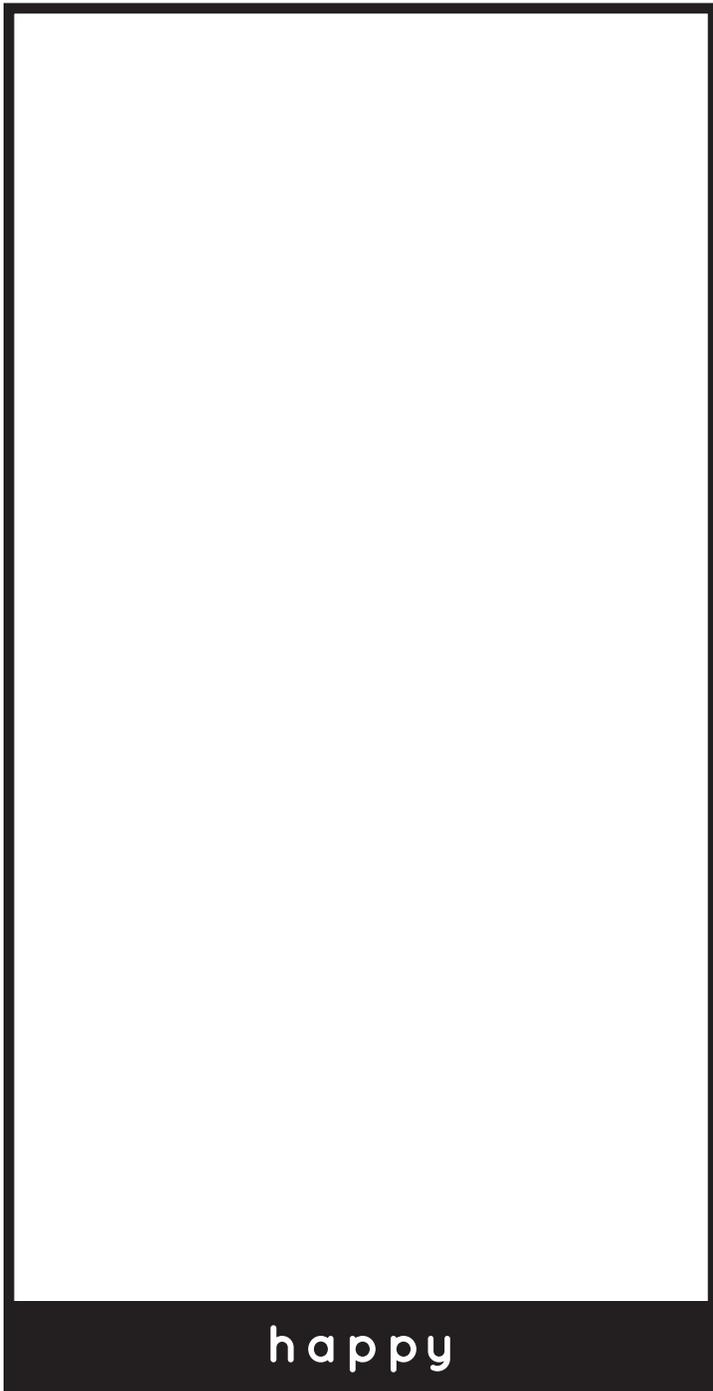
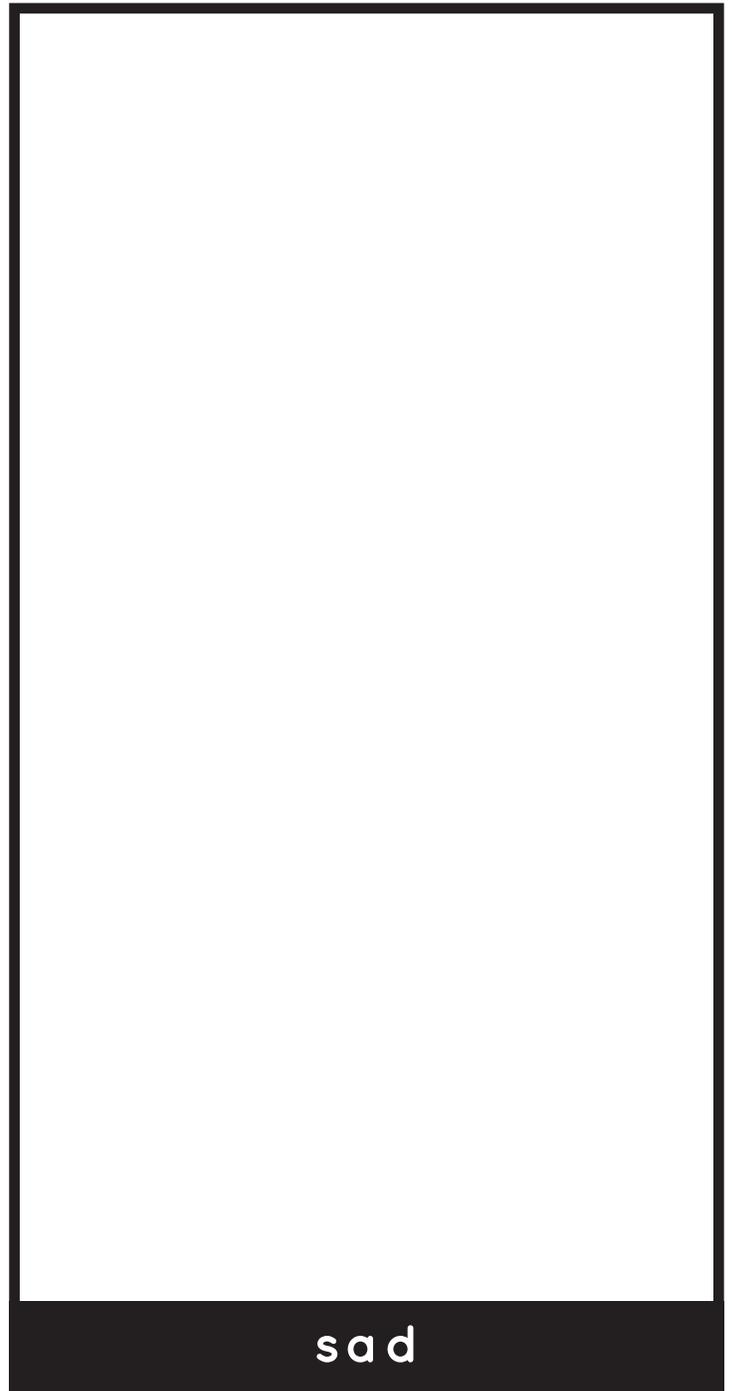


UNDERSTANDING EMOTIONS

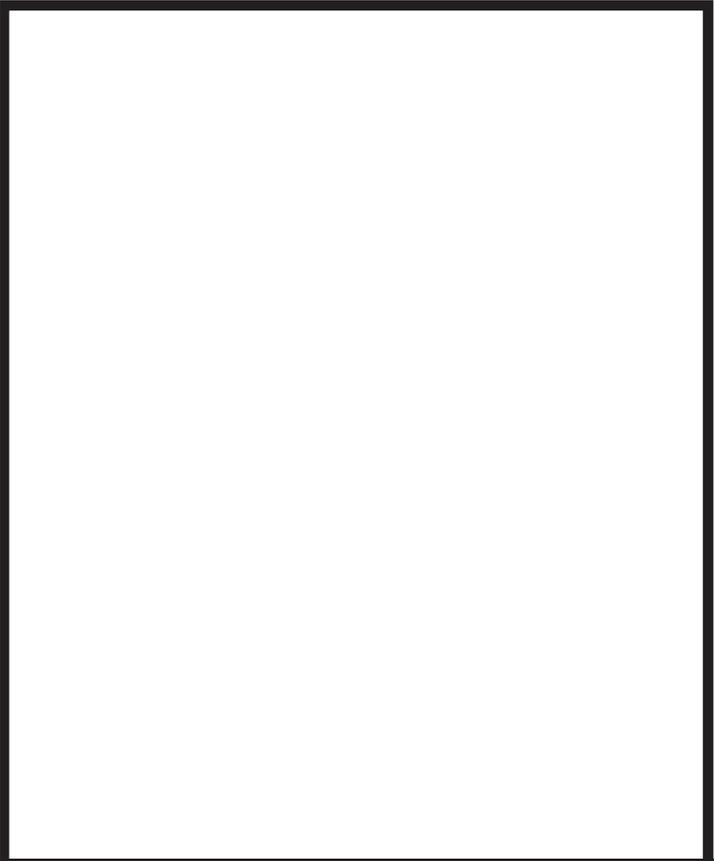
Using words or pictures, describe what it's like to feel these emotions.
Think about this feeling in both your body and in your mind.



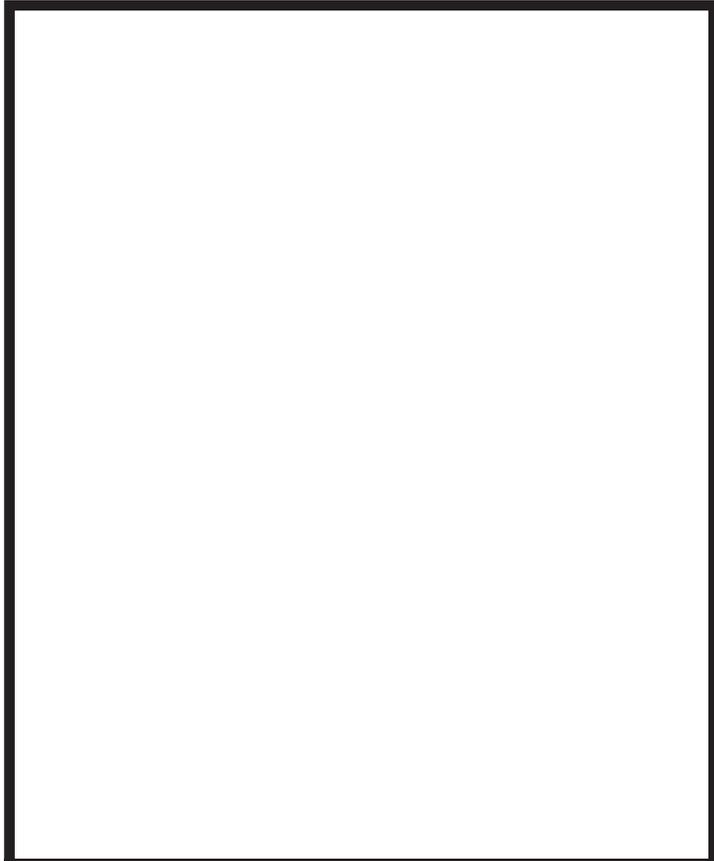
happy



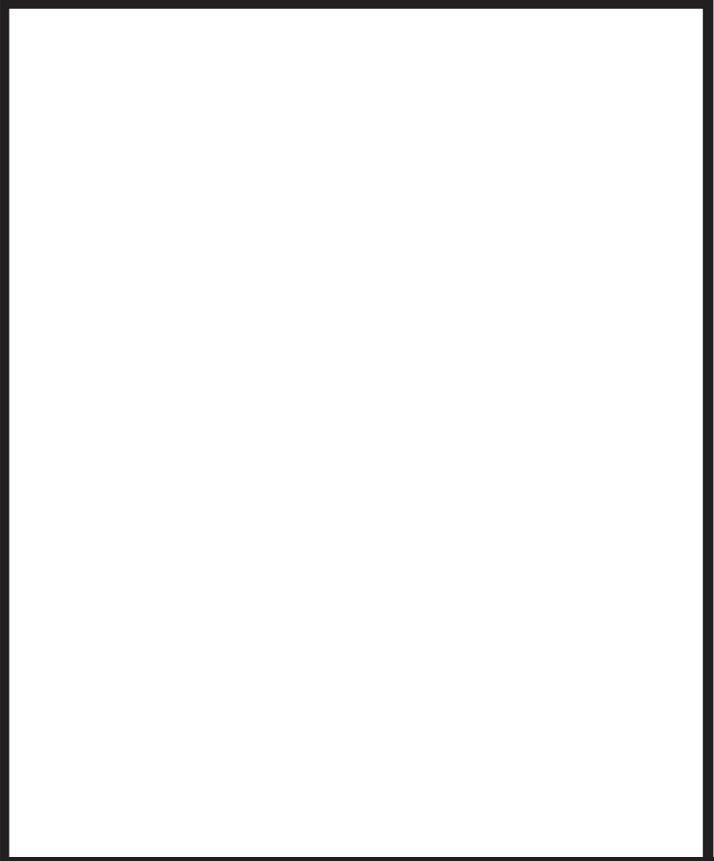
sad



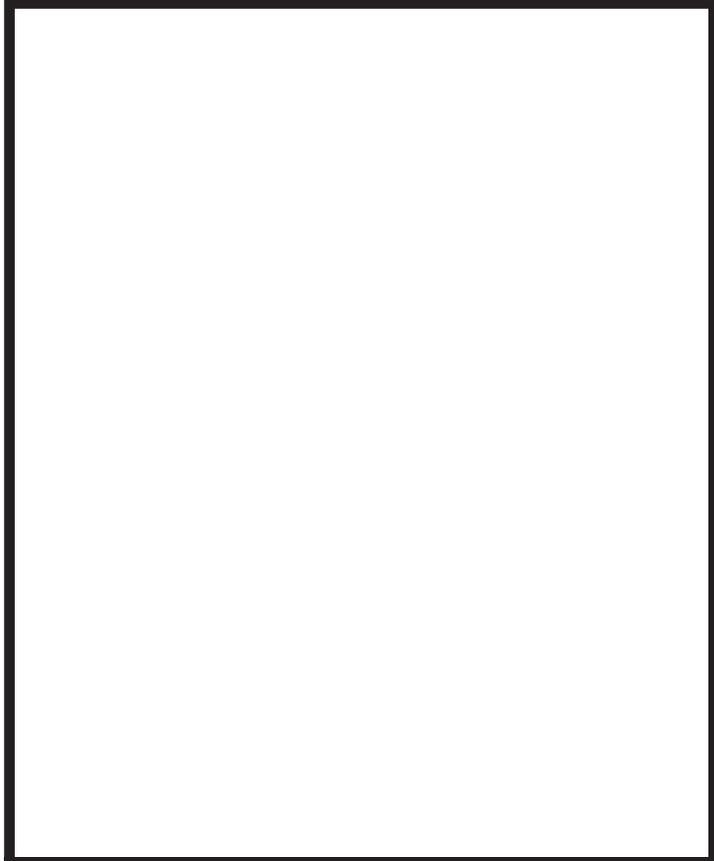
angry



hopeful



disappointed



excited

ASSERTING YOUR BOUNDARIES

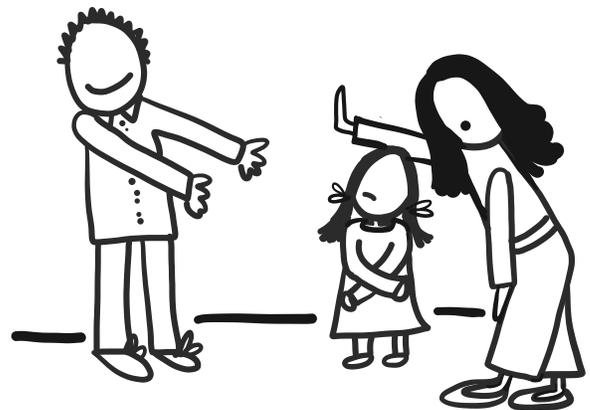
Boundaries are limits to how and when we interact with others, both physically and emotionally. We can only advocate for our boundaries when we know what they are. Think about your rights when it comes to boundary-setting and how you can encourage people to respect your boundaries and call them out when they don't. Use these examples to help you brainstorm your boundaries. This list will be different for each person and evolve over time.

EXAMPLES



I can ask for space from the person that I'm dating.

I can support my kids when they don't want to hug relatives.



I can choose to not go to all family functions.



**What are some ways that you protect your boundaries,
even when it's not popular with other people?**

What boundaries do you wish were stronger?

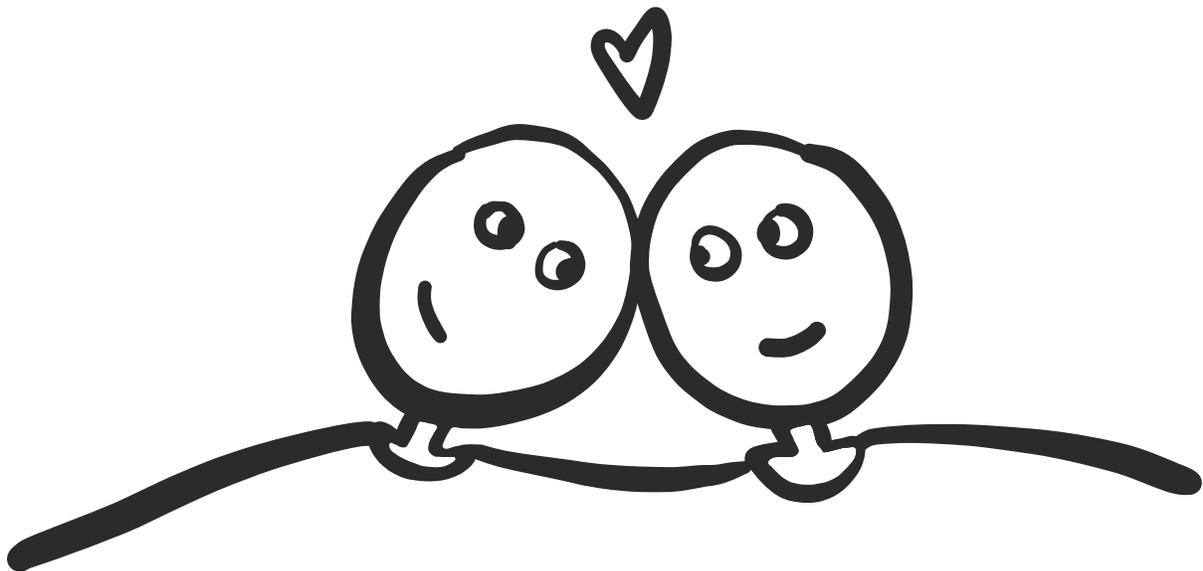
INTIMACY AND TRUST

What is intimacy?

What is reciprocity?

What is trust?

What is safety?



IN YOUR OPINION...

What is necessary for closeness to occur?

What conditions create trust, reciprocity and safety?

What conditions violate trust, reciprocity and safety?

Has substance use or other coping strategies interfered with connection and intimacy for you? If so, how?

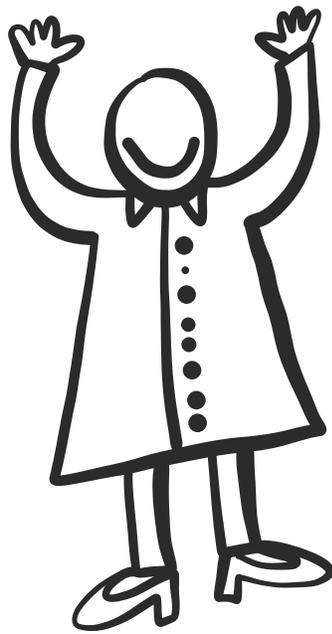
SPHERES OF SUPPORT

Everyone needs support to heal from hurt and trauma. It's hard work.
Think about all the ways you can be supported by your community.

What supportive resources could help you heal?

Do you think there is support in places you may have overlooked?

WHO ARE IN YOUR SPHERES OF SUPPORT?



LETTER OF THANKS

Expressing gratitude can have a positive impact on your mental and physical health. Write a letter to a person for whom you are thankful.

Tell them they are special and how they help you.

Dear _____,

Thank you for _____

Sincerely, _____

VISUAL BREATHING

In the hexagon below, write calming words or find calming images that will remind you to relax. Then practice your breathing.

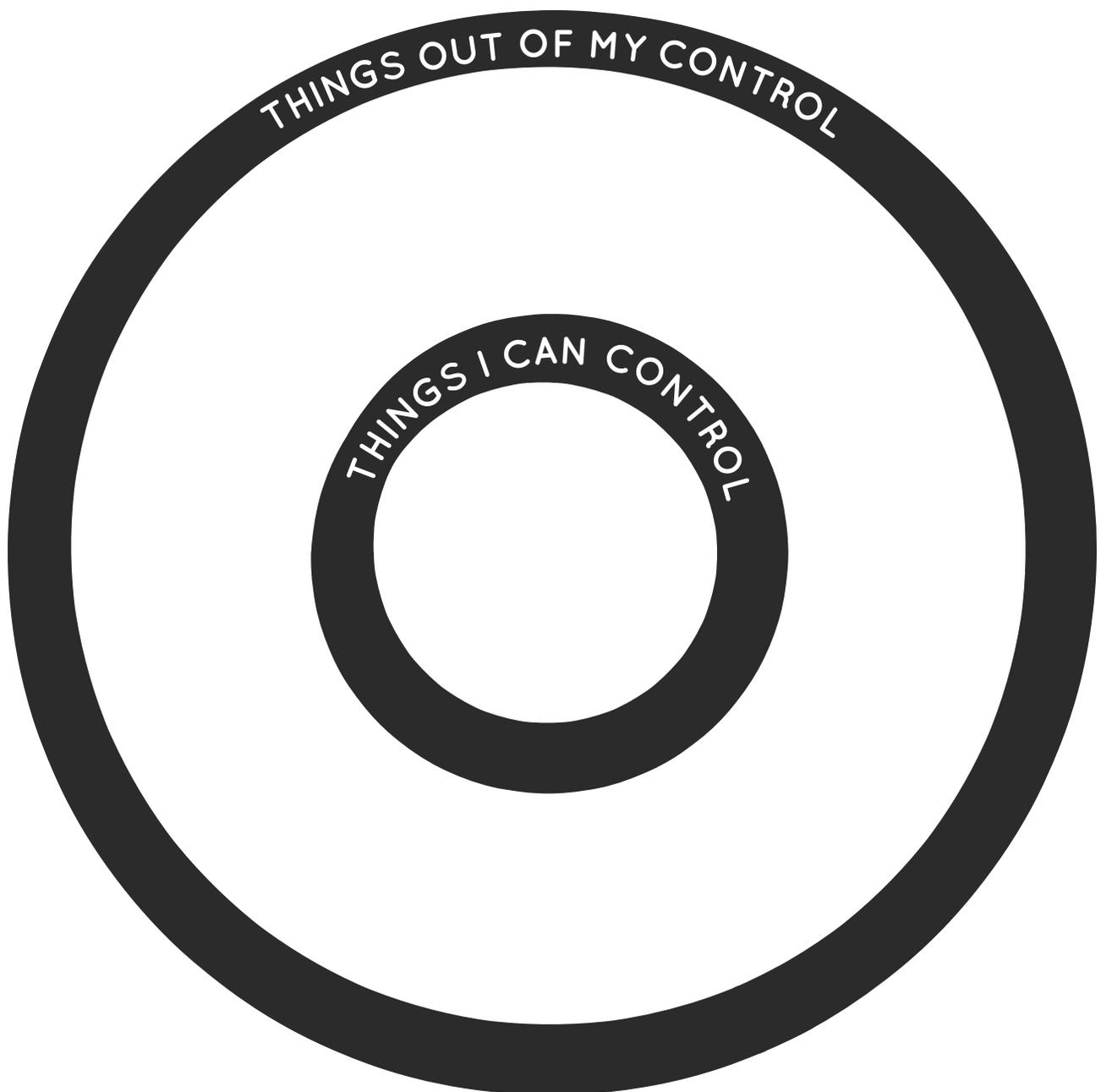
USE YOUR FINGER TO TRACE THE HEXAGON SHAPE.

Put your finger on the starting point and begin by taking a deep breath in, while counting to six. Then breathe out while counting to six. Keep tracing until your body and mind feel calm.



CIRCLE OF CONTROL

When anxious, people like to find things to control. This is due to feeling out of control or overwhelmed. This activity is designed to help you identify what you have control over, versus what you do not have control over.



10 POINT CHECK-IN

THIS PAGE IS A QUICK "CHEAT SHEET" ON GROUNDING AND COPING SKILLS. Start at the top and work your way tot he bottom. At the end, discuss or journal about how you felt prior to starting this exercise and how you felt when you completed this exercise.

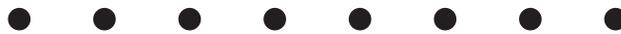
Take 10 deep breaths.



Name 9 things you see.



Name 8 people who support you.



Name 7 colors.



Name 6 things that make you happy.



Take 5 deep breaths.



Name 4 things you hear.



Name 3 things that you can touch.



Take 2 deep breaths.



How do you feel now?

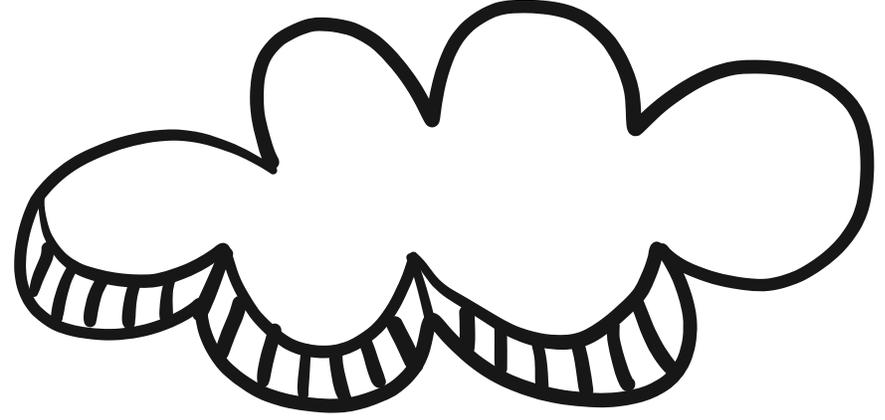
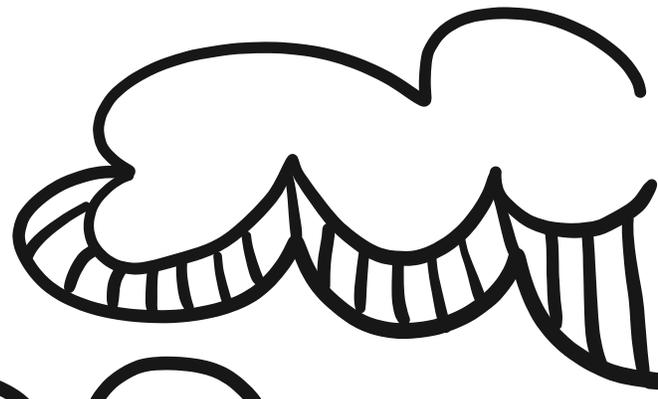
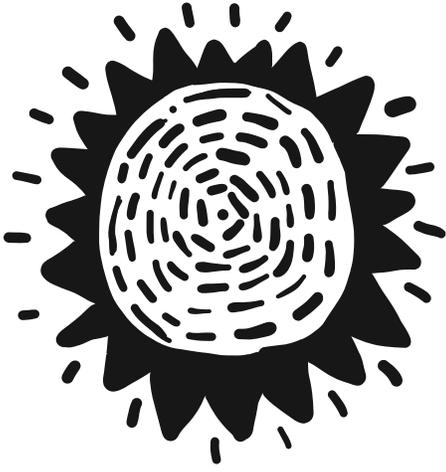


TACKLING ANGER MOUNTAIN

Identify five events that make you angry, starting with an event that makes you feel irritable, and ending with an event that makes you very mad.

Identify how your body feels in those situations. Notice the change as your emotions change. List strategies you can use to calm down and gain control of your thoughts and feelings.

INTENSITY	TRIGGER	BODY FEELINGS	CALMING STRATEGIES
1			
2			
3			
4			
5			



EXPLORE WHO YOU ARE BY CREATING YOUR OWN TREE OF LIFE

The tree of life is a visual metaphor in which a tree represents your life, and the various elements that make it up - past, present and future.

By labeling these parts, you not only begin to discover (or rediscover) aspects of yourself shaped by the past, but you can then begin to actively cultivate your tree to reflect the kind of person you want to be moving forward.

Draw a tree with the following parts:

THE ROOTS

Write down where you come from on the roots. This can be your home town, state, country, etc. You could also write down the culture you grew up in, a club or organization that shaped your youth, or a parent / guardian.

THE GROUND

Write down the things you choose to do on a weekly basis on the ground. These should not be things you are forced to do, but rather things you have chosen to do for yourself.

THE TRUNK

Write your skills and values on the trunk.

THE LEAVES

Write down the names of those who are significant to you in a positive way. Your friends, family, pets, heroes, etc.

THE FLOWERS & SEEDS

Write down the legacies you wish to leave to others on the flowers and seeds.

CHEAT SHEET OF TREE PARTS



MY TREE OF LIFE

HELP IN PREVENTING, REPORTING, OR TALKING ABOUT SEXUAL ABUSE OR ATTACK

You have a right to get help.

When you are in jail or prison, you have a right to be free of sexual abuse or attack. If you fear an attack or if it has happened, ask to speak to a sexual assault advocate. This is a trained person from an outside agency, not staff on the inside.

The jail or prison staff must give you:

- The hotline number to call an advocate
- A mailing address to reach an advocate

What the advocate can do:

- Listen and understand, even about sexual abuse that took place long ago
- Help you decide whether to report an attack
- Talk about ways to take care of yourself and stay as safe as you can

The jail or prison must tell you if your talk with an advocate will not be kept private.

The law gives you these other rights (the Prison Rape Elimination Act):

- To be searched by someone of your same gender except in an emergency.
- To be kept safe from a sexual attack. Staff must think about whether you could be abused and must find ways to safely house you with other inmates.
- To get free mental health and medical care if you are attacked, even if you don't help staff look into it further.
- To know how to report sexual abuse or have another person report it. You have the right to know what happens after you report, to not have anyone "get even" with you, and to know the outcome of your case.

If you feel the law is not followed, you can file a grievance. An advocate can help you with this. **To contact an advocate, ask any correctional facility staff member for their contact information, or call 1-800-871-7741**

YOU CAN HAVE AN ADVOCATE

An advocate is a person who can be there to support you - by listening and offering assistance and advice.

An advocate can help you by...

- Listening and understanding, even about sexual abuse that took place long ago.
- Helping you decide whether to report an attack.
- Talking about ways to take care of yourself and stay as safe as possible.

To contact an advocate, ask any correctional facility staff member for their contact information, or call 1-800-871-7741



KNOW YOUR RIGHTS

UNDER THE PRISON RAPE ELIMINATION ACT

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- To get free mental health and medical care if you are attacked, even if you don't help staff look into it further.
- To know how to report sexual abuse or have another person report it.

AND... You have the right to know what happens after you report, to not have anyone "get even" with you, and to know the outcome of your case.

The jail or prison must tell you if your talk with an advocate will not be kept private.

The jail or prison staff must give you:

- The hotline number to call an advocate
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CONTACT AN
ADVOCATE

1-800-871-7741