

Power Source Before Group Youth Reflection

To help you figure out what you may want to work in the Power Source Program, fill out these questions to the best of your ability. Be honest with yourself! You'll be able to look at these responses after you complete the program to see what's changed.

1. What do you do when you're upset and want to feel better?
2. What's the most important thing in your life right now?
What matters most to you?
3. What would be helpful to work on right now as it relates to yourself or your behavior?
4. What's gotten you in trouble in the past?
5. What are you already good at? What are your biggest strengths?
(e.g., being resourceful, intelligent, street-smart, good with people, good at school, likes technology, good at sports, anything!)



Power Source After Group Youth Reflection

To help you see what you've learned since you began the Power Source Program, complete these sentences to the best of your ability.

"Since completing the Power Source Program..."

For question 1-4, rate your answers from 1 (Never) to 5 (Always)

1. When I feel angry, I can control my behavior.

1	2	3	4	5
Never	Rarely	Sometimes	Most of the time	Always

2. I know how to get out of a high-risk situation.

1	2	3	4	5
Never	Rarely	Sometimes	Most of the time	Always

3. When I'm upset, I know some healthy ways to make myself feel better.

1	2	3	4	5
Never	Rarely	Sometimes	Most of the time	Always

4. I am aware of my "triggers" (people or places that set off an emotional reaction in me).

1	2	3	4	5
Never	Rarely	Sometimes	Most of the time	Always

For question 5-10, rate your answers from 1 (Strongly Disagree) to 5 (Strongly Agree)

5. I know what's important to me in a friendship or relationship.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

6. I know why it's important for me to take responsibility for my actions.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

7. For the most part, I understand why I act the way that I do.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

8. I believe that at my core, I am a good person.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

9. I know some questions I can ask myself to see if a person is trustworthy.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

10. I can think of one or two things in my life that make me feel hopeful.

1	2	3	4	5
Strongly disagree	Disagree	No opinion	Agree	Strongly agree

A way I can feel good without doing a high-risk behavior is:

Meditation has helped me to:

What I'd tell others about this program:

CERTIFICATE OF COMPLETION

_____ has successfully participated in the Power Source Program by regularly attending the group, treating others with dignity and courtesy, working to solve problems in creative and positive ways, and helping others do the same.

It is with sincere respect and admiration that we present this certificate.

_____ Group Leader

_____ Group Leader

_____ Date

Write to Lionheart

Tell us what you think!

If Power Source helped you, or made a difference in your life, we'd love to hear about it!

Name:

Date:

Location:
