings of living with an addict by fighting, stealing, engaging in acts of vandalism, and using drugs themselves.
- Might be called the "bad kid of the family," the "rotten egg," "the rebel," "the trouble maker," or the "bad seed."
- Usually have long histories of being suspended or expelled from school and may even quit before they finish high school.
- Often look angry, but beneath this mask are intense feelings of pain, sadness, and loneliness.

- Because the Scapegoat is almost always in trouble, they take a lot of the focus away from the substance-abusing parent.
- Many people who are the family Scapegoat have heard their parent say, “If you didn’t get into trouble so much, I wouldn’t have to drink the way that I do.”

The Lost Child

- The Lost Child is not sure of what is going on around them in the family, but knows that it is probably unhealthy and dangerous.
- The Lost Child feels like an outsider. Often withdraws and keeps a low profile as a way to protect themselves.
- Takes care of themselves and don’t rely on anyone for help.
- Doesn’t usually express their negative emotions and therefore makes less trouble for the parents than the Scapegoats.
- Often just “forgotten” by the other participants of the family because they do not make too many demands.
- Main feeling that Lost Children have is loneliness. Doesn’t have a lot of friends.

The Mascot

- Another name for this role is the “Clown.” This is the person in the family who takes the tension away from the family by making jokes or acting silly.
- Sometimes Mascots joke around and act silly and cute, but other times they can be annoying and disruptive.
- The Mascots sometimes have a hard time turning “off” their behavior, and it can carry over into school or other places and get them into trouble.
- Underneath the Mascot’s ‘funny’ behavior are often feelings of sadness and anger.



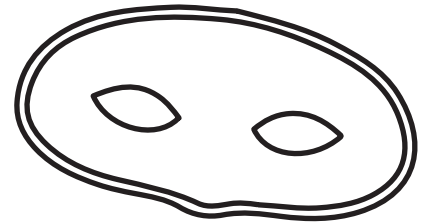
What's Your Role?

Think for a minute about the role you have in your family...

What purpose does this role serve in your family?

How do other people treat you because of the role you play?

How has it worked for you in some ways?



Are there places where you *don't* have to act like you are in this role?

How has playing this role contributed to where you are now?

Emotional “Weather Report”

1. Think about a situation involving your family that triggered you (even a little). Describe what happened.



2. Name some of the triggers that were going on around you during this event? (Be specific. List people, places, situation, events).

- 2A. What thoughts did you have when you were triggered?
(What was going on inside your mind?)

3. In that stressful situation, what feelings got triggered?
Circle the feelings that describe your emotions.

angry annoyed anxious ashamed bored calm
cheated cheerful confused concerned disrespected
disturbed edgy empty enthusiastic entitled excited
fed up frightened glad guilty happy helpless
hopeful hurt ignored intimidated isolated jealous joyful
left out lonely mad miserable nervous overwhelmed
pained pleased proud rejected relieved remorseful
restless sad scared stupid tense thrilled worried

The strongest feeling I had was _____.

On a scale of 1 (not much) to 100 (a lot), how strong was this feeling?

On a scale of 1 (not much) to 100 (a lot) how strong is this feeling
now? _____

The second strongest feeling I had was _____.

On a scale of 1 (not much) to 100 (a lot), how strong was this feeling?

On a scale of 1 (not much) to 100 (a lot), how strong was this feeling?

5. What body sensations or signs of physical stress did you experience? Circle below.

**muscle tension headache sweating difficulty breathing
pounding heart tingling numbness tiredness
hyper or restless upset stomach couldn't sleep physical
pain dizziness body got hot or cold dry mouth**

6. How did you react—what did you do?
7. If you face this situation again, what Cool Thoughts/Good Moves could you tell yourself to keep your power and keep control? (see sheet)
8. Looking back at the situation, how do you think your reaction made the other person feel? Why?

Dealing with Family Triggers

Cool Thoughts	Good Moves
Even the strongest feelings will pass	Ask myself – is there another feeling underneath my anger?
By not exploding, I keep my power	Stop, Breathe, and Choose
I am bigger than any feeling	Call a friend you can talk to – someone who will calm you down, not work you up
I choose where my attention goes, I can feed this feeling or focus on something else	Listen to music
All families struggle with hard situations	Go for a walk
I've gotten through situations like this before, I can do it again	Play a video game, watch TV or a movie, something safe that will distract you until you calm down
I have people in my life who care about me	Write in a journal or make art
Other Cool Thoughts:	Other Good Moves:
Other Cool Thoughts:	Other Good Moves:



Role-Play Script #3: Raoul

Background: *Raoul was hanging in front of his building one afternoon after school. He was just chilling with some of his buddies. Pretty soon this kid Michael comes up and sits down on the step. Michael was unpopular with most people. He was always setting people off saying triggering stuff. Raoul has seen him act like a real jerk before, talking a lot of trash about people. Raoul knew that Michael wanted to be friends with him, but Raoul didn't want to hang out. So, Raoul keeps talking to one of his friends and is kind of ignoring Michael. But then Raoul overhears Michael start talking real loud like he wants everyone to hear him. He starts saying how Raoul's mother is in jail (which is true) and how she's probably some messed up druggie. Some of the other guys start laughing and Raoul feels ashamed. He could feel his heart start racing and his head buzzing like a wire shorted out or something. Next thing, Raoul feels like beating this kid down and humiliating him in front of everyone.*

Michael: "Hey, what's up?"

Raoul: (Ignores Michael and keeps talking to his friends).

Michael: (In a loud voice) "Maybe you didn't hear me.
I hear that when a mother uses drugs, it messes up her kid's hearing."
(Starts laughing).

Raoul: (Turns to look at him) "What did you say?"

Michael: "Well, that is what your mom is in jail for, isn't it?
Word on the street is that your mom's been using since
before you were even born! She can't live without it!"

Friends: (All start laughing)

Raoul: (Raoul raises his fist toward Michael) "Ok, let's see how much you
can say about my mother with your mouth bleeding."

Mama's Just a Little Girl

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.

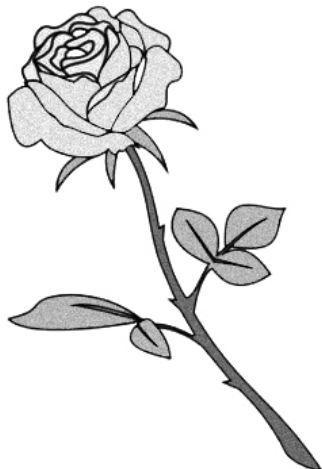
Well we are the roses.

This is the concrete.

And these are my damaged petals . . .

Long live the rose that grew from concrete.

— Tupac Shakur





Gifts From My Childhood:

Name three positive things you got from your childhood. They could be strengths or abilities. List positive qualities that you would not have without the struggles you have been through.

Because of my childhood I am:

I am also:

My childhood made me able to:

Trust

What are some of the reasons we don't trust?

1. _____
2. _____
3. _____


What are some of the positive things we get from trusting someone who is trustworthy?

1. _____
2. _____
3. _____

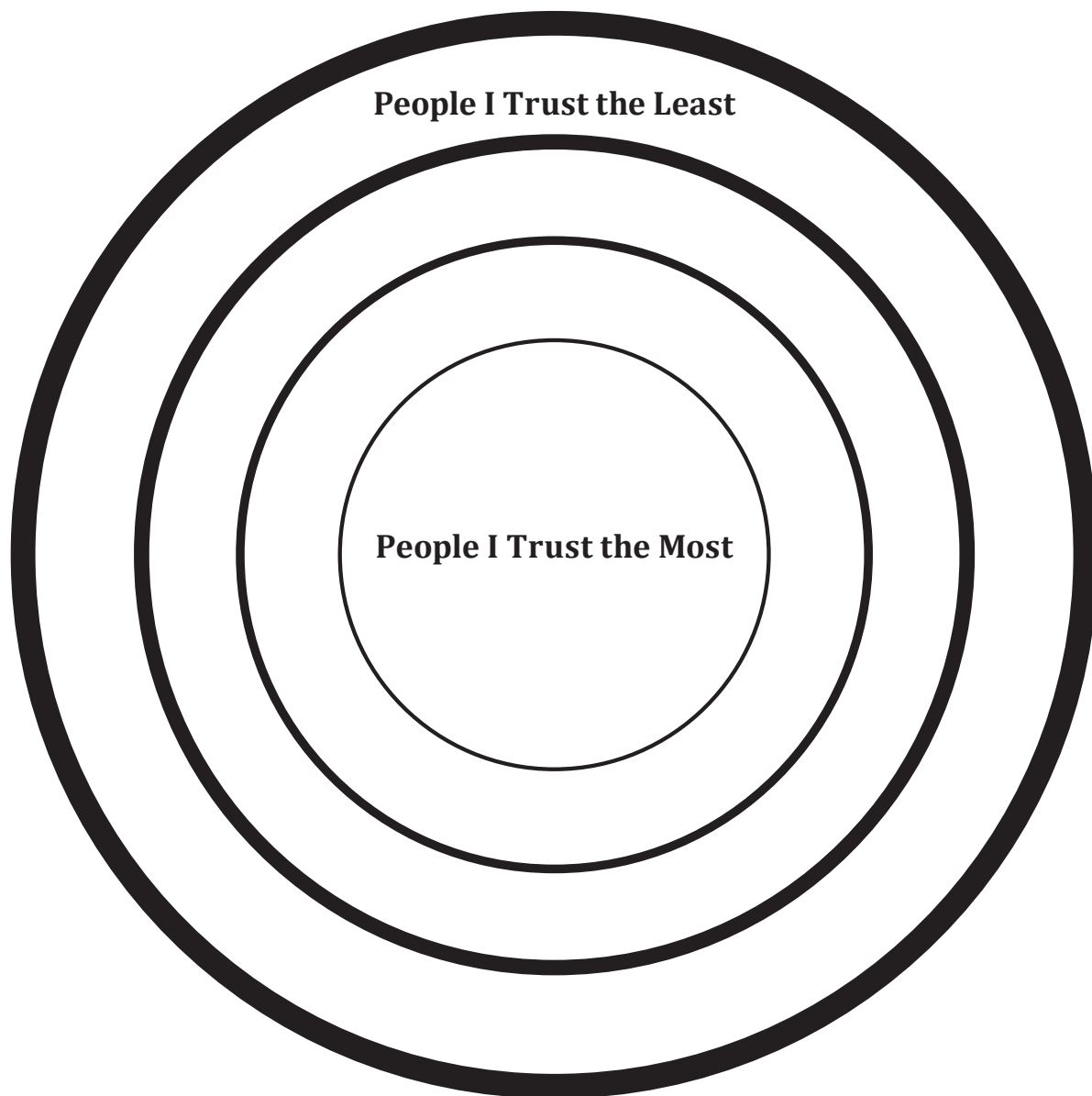
Is there someone in your life you can really trust?
If so, why?



Are You Worth My Trust?

<input type="checkbox"/> Would I leave them alone in my house?	
<input type="checkbox"/> Have I ever seen them do something that seems sneaky or grimy?	
<input type="checkbox"/> What kind of reputation do they have?	
<input type="checkbox"/> What does my gut tell me about this person?	
<input type="checkbox"/> Would I leave my kid with them?	
<input type="checkbox"/> What kinds of people chill with this person?	
<input type="checkbox"/> Are they stuck in a negative role, mask, or act?	
<input type="checkbox"/> Am I more likely to get involved in high-risk behavior if I chill with this person?	
<input type="checkbox"/> Do they get in trouble with teachers, staff, or other adults?	
<input type="checkbox"/> Do they have a straight job or do they hustle?	
<input type="checkbox"/> Will they probably pressure me to do something I don't want to do?	
<input type="checkbox"/> Do they talk behind people's backs?	
<input type="checkbox"/> Have I ever caught them lying?	
<input type="checkbox"/> Do I act like myself around them?	
<input type="checkbox"/> Where will they be in 5 years? If I hang with them, will I end up there too?	
Other:	
Other:	

Levels of Trust





Levels of Trust **(alternative version)**



Good Moves for Getting Out

Here are some options to get out of situations once you're in them, or to avoid them altogether!

Circle what would work for you.

Say No or Stop

Say No – no explanations needed. It's hard to have a comeback when someone tells you "no" flat out. "Nah, I'm good. I'm not down with that anymore. But you do what you want to do."

Look them in the Eye

Go even further by looking them in the eye and telling them to stop asking you.

Tell the Truth

Say that if you get busted again, you're going away for a lot longer this time.

Tell a Lie

Tell a lie to get away from the risky situation. For example, "I told someone I'd meet up with them right now."

Just Leave

If you're with other people, just slip out. Sometimes the less said the better.

Change the Subject

If someone keeps trying to get you to do something, change the subject.

Feel good about yourself

If you got out of a risky situation or avoided trouble altogether, give yourself some praise. It's hard, but you kept your power.

Give another Option

Suggest something else to do; going to get some food, to the movies, to play a video game, or something not high-risk.

Call a Friend

Call another friend to meet up with you. This gives you an excuse to leave a high-risk situation.

Remember your Goals

Don't let anyone get in the way of what you want for yourself.

Think of the Consequences

What might happen if you stay?

Keep Busy

Do things that put you in a good space like school, working, or sports.

Hang out with Positive People

Surround yourself with people who have your best interests at heart.

Drop the Mask

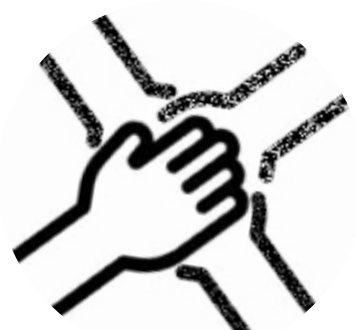
You are more likely to meet steady, decent people if you are in touch with who you really are—your Core Self.

Another plan that would work for you is:

Trust in My Life

Think of 4 or more of the most important people in your life. Include friends, relatives, teachers, coaches, mentors, neighbors, or anyone else who you consider being an important part of your life.

As you think of them, put them in one of these categories. You can put their name or just their initials, for privacy.



Living a High-Risk Lifestyle	Living a "Life in the Middle"



Now imagine you are with someone from the high-risk category who is trying to talk you into a high-risk situation. Think about how you'd get out of it.

Reminder: include a *Cool Thought* or a *Good Move* (like telling the truth, telling a lie, saying no without any explanation, or just leaving).

What would you do?



Role-Play Script #4: Mario

Scenario: *Mario shows up at a party where everyone is drinking beer and smoking weed. The room is filled with smoke and noise. He was just released from a secure detention center and is on probation. He sees his friend Raymond, a guy he's known since he was little, but hasn't seen since he's been home.*

Raymond: Hey, Mario! How you been? Long time no see.

Mario: I'm good, man. How you doing?

Raymond: Keeping busy. I heard you just got out. How long were you gone?

Mario: 6 months. But it felt like 10 years.

Raymond: That sucks. I bet you missed this in lock up, huh? This is some awesome shit. Take a hit. (He holds up a blunt, tries to give it to Mario).

Mario: (Looks at him for a few seconds, thinking about it, then shakes his head no). Nah...

Raymond: Ah, man, c'mon. This is that good shit. It'll make you feel better. I know you've been stressed.

Mario: Thanks, man. I'm good for now. I gotta stay clean for my PO.

Raymond: They'll never know, you need to get one of those kits.

Mario: (looks around the room nervously, thinking about it).

Raymond: You don't know what you're missing. C'mon, you've never had anything like this. It'll make the last six months disappear.

Mario: (Looks Raymond in the eye). Seriously, I'm good. I'm not doing that anymore. But, good to see you. (Gets up and walks away).

What Matters Most in a Relationship?

Check off the qualities that are **MOST** important to you:

- ☐ Someone who respects you
- ☐ Someone who respects themselves
- ☐ Honesty
- ☐ Someone you can trust
- ☐ A person who knows who they are
- ☐ Has compassion and empathy for what you've been through
- ☐ Wants you to grow as a person
- ☐ Someone who tells you honestly when they're upset instead of just acting mad and not talking
- ☐ Not too controlling
- ☐ Supports you
- ☐ Shows you, your family, and your friends respect
- ☐ Listens when you have something to say
- ☐ Not always nagging you about how you don't measure up
- ☐ Someone who is living a healthy lifestyle or the "big picture"
- ☐ Accepts you for who you are
- ☐ Tries to understand where you're coming from
- ☐ Has your best interest at heart
- ☐ Can say they're sorry when they mess up
- ☐ Lets go of the little things and doesn't hold grudges against you
- ☐ Is never physically, emotionally, or sexually abusive
- ☐ Doesn't act jealous when you talk to other people
- ☐ Doesn't expect you to 'fix' them or take care of all of their problems
- ☐ Doesn't always put what they want in front of what you want
- ☐ Respects your personal belongings
- ☐ Someone who won't give up on you even if you've messed up a lot
- ☐ Something else? _____

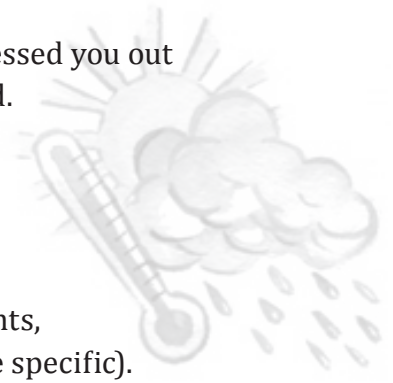


**Do the people you spend most of your time with have these qualities?
Why or why not?**



Emotional “Weather Report”

1. Think of a situation **with a friend or peer** that stressed you out or upset you (even a little). Describe what happened.



2. What were some of the people, places, feelings, events, or thoughts that triggered you in this situation? (Be specific).

- 2A. Did your friend or peer violate your boundaries in any way, or did you violate someone else's? If so, what boundaries? (e.g., physical, emotional, moral).

3. What thoughts did you have when you were triggered? (What was going on inside your mind?)

- 3A. In that stressful situation, what feelings got triggered? Circle the feelings that describe your emotions.

**angry annoyed anxious ashamed bored calm cheated
cheerful confused concerned disrespected disturbed
edgy empty enthusiastic entitled excited fed up frightened
glad guilty happy helpless hopeful hurt ignored
intimidated isolated jealous joyful left out lonely mad
miserable nervous overwhelmed pained pleased proud
rejected relieved remorseful restless sad scared stupid
tense thrilled worried worthless**

The strongest feeling I had was _____.

On a scale of 1 (not much) to 100 (a lot), how strong was this feeling?_____

On a scale of 1 (not much) to 100 (a lot) how strong is this feeling *now*? _____

The second strongest feeling I had was _____.

On a scale of 1 (not much) to 100 (a lot), how strong was this feeling?_____

5. What body sensations or signs of physical stress did you experience?
Circle below.

Muscle tension headache sweating difficulty breathing
pounding heart tingling numbness tiredness
hyper or restless upset stomach couldn't sleep physical pain
dizziness body got hot or cold dry mouth

6. How did you react – what did you do?
7. If you face this situation again, what Cool Thoughts or Good Moves could you use to keep your power?
8. Looking back at the situation, how do you think your reaction made the other person feel? Why?

Cool Thoughts/Good Moves for Getting Out

Cool Thoughts	Good Moves
"Saying 'no' doesn't make me weak."	Say No or Stop
"People who really care about my life won't get me involved in this kind of stuff."	Look them in the eye
"These people won't be there for me when I'm locked up."	Tell the Truth
"The most important thing is that I don't put myself at risk."	Tell a Lie
"It can be fun to hang with people starting trouble, but I know this is going nowhere good."	Just Leave
"I don't need to prove anything to anyone."	Give another Option
"What is my gut telling me about this person?"	Change the Subject
"I know who the decent people are in my life."	Call a Friend
"I've got bigger things ahead of me than this. I don't want to make a mistake that will stay with me."	Remember your Goals
"I'm not screwing up my life for this."	Think of the Consequences
"I have a support system I can really count on. I don't need this."	Hang out with Positive People
"I can do other things that make me happy and keep me out of trouble."	Keep Busy
You become like the people you hang with. Ask yourself: "Is this who I want to be?"	Drop the Mask
"I can keep my power and walk away from this situation."	Feel good about yourself
Your Cool Thought:	Your Good Move:



Rate Your Space, Change your Place

Most of the time, if we listen to our gut, we know when we're in a place that's going to lead to trouble. Using *Rate Your Space, Change Your Place* helps you keep your power.

Step 1. Rate Your Space

**Listen to your gut. Is this space safe?
What's your Risk Radar telling you?**

If I stay am I more likely to . . .

- ☐ Drink?
- ☐ Fight?
- ☐ Smoke?
- ☐ Skip school or work?
- ☐ Steal?
- ☐ Have high-risk sex?
- ☐ Get arrested?

Step 2. Change Your Place

If the answer is yes . . . Use a Good Move

- ☐ Say No
- ☐ Tell the Truth
- ☐ Tell a Lie
- ☐ Just Leave
- ☐ Give another Option
- ☐ Call a Friend
- ☐ Other: _____
- ☐ Other: _____

Rate Your Space, Change your Place

Individual Worksheet

Describe a high-risk space for you—a space that usually leads you to get into trouble (e.g., using drugs, doing things that could lead to another charge or solitary, getting into fights, stealing).

HIGH RISK

What does your Risk Radar tell you about this space? Include body sensations, thoughts, or feelings that give you a clue that you're in the wrong place at the wrong time.

Using initials only, who are the people you are more likely to find trouble with?

On a scale of 1 (low) to 10 (high), how motivated are you to avoid these high-risk spaces and people? How come?

1	2	3	4	5	6	7	8	9	10
(low)					(high)				

What Cool Thoughts and Good Moves could you use to avoid these high-risk spaces and people?

Cool Thoughts:

Good Moves:

Substance Use Lyrics

Which lyric about drug use makes the most sense to you? Explain why.

*Some people like the way it feels, some people wanna kill
their sorrows. Some people wanna fit in. That was my problem.*
—Kendrick Lamar

*We should be drinkin' alone together. Cause drownin' the pain
is better, with somebody else who got problems,
we ain't gotta solve 'em. But misery loves company.*
—Carrie Underwood

*The snake, the rat, the cat, the dog, how you gonna see 'em
if you're living in the fog?*—DMX

I hate the drugs but I love the numb.—Kid Cudi

*Dope is like a two-way street:
The addiction, both you and me, now take a seat.
Every car got a fleet, every broad get a Jeep,
Every sparkle in the club that wasn't ours, we compete.
Poor minds, poor decision makers;
No reward...then what's the risk you taking?*—Pusha T

*Got the new Hummer in the summer when,
I was a newcomer then,
Drugs and Mac-10s, hugs from fake friends.
Make ends: they hate you,
Be broke: girls won't date you.*—Notorious B.I.G.

*They tried to make me go to rehab
But I said, "No, no, no"*—Amy Winehouse

*Came all this way to escape all our problems
Came all this way just to break every promise and do
Everything you said I shouldn't do
But those things bring me closer to you, yeah*—Jhené Aiko

What Triggers Me to Use?

Write down all of the People, Places, Thoughts, and Feelings that trigger you to use. Share your answers in a Circle. To help you, think of what you were feeling, who you were with and where you were the last time you used.



People

Places

Thoughts

Feelings



Cool Thoughts and Good Moves

TRUTH: You only have control over 2 things in life:
Your Thoughts and Your Actions.

Circle the Cool Thoughts and Good Moves that will keep you from using.

Cool Thoughts	Good Moves
Using usually makes things worse.	Distract yourself with TV, a video game, a shower, or music <i>until the urge passes</i> .
Using keeps me from getting what I really want out of life.	Pay attention to <i>sensations in your body</i> that are signs you are getting triggered to use.
This might seem like a good idea now, but there's a price.	Avoid places and people that trigger you to use.
NOT everyone is doing it.	Call a friend who is a good influence.
There are other, better ways to deal with my problems and hard feelings.	Get away from trigger situations as soon as you realize what's going on.
The more I use, the more it becomes a habit.	Write about your feelings instead of numbing them with drugs or alcohol.
I have a choice.	Connect with someone who doesn't use.
If I hang with users, I usually use.	Exercise as much as you can—it helps keep your mood steadier.
I am stronger than any urge.	Be honest with yourself about how you feel if you're triggered.
All urges pass.	Reach out for help if you have a problem with drugs or alcohol.
If you do use, don't beat yourself up. Try not using again.	Memorize a way to say "no" when someone tries to hand you a smoke or a drink.
My family will be disappointed if I use again.	Remember your goals and the consequences of using.

The Urge Factsheet

All Humans Experience Urges:

- Some urges are very **physical** like the urge to eat, go to the bathroom, sleep, or have sex.
- Other urges are more **emotional**, like the urge to yell at someone who humiliated you, the urge to steal something when you think no one is looking, or the urge to hit send after writing an angry text.
- Sometimes urges (especially the urge to drink or light up) are connected with feelings like anger, loneliness, fear, boredom, or frustration. Sometimes they are connected to our Survival Brains.
- Other times urges are wrapped up with thoughts like, “I gotta have it” or “screw-it” or “who do you think you’re talking to?”

Most urges have 2 things in common:

1. Urges usually can be felt in our bodies. Sometimes they show up as extra energy or as strong body sensations like a racing heart, shallow breathing, tenseness in our muscles, feeling hot, or butterflies in our stomach.
2. If we don’t learn to recognize and manage our urges, over time they start to control us.

*Rather than fight
our urges, we can accept
that we have them
and ride them out until
they pass.*

Riding Out the Urge

The Crest

The Peak of the Urge— this is the toughest part because the urge is the strongest. Take a few breaths! Distract yourself. Walk away. **YOU GOT THIS!**

Early Wave

The Trigger— this is where the urge begins.

What signs does your body give you?



End of the Wave


The Tail End— the urge starts to fade away. If you get to here without exploding, you keep your power!



Riding Out the Urge

An urge I need to learn to surf is _____

Early Wave	Crest	Wave
<p>Situations, Places, or Feelings that Trigger my urge:</p>	<p>Cool Thoughts I can use to ride it out:</p>	<p><i>Notice what's different:</i> How do you feel?</p>
<p>Body Sensations that go along with this urge:</p>	<p>Good Moves I can use to ride it out:</p> <p>If I use Good Moves the Consequences will be:</p> <p>If I use Risky Moves the Consequences will be:</p>	<p>What's changed since the early part of the wave?</p> <p>What are you going to do now? (e.g., congratulate yourself!)</p>



Substance Use and Me

1. What substance use issues have you seen or observed in your family?
2. Right before you came to (detention/residential/this program), what role did drugs and alcohol play in your life? Check any that apply:
 - ☐ a way to cope with your problems
 - ☐ something you did with the people you hung out with
 - ☐ a way to make money
 - ☐ an addiction you felt like you couldn't control
3. Is there a connection between drugs and alcohol and the risks that led to you being in this program?
4. Has using substances had any other negative effects on your life, like lowering your motivation, or leading you to say or do things you regret?
5. If you were completely honest with yourself, on a scale of 1 (not motivated at all) to 10 (very motivated), how motivated are you to change your substance use? Why didn't you choose two points lower?
6. What is a challenge that keeps you from changing your substance use?
7. Name at least one benefit to changing your substance use.





Harms Survived

Write down a harm you have experienced in your life.
Be as specific as you want—you can just name it, or you can describe how it's affected you.

Write down a harm you may have caused. Be as specific as you want—you can just name it, or you can describe how you've affected another person(s).

Then, ask yourself: are they connected? If so, how?



Harms I've Caused

Think about a serious harm you've caused in your past. It might be the offense you are currently in this program for, or another harm that maybe you weren't caught for, but still carry around in your mind. In the most honest way, answer the questions below.

My harm was _____
_____.

Right before the harm...

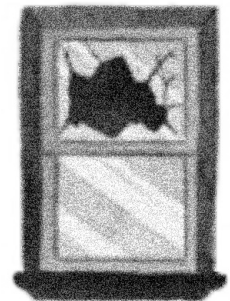
Who were the people I was with?

What were we doing?

Where were we?

Thoughts I was having:

Feelings I was having:



Rate how safe your space was right before the event or harm.

1	2	3	4	5	6	7	8	9	10
Not Safe at All			Kind of Safe				Very Safe		

Circle everything you could have done to change your place:

Just leave Tell them you're out Say you will meet up later
Lie Meet up with other people Go home
Pretend to get a phone call Explain you can't afford to get busted

Was I drunk or high right before or during the harm?

☐ Yes ☐ No

Would I have probably done the same thing if I wasn't using?

☐ Yes ☐ No

If the situation included you intimidating someone, bullying, cheating, or threatening, what did you want to get out of it?

If you answered yes, what's another way you could have gotten what you needed without using force, intimidation or threats?

What thoughts did you have after the harm?

How did you feel after the harm?

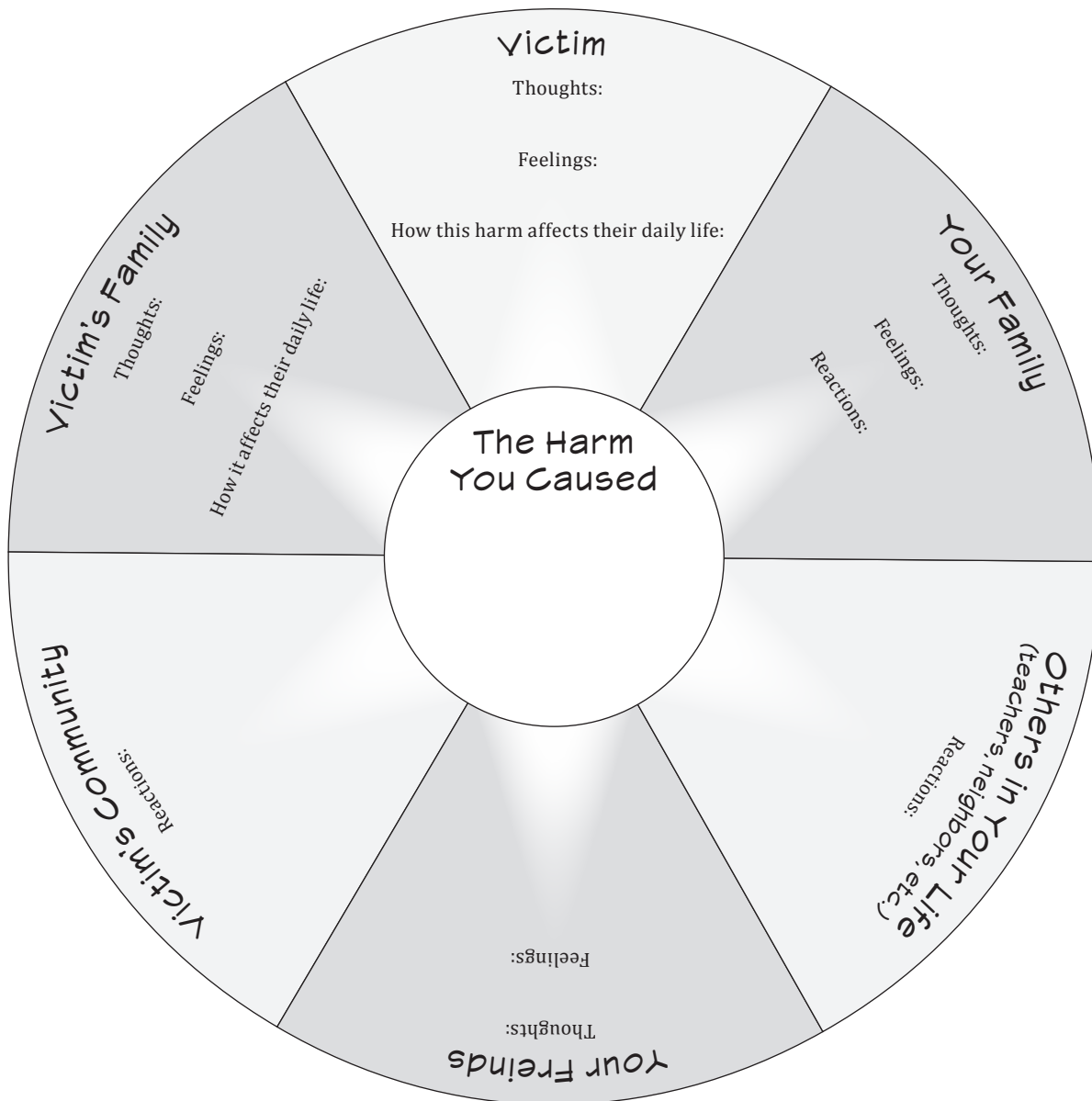


Accepting Responsibility Worksheet

**Step 1: Acknowledge the harm. What did you do?
What was your real role?**

Step 2: Accepting responsibility. WHY was what you did wrong?

The Victim Wheel



Whose Shoes Are You In?

There is always more than one way to look at a situation depending on whose shoes you are standing in.



The Stories

Ronald and James's Side of the Story (The Responsible Party)

Ronald and James knew that an elderly lady, Mrs. Holmes, lived alone on the top floor of their apartment building. Somehow a rumor got started that she kept a lot of cash inside her apartment because she was afraid to carry it on the street to the bank. One day, while Ronald and James were skipping school, they saw Mrs. Holmes leave the building with her shopping cart. They decided to break into her apartment from the fire escape and see if they could find the money people were talking about. While they were inside, they went through all of her cupboards and drawers. They looked under her mattress, inside of every cabinet, and all through her closets. They found one purse hanging behind a door, but it only had twelve dollars in it. They were a little angry that they took such a big risk for a crappy twelve bucks. On the way out, Ronald looked through her desk and found a checkbook that he pocketed. He also took a small radio she kept in her kitchen.

Ronald and James didn't think what they did was such a big deal. Mrs. Holmes wasn't there so she didn't get scared seeing people break into her house. Nobody got hurt. And they didn't even take that much. They figured Mrs. Holmes would be relieved that almost nothing was missing and that they didn't trash the place. After all, both of their houses had been robbed and they survived.

Mrs. Holmes' Side of the Story (The Harmed Party)

Since her husband died three years ago, Mrs. Holmes hadn't felt completely safe living alone in her apartment. At night she double-checked the locks on her doors and sometimes woke up when she heard unfamiliar noises. Her daughters asked her to move in with them, but she didn't want to be any trouble so she stayed alone.

The morning she was robbed, she wasn't feeling well but she decided to go out and get a few groceries anyway. She thought the fresh air might make her feel better. When she returned to her apartment, she knew right away that someone had broken in because she never left the window open when she went out. The shock of knowing she had been robbed and the fear of thinking someone might still be in the house caused her to faint. When she fell over, she hit her head on the floor. When she woke, she was confused and disoriented. When she couldn't get her daughters on the phone, she went over to a neighbor who called the police.

For several days, Mrs. Holmes refused to go back to her apartment and stayed with her oldest daughter. When she finally did return, she was paralyzed with fear. Looking around, she could see that her personal belongings had been rifled through and touched. She felt violated and victimized. Strangers had entered her home and touched her most personal belongings like her clothes and pictures of her family. For months she had trouble sleeping. She woke with nightmares and thought she could hear people trying to get into her apartment. Sometimes she would stay on the couch all night with her clothes on because she was too afraid to get into bed. Her daughters were constantly worried about her. For the rest of her life, Mrs. Holmes was afraid to be alone in her home.

Follow up: Ronald and James were charged as juvenile offenders and received sentences of 1 to 4 years in a secure detention center 75 miles north of the city they lived in.

The Questions

Questions for the Ronald and James Group

- What thoughts motivated you to break into Mrs. Holmes's house?
- What did you actually gain from the robbery?
- What did you lose because of the robbery?
- In your minds, how did the robbery impact Mrs. Holmes?

Questions for the Ronald and James's Parents Group

- Describe all of the ways your sons' actions impacted your life (keep in mind that they are now in detention, think about what the court proceedings did to your family, tell how this situation impacted your family's finances).
- How do you feel towards your sons right now?

Questions for the Mrs. Holmes Group

- Share the things you lost as a result of the robbery— (think about both material possessions and emotional factors.)
- How did the robbery change the way you live day-to-day?
- If you could say one thing to Ronald and James about how their actions impacted you, what would it be?

Questions for the Mrs. Holmes' Children Group

- What changes have you noticed in your mother since the robbery?
- How did the robbery affect your lives?

Circle Questions for the Ronald, James and Mrs. Holmes Story

- What stood out to you about this exercise?
- How did the responsible parties (Ronald and James) see the situation differently from the impacted party (Mrs. Holmes)?
- Both Ronald and James had been robbed when they were younger. Do you think a person who has been the victim of a crime is more likely or less likely to commit an offense against someone else? Explain your thinking.
- What are some ways that Ronald and James could attempt to "make this right?"
- Think about an older person in your life that you care about. How would you feel if that person's house got broken into?



Apology Exercise

Bring to mind the offense committed or harm you've caused—think about **all** the people affected by it. Write down all of the things you are sorry for about your behavior....

I am sorry for: _____

I am sorry for: _____

I am also sorry for: _____

I am also sorry for: _____

I am also sorry for: _____



Exploring Self-Forgiveness

Complete the following sentences:

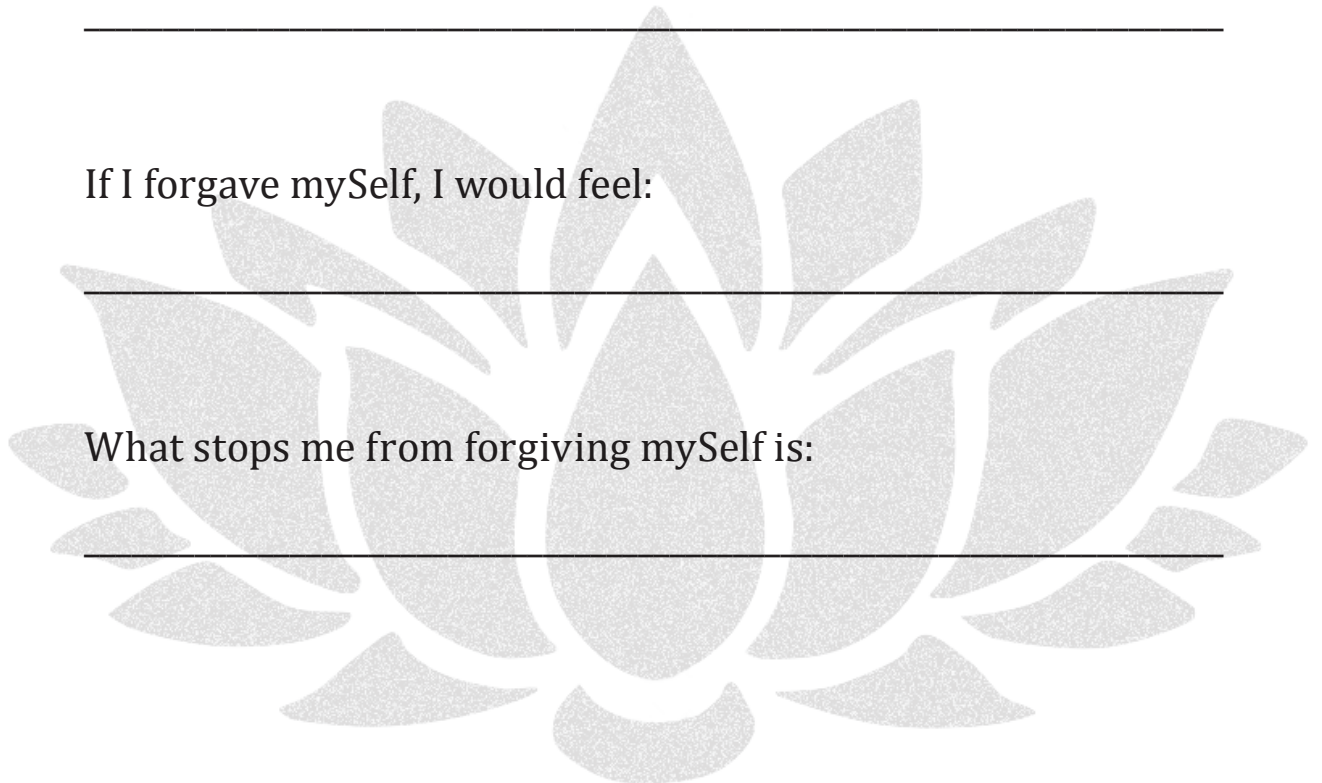
I want to be able to forgive mySelf for:

I also want to forgive mySelf for:

It's hard to forgive mySelf for:

If I forgave mySelf, I would feel:

What stops me from forgiving mySelf is:





Becoming My Own Person

Things I definitely want in my future:

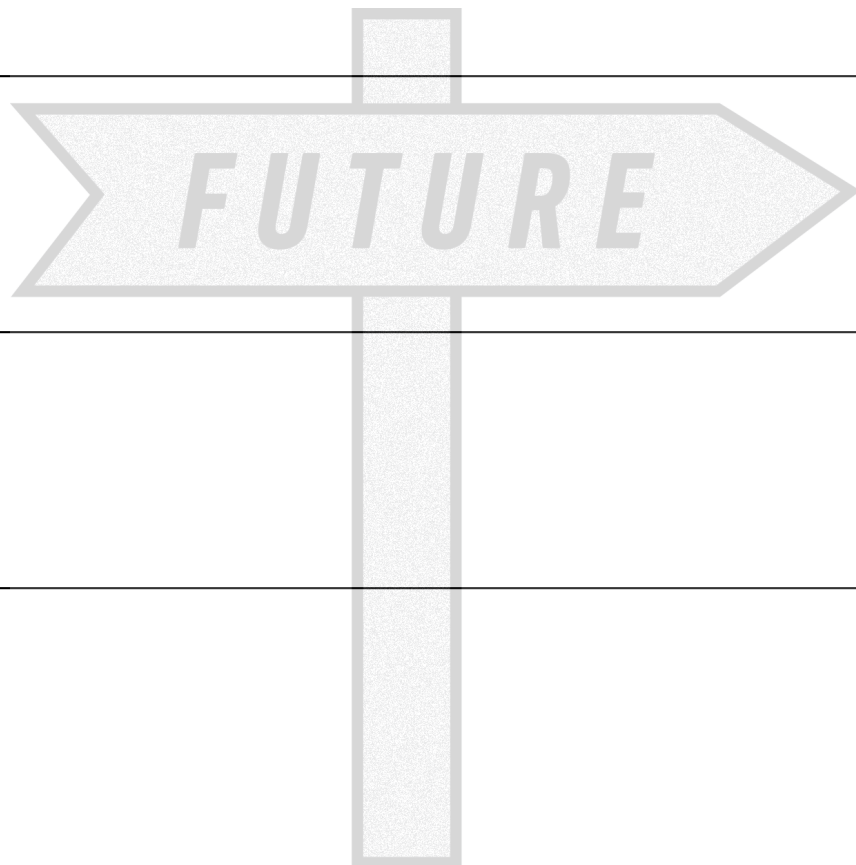
1. _____

2. _____

3. _____

4. _____

5. _____



To Hustle or Not to Hustle – That Is the Question

Getting and Sticking with a Straight Job

✓ Pros

✗ Cons



Hustling (Stealing, Selling Drugs)

✓ Pros

✗ Cons



Getting Clearer on What I Want

	Goal 1	Goal 2
A goal or something I hope for		
A person (or people) who can help me		
Possible obstacles		
A Cool Thought and Good Move to keep me motivated	Cool Thought: Good Move:	Cool Thought: Good Move: