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Community Transition

Skills Journal



PATHWAYS TO A **BETTER TOMORROW**

Transition Skills

The Transition Skills Journal is designed to help you achieve a successful transition to the community. As you complete this Journal, you will learn about the stumbling blocks that often result in a return to custody. You will master new skills that will assist you in overcoming these obstacles.

This journal is a valuable tool that can benefit you in the coming months. Your success, in achieving the benefits of this journal, depends on your motivation to get the most out of this program. Here are a few helpful tips to keep in mind:

Work through the Transition Skills journal with the assistance of the staff counselors. Complete only those sections they tell you to. The goal is not to race through the material, but to take the time to reflect on what it means to you and how you will apply it in your daily life.

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- As you work through the sections of this journal, you will write responses regarding your thoughts, feelings, etc. Don't be overly concerned with neatness or grammar. **What you say is more important than how you say it.**
- You may have mixed feelings about working on this journal. Try to set those feelings aside. **Make the most of this opportunity to improve your quality of life.** As you write responses in the journal, be as honest and open as possible. Take time to reflect on your response before you start to write it.
- Keep your journal and look at it again periodically. In the weeks or months after you complete a section, **go back and reread what you wrote.** Ask yourself if you are continuing to practice the skills you learned, or if you slipped back into old patterns.

Name

An Opportunity

Returning to the community from prison holds the promise of a new and more rewarding way of life. Reuniting with your family and forming a new and satisfying relationships are among the many benefits of your transition into the community.

The rewards of freedom are not guaranteed. As you continue in your transition, you will face potential stumbling blocks that can trip you up.

Every time you encounter a stumbling block, you will find yourself having to make important **choices**. These choices will determine your success in transition. Making responsible choices will keep you moving forward. Poor choices will eventually result in the loss of your freedom.



This journal will help you ...

1. Identify realistic and unreal expectations.
2. Build and strengthen healthy relationships.
3. Manage your time and prioritize your activities.
4. Handle social pressures.
5. Deal with resentments and risky thoughts.
6. Develop skills that help you to make good choices.
7. Anticipate how you will respond to authority figures in the community.
8. Manage your anger.
9. Select individuals who support your goal of avoiding future incarceration.

If you work through this journal, pay attention and review each lesson, you will have the knowledge and skills to make the choices that will keep you away from crime and from prison.

Getting started in Transition Skills

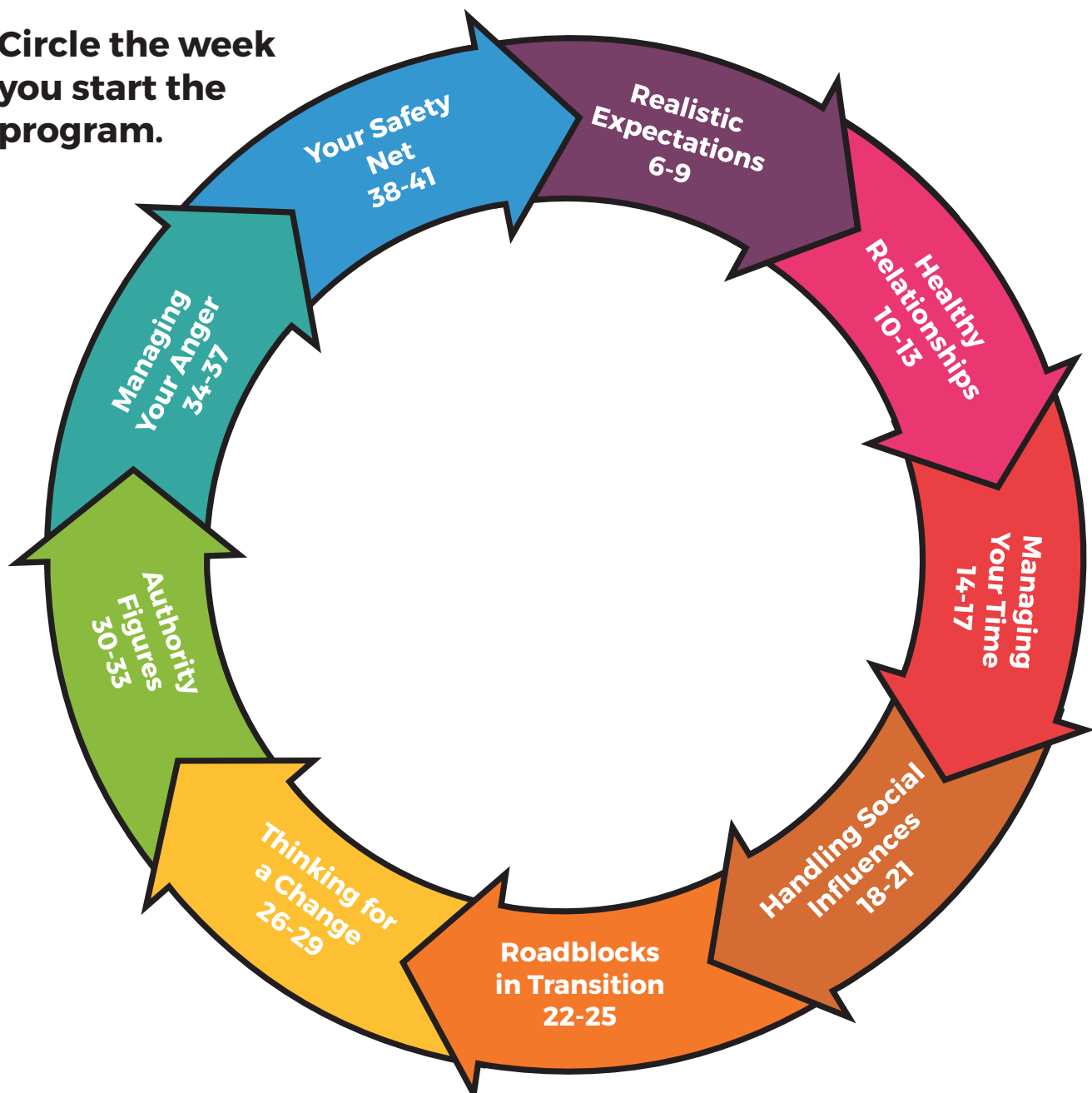
Over the next nine weeks, you will learn skills that help you transition from incarceration to life in the community.

Here is a diagram of this nine-week Transition Skills Program. The journal is organized into sections. Each section focuses on a different topic, helping you develop important transition skills.

When you enter the program, you will start with the section your group is working on. This journal is designed to allow you to start with any section without needing to catch up.

Once you have completed all of the sections in this journal, you will have completed the Transition Skills Program.

Circle the week you start the program.



These are my thoughts about getting started in this program:

Here is how I will make the most out of this opportunity:

Note:

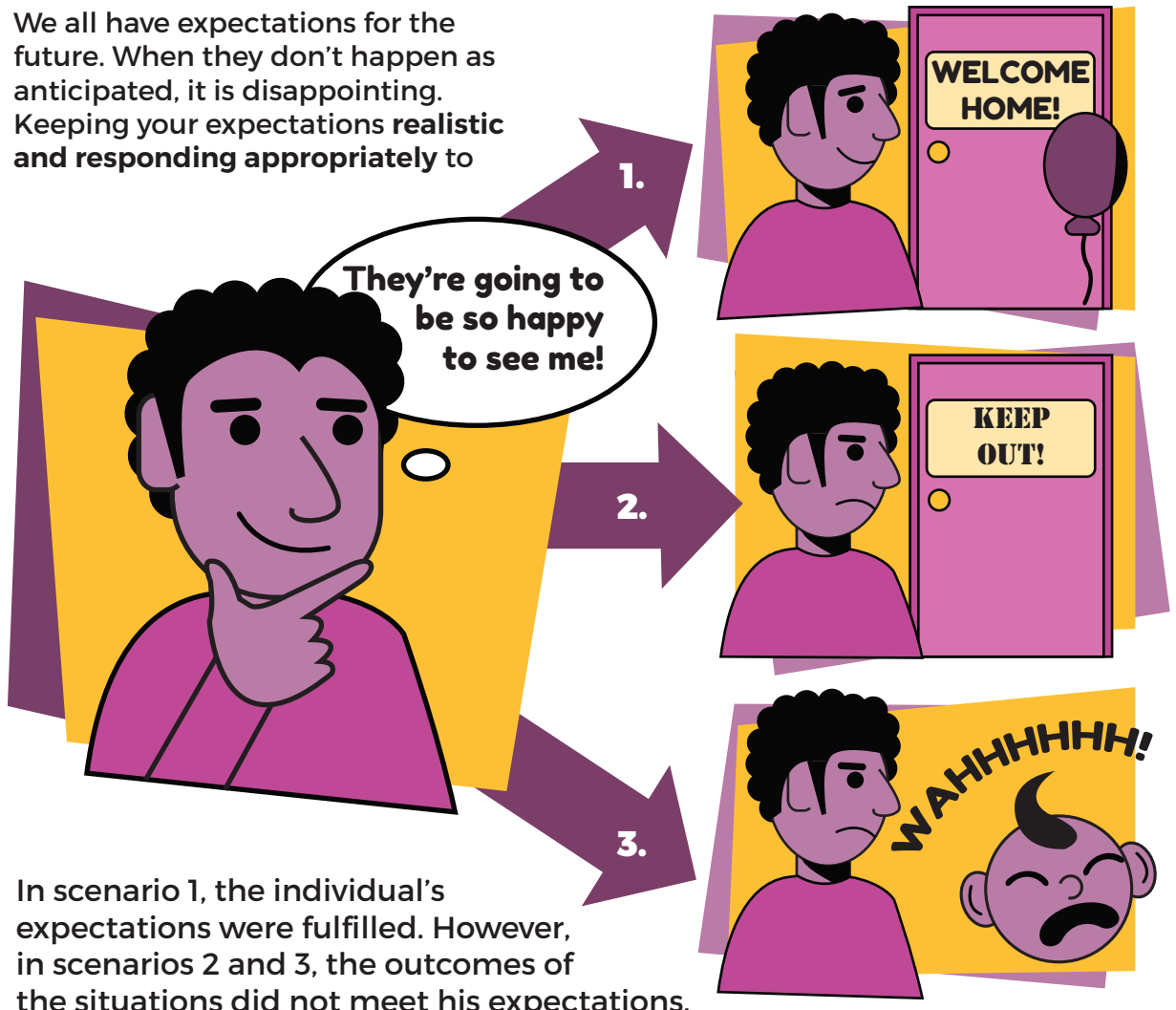
You may have mixed feelings about starting this program. Keep in mind it was developed to help you succeed in your transition to the community. Please make the most of this opportunity.

Unrealistic vs. Realistic Expectations

Regardless of where you go upon your release, the key to a successful transition is having **realistic expectations** about your future.

disappointments will make a difference in whether you choose behaviors that return you to prison or keep you free within your community.

We all have expectations for the future. When they don't happen as anticipated, it is disappointing. Keeping your expectations **realistic** and responding appropriately to



Describe a time in your life where the outcome of a situation didn't meet your expectations:

You want to have realistic expectations about what you will face when you try to reestablish connections with the people in your life, especially members of your family.

Your relationships with others have **changed** since you've been in prison. In your absence, others have taken on responsibilities you used to handle.

Reentry into your family will be a difficult process. At times, you may feel alienated, lonely, and confused. You may ask yourself "What is my role within the family?" and "Where do I fit in?"

Reestablishing yourself with your family and earning their trust takes time. Expect your family to judge you based on what you do, not on what you say you will do.

While you were in prison, how have the roles with your family changed?

How do these changes compare with your present expectations about reestablishing your family relationships?

Describe how you will change your expectations to fit your current family circumstances.

Expectations When Returning to Work

Returning to work is a common source of **disappointment** for ex-offenders. Many return to the community with **unrealistic plans** for finding a desirable job or being self-employed.

Once you return to the community, you may discover that employment opportunities you imagined are **not available to you**. You

may find yourself frustrated and angry with a supervisor who tells you what to do or criticizes your work.

Establishing a career will take many months or even years. Building a good work record takes patience and humility. Step by step, you will begin to move toward your long-term employment goals.

While you were in prison, what were the expectations you had about finding a job after you returned to the community?

Describe how you have changed your expectations to fit the real circumstances of work opportunities?

Note:

How can patience and humility help you build a good work record?
By being calm and patient, in spite of difficult circumstances, and your willingness to learn from others.

Expectations When Leaving Custody

Soon you will be released from custody. You may expect to begin living as you had before - with complete freedom.

However, you may find, as an ex-offender, your record continues to place restrictions on you:

- You may be under **probation supervision** with certain stipulations that must be followed.
- You may **not be offered a job** for which you are qualified.

- You may not **be able to reside** where you had hoped.
- You may be **falsely suspected** of crimes committed in your neighborhood.

Encountering these restrictions can be a source of anger and frustration. By anticipating and managing these feelings, you will be prepared to accept these restrictions.

In addition to the restrictions listed above, what other restrictions my you encounter?

Based on your list above, how will you modify your expectations to accept these restrictions and avoid experiencing disappointments?

The Benefits of a Healthy Relationship

Being a partner in a healthy relationship comes with **responsibilities** and **rewards**.

This section of your journal highlights five benefits you will experience from being an active member of a healthy relationship:

- Emotional support
- Instrumental support
- Companionship
- Sense of connectedness and belonging
- Giving and receiving honest feedback

Emotional Support

Individuals in healthy relationships provide each other emotional support. This means being there for one another in **both good and bad times**. It involves being comforted in times of personal struggle, knowing someone is there to listen and offer your support. You have a sense someone believes in you and accepts you.

What kind of emotional support do you get from your current relationships?

How will receiving emotional support in a relationship help in your transition?

Instrumental Support

Instrumental support means having someone you trust to turn to for information or advice, or to lend a hand when you need assistance. For example, in a healthy relationship, you feel **comfortable asking for advice** about a situation at work or asking a friend to watch your kids when you need to deal with an emergency away from home.

Who do you turn to for help or advice?

How will receiving instrumental support in a relationship help in your transition?

Companionship

A companion is a trusted friend or significant other with whom you share activities. You enjoy spending time with one another and **doing things together**.

Who are your companions?

How will receiving companionship offer you in transition?

A sense of Connectedness and Belonging

A sense of connectedness and belonging allows you to be united or linked with a significant other, close friends, or a group of peers. Being connected in your relationships provides a **feeling of identity, fellowship, and comfort**.

Describe a relationship in which you feel a sense of connectedness and belonging.

How will feeling a sense of connectedness and belonging help you in your transition?

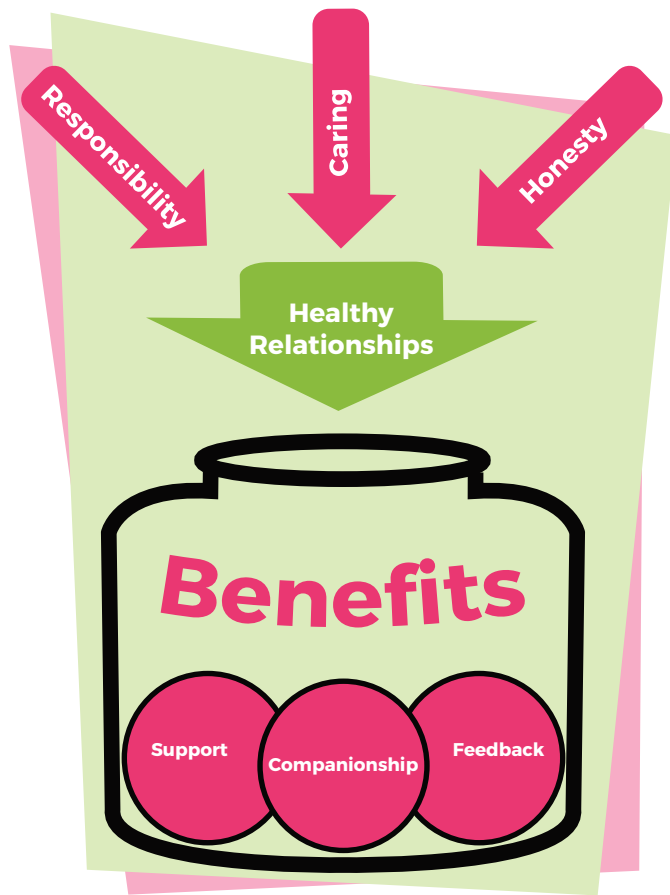
Giving and Receiving Honest Feedback

Honest feedback helps you grow and change in positive ways. When you give or receive honest feedback, you show respect for the other person and **increase the quality of the relationship**.

Describe a relationship in which you feel a sense of connectedness and belonging.

How will feeling a sense of connectedness and belonging help you in your transition?

Building Healthy Relationships



To achieve the benefits of a healthy relationship, you will want to demonstrate responsibility, caring and honesty.

Responsibility

Responsibility means meeting your obligations to others. It also means being reliable and trustworthy.

Give two examples of situations when you demonstrated responsibility in your relationships.

- 1) _____

- 2) _____

Caring

Caring means you can identify and respond to the needs, feelings, problems, and views of others. You recognize the world does not revolve around you, but rather you are part of the broader community.

List three ways you have shown others you care about them

- 1) _____

- 2) _____

- 3) _____

Honesty

Honesty is being truthful and up-front. Honest people are trustworthy and dependable and provide strength and support to friends and family. Just as honesty is the foundation of a responsible lifestyle, it is also at the core of a healthy relationship.

Describe a time when you were honest in a relationship.

How did your honesty affect the relationship?

Name one relationship you would like to improve.

Name a specific way you will demonstrate responsibility in the relationship.

Name a specific way you will demonstrate care in the relationship.

Name a specific way you will demonstrate honesty in the relationship.

Effective Time Management

In prison, almost everything you do is scheduled by someone else. You have little control of your day.

In the transitional housing, it's **up to you to manage your time**. You manage your responsibilities (what you have to do), while also managing your free time (what you want to do). Effective time

management will involve taking care of your "have to's" before you can begin your "want to's."



Here is a list of responsibilities (things you have to do). Check all that apply to you. Add others as appropriate.

☐ **Find a place to live**

☐ **Find a Job**

☐ **Follow your program plan (attend a group, attend life skills classes, go to GED class, etc.)**

☐ **Personal responsibilities (banking, household chores, laundry, shopping for necessities)**

☐ **Religious Activities**

☐ **Other:** _____

☐ **Other:** _____

☐ **Other:** _____

☐ **Other:** _____

☐ **Other:** _____

☐ **Other:** _____

You'd think it would be easy to have fun, but if you've always associated fun with risky or negative behaviors, you will want to **change your thinking about how to spend your free time.**

You will increase your chances for success in transitional housing and in your transition into the community if you **engage in healthy activities you enjoy.** You will want to choose activities that are not connected with a criminal lifestyle.

List unhealthy free time activities you should avoid:

NOTE: Examples of unhealthy free time activities include: Associating with negative influences, use of alcohol and drugs, and behaviors that don't comply with transitional housing rules.

Here is a list of healthy free time activities (things you want to do). Check the ones you would like to include in your schedule. Add your own to the list.

☐ Spending time with positive peers and family

☐ Team sports

☐ Hobbies

☐ Walking or hiking

☐ Volunteering

☐ Reading

☐ Exercise

☐ Other _____

☐ Other _____

☐ Other _____

Creating a Daily Schedule

Effective time managements requires prioritizing your responsibilities (your “have to’s”) and determining hoe to make use of your free time. Below is an example of a well prioritized day.

Example:

Note:

How you structure your time on a daily basis will help you determine your success in making a positive transition to the community. Keep in mind a healthy lifestyle includes a balance of your “want to’s” and your “have to’s.”

5 am	Wake up
6 am	dress/hygiene/meals
7 am	Take bus to work
8 am	Work
9 am	
10 am	↓
11 am	Meal
12 pm	Work
1 pm	
2 pm	
3 pm	
4 pm	↓
5 pm	Take bus back to transitional housing
6 pm	Group meeting, program planning
7 pm	religious activities, errands, laundry
8 pm	socializing with family/friends – sports/hobbies
9 pm	In house activities
10 pm	hobbies/watch TV
11 pm	Sleep
12 am	
1 am	
2 am	
3 am	
4am	↓

What benefits will you receive from creating a daily schedule?

My Daily Schedule

What does your well-prioritized day look like?

5 am	
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	
12 am	
1 am	
2 am	
3 am	
4am	

Note:

Be sure to include time spent commuting to and from work.

Freedom Means Healthy Choices

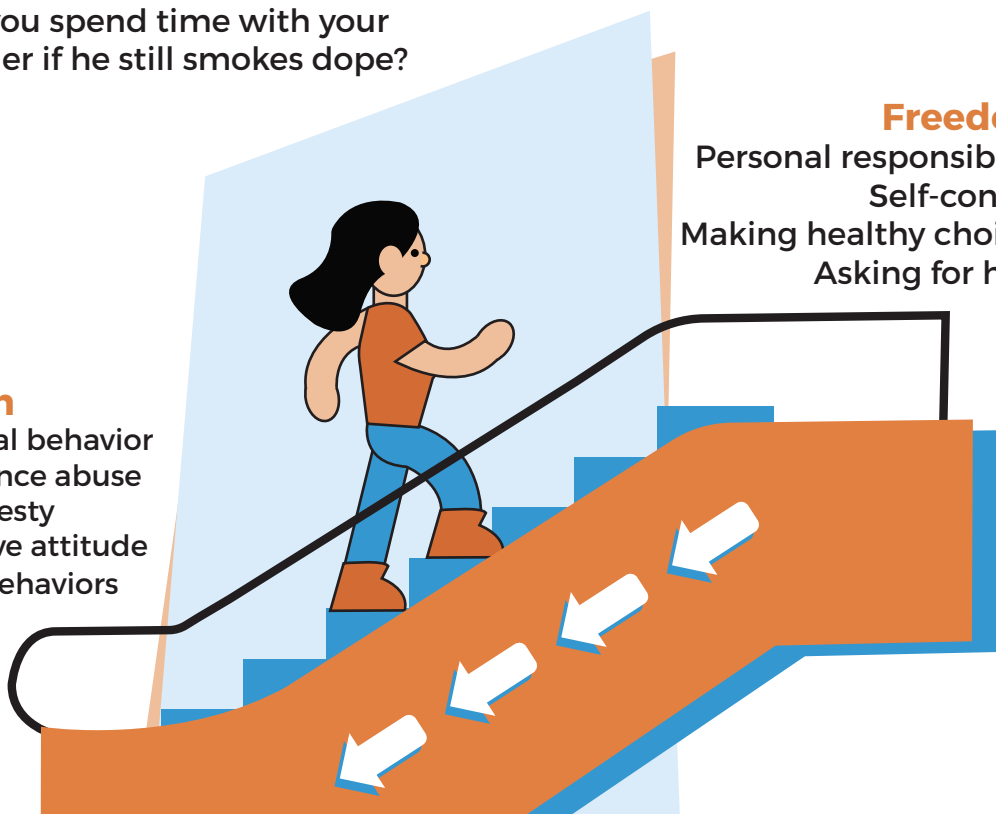
Every day you make choices that affect your freedom. For instance, you will want to **honestly evaluate** situations you encounter:

- Can you go into a bar not drink?
- Can you go to the corner and say no to your old running buddies?
- Can you spend time with your brother if he still smokes dope?

Maintaining your freedom is like trying to go up a down escalator. If you stop moving forward, you slip back down to your old habits. If you make positive choices every day that support your goal to stay free, you will make progress toward a healthy, rewarding life.

Prison

Criminal behavior
Substance abuse
Dishonesty
Negative attitude
Risky behaviors



Freedom

Personal responsibility
Self-control
Making healthy choices
Asking for help

While you were in prison, what were the expectations you had about finding a job after you returned to the community?

Describe how you have changed your expectations to fit the real circumstances of work opportunities?

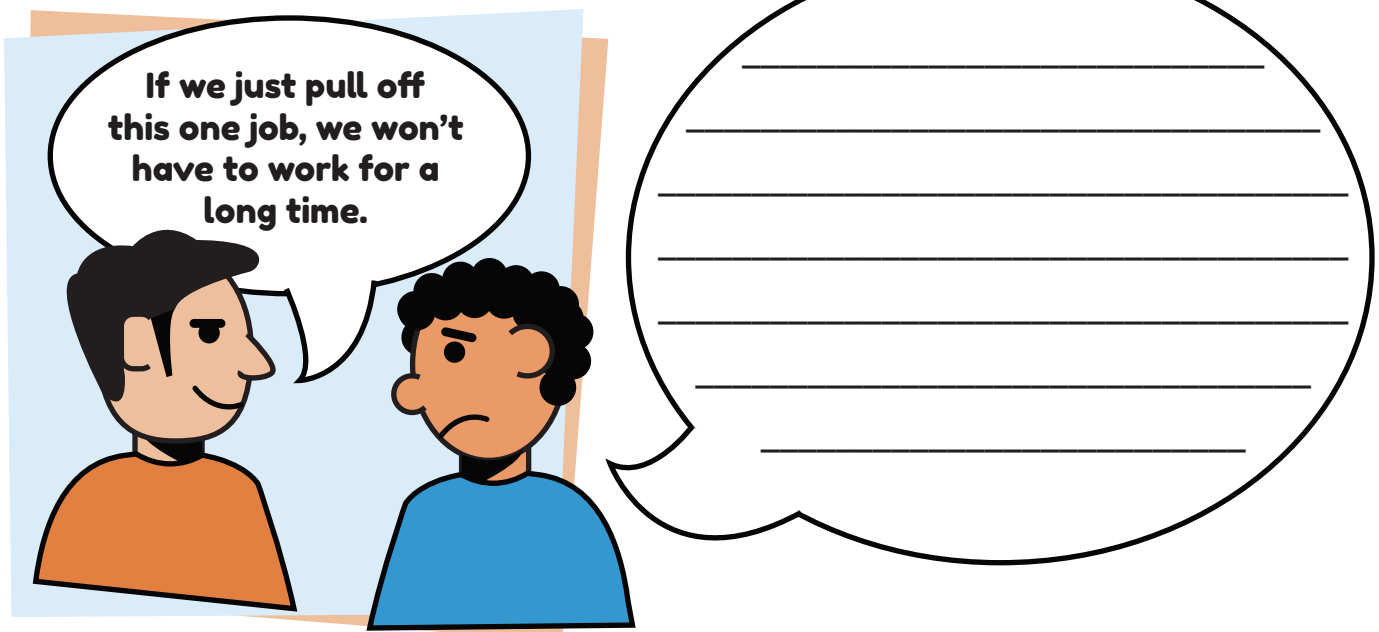
Learning to Handle Social Pressure

As you reenter the community, you can expect to experience social pressures that tempt you back to criminal activity. Learning refusal skills – preparing and rehearsing your responses to social pressure – makes them easier to handle.

Here are the elements on an effective response to social pressure:

- It begins with the word “no.”
- It is brief, clear, and direct.
- It is honest (but not overly personal or revealing).
- It discourages any further attempt to get you to engage in negative behavior.

Using the four elements in the box above, write an effective response to social pressure for the scenarios below and on pages 18 and 19.



Learning to Handle Social Pressure

Use the four elements of an effective response to social pressure to help you complete this exercise.

Keep in mind:

Examples of unhealthy free time activities include: Associating with negative influences, use of alcohol and drugs, and behaviors that don't comply with transitional housing rules.



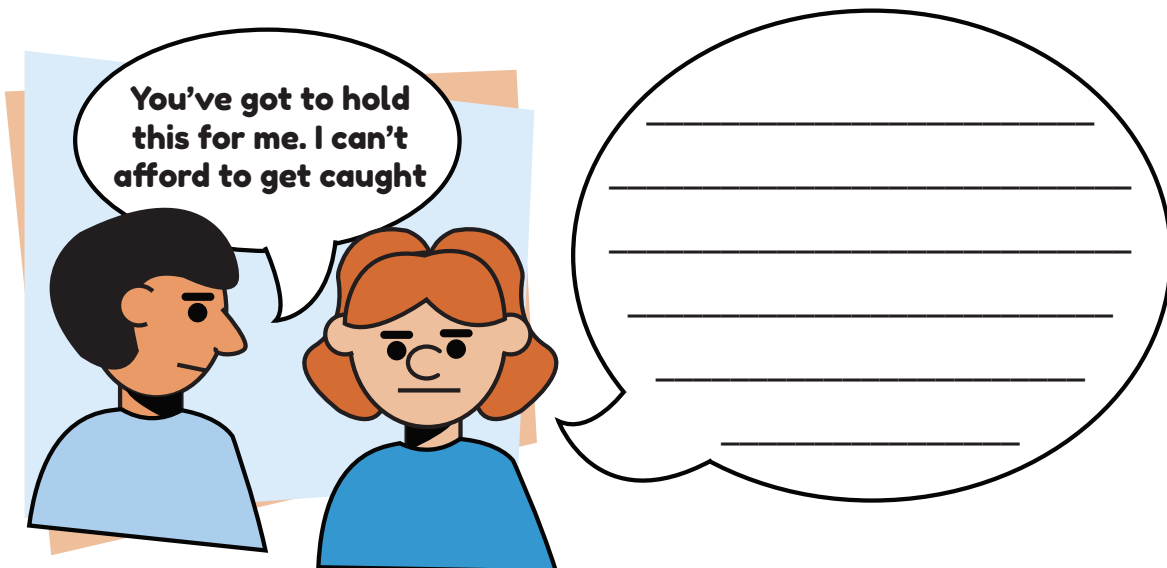
A large empty speech bubble with horizontal lines for writing a response.



A large empty speech bubble with horizontal lines for writing a response.



A large empty speech bubble with horizontal lines for writing a response.



Consider your personal situation and the types of social pressure you expect to encounter in the weeks ahead. Give specific examples below along with an effective response to each example.

- It begins with the word “no.”
- It is brief, clear, and direct.
- It is honest (but not overly personal or revealing).
- It discourages any further attempt to get you to engage in negative behavior.

1) Social-pressure situation I expect to encounter: _____

My response: _____

2) Social-pressure situation I expect to encounter: _____

My response: _____

Overcoming Obstacles

As you make the transition from prison to the community, you will encounter roadblocks along the way that can threaten your success. Two roadblocks in a particular that may be obstacles for you are **resentments** and **risky thoughts**.



Examining the Impact of Resentment

Holding on to the resentments work against your efforts to make positive lifestyle change. Resentments can form when things don't go your way or you believe you have been wronged.

Whether your resentments are based on facts or false beliefs makes no difference.

Any resentment is a roadblock that threatens your transition goals. Nursing a grudge prevents you from maintaining emotional balance and enjoying healthy relationships. Resentments also undermine positive attitudes such as responsibility and gratitude.

Make a list of people and/or institutions you have resentments against and what are the resentments are.

1. _____

2. _____

3. _____

What has been the impact of these resentments?

1. _____

2. _____

3. _____

You can't let go of resentments overnight. It takes consistent work on your part to remove this roadblock from your path to

a successful transition. Think about the price you have paid for holding on to your resentments.

Look over your list of resentments. Pick one you currently hold that you will work on letting go of today. Then identify the costs for hanging on to this resentment and what will be different when you free yourself of this grudge.

The resentment I am working to let go of is . . .

This is the price I pay for hanging onto this resentment:

Here are specific ways I feel, think, and/or act differently once I have let go of this resentment:

1.

2.

3.

Note:

Strategies to help you let go of your resentments include:

- Acceptance.
- Forgiveness.
- Willingness.
- Not overreacting.
- Allowing time to pass.
- Putting yourself in the shoes of the other person.

Overcoming Obstacles

Note:

Euphoric recall means thinking about the positive aspects of doing something without considering the negative consequences.

Examining the Impact of Risky Thoughts

Your return to the community can trigger “euphoric recall” or “feel good” thoughts that jeopardize your freedom.

Many of these thoughts are tied to risky behaviors that raise your level of excitement and keep you on the edge between freedom and incarceration. Rule-breaking,

drugs, gambling, burglary, and gang affiliation are all examples of risky behaviors.

Any risky thought threatens your transition goals. Thinking you can dabble in drugs and alcohol or live on the edge of a gang life style is **NOT** an option for you.

Make a list of risky thoughts you’ve had recently:

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

What are the consequences of acting on these thoughts?

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

This is how holding on to the risky thoughts listed above will affect my successful transition to the community:

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

Letting Go of Risky Thoughts

Your thoughts will not just go away because you want them to. Having healthy alternatives planned that can change or replace your risky thoughts will help you remove this roadblock from your path to a successful transition.

Pick one “risky thought” you listed on the previous page and identify specific steps you will take to change this thought.

The risky thought I am working to let go of is . . .

These are the specific steps I will take to change or replace this thought:

1.

2.

3.

This is how I will feel and how I will act differently when I am not focused on risky thoughts that can lead to risky behaviors:

Note:

Strategies to help you replace your risky thinking include:

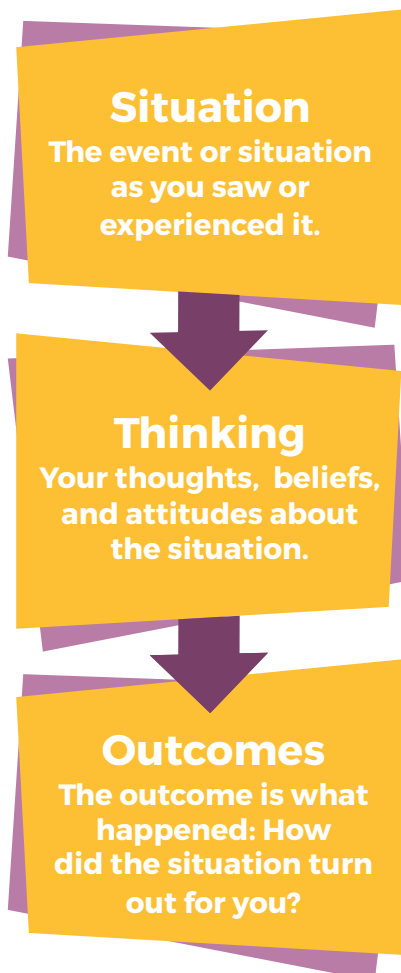
- Staying away from people and places that encourage your risky thinking.
- Recognizing the consequences of your risky behaviors.
- Asking for help.
- Refocusing your thoughts on healthy activities.

Thoughts and Feelings

What causes your feelings? Why do you behave one way and not another? Sometimes we fall into the trap of assuming our feelings and behaviors are caused by events in our lives. Many people incorrectly assume situations make them feel or act a certain way.

However, research has shown that our feelings and behaviors are the result of our **thoughts, beliefs, and attitudes**. In other words, how we **think** about a situation will determine our consequences. Our feelings and behaviors are the **outcomes** of what we think about a situation.

Let's illustrate this with a simple scenario.



Consider the situation, thinking, and outcome of the scenario below:

Scenario #1



Compare scenarios #1 and #2. Notice how each person's thinking resulted in different outcomes.

Scenario #2

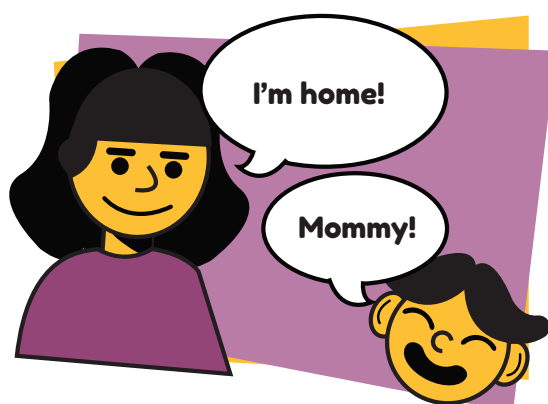
Situation



Thinking



Outcome



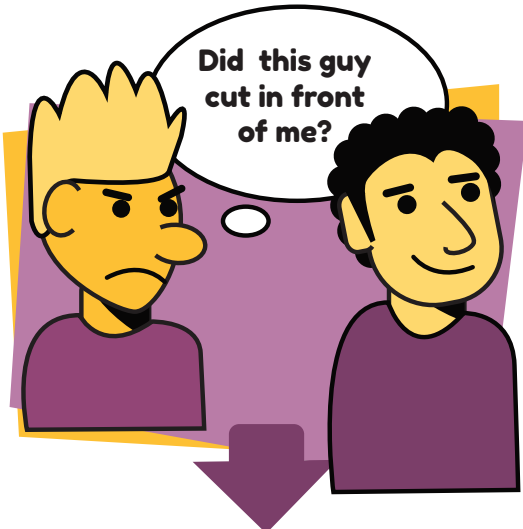
What is the situation for Scenarios #1 and #2?

What are the thoughts in each of the two scenarios?

Describe how the different thinking in scenarios #1 and #2 led to different outcomes.

Changing Your Thinking

Recognizing and challenging the thinking that leads to negative feelings and behaviors will increase your chances of having positive outcomes. Look at the examples below and answer the three questions.

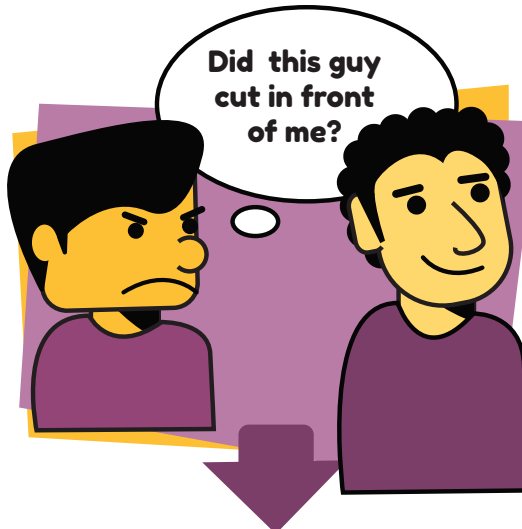
Situation


Did this guy cut in front of me?

Thinking


He thinks he's better than the rest of us.

Outcome
Consider how this man is thinking about this situation. Describe a likely outcome that might occur.

Situation


Did this guy cut in front of me?

Thinking
Describe a way of thinking about this situation that would avoid negative outcomes.

Outcome
What would be an example of a healthier or positive outcome?

Examining Your Thinking

Look back over the past few days or weeks. Recall a situation where your thinking resulted in an undesirable outcome.

Describe a recent situation in which you experienced a negative outcome (examples: conflict or argument, loss of privileges, etc)

How did your thinking lead to this undesirable outcome?

By challenging your thinking, what would you have told yourself differently?

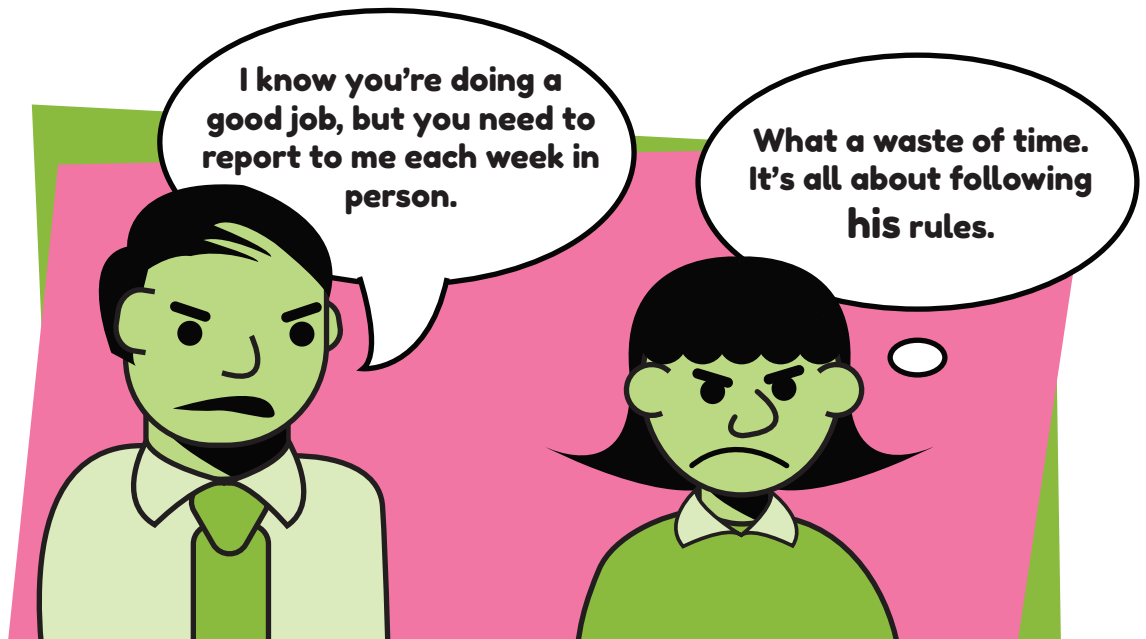
Based on challenging your thinking, what would have been a more desirable outcome?

Accepting Authority

Every day you interact with people in positions of authority: your probation officer, your boss, prison staff, and transitional housing staff.

Accepting authority is part of a **positive lifestyle**. Recognizing the

role authority figures play in your life and working on effective ways to interact with them is a key transition issue. Consider that people in positions of authority can **help** you and offer you **valuable advice**.



Looking at the example above, what are some possible negative outcomes that are likely to occur?

How did the person's thinking lead to negative outcomes?

Reacting positively to authority figures will help you succeed as you transition to the community. Positive authority figures can include:

- Accepting rules and restrictions.
- Staying open and receptive to constructive criticism.
- Not overreacting when you interact with authority figures.



What is the likely outcome of the situation in the example above?

How did the person's thinking lead this favorable outcome?

Working With Authority Figures

Make a list of the authority figures you may encounter in the future. Include individuals you will encounter both in the short-term and over time (probation officer, employer, etc.). Next, give an example of a negative response you have about each authority figure. Then, take a moment to “walk in their shoes” and write a positive response.

Example:

Authority Figure	Negative Response	Positive Response
1. Transitional Housing Director	He has a million petty rules!	He's the boss!

Authority Figure	Negative Response	Positive Response
1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____
4. _____ _____	4. _____ _____	4. _____ _____
5. _____ _____	5. _____ _____	5. _____ _____
6. _____ _____	6. _____ _____	6. _____ _____

Learning From Authority Figures

Have you ever considered that an individual who is in an authority position may be someone you will learn from and who will help you in your transition from incarceration to the community?

Describe something you have learned from an authority figure.

Authority Figure: _____

What I learned: _____

Describe what you admire about this person and how you might use that in working with others.



What Are Your Hot Spots?

You may have noticed you get angry in certain kinds of situations. Knowing your hot spots will help you prepare a response to use when you enter these situations.

Some situations on the checklist below might seem to “justify” an angry response. Keep in mind if you lose your temper, you may experience **negative consequences** regardless of whether you are “right” or “wrong.”

Here are some common hot spots. Check the ones that apply to you and add any extras.

- | | |
|--|---|
| ☐ When someone snitches on me | ☐ When someone disrespects me |
| ☐ When another man hits on my girlfriend | ☐ When I have to wait in a long line |
| ☐ When my team loses | ☐ When someone bosses me or tells me what to do |
| ☐ When another driver cuts me off on the road | ☐ When my husband/boyfriend lies to me |
| ☐ When another person gets in my face | ☐ When I'm stuck behind a car that's going too slow |
| ☐ When someone belittles me | ☐ When my family promises to do something for me, but they don't come through |
| ☐ When I call home and no one answers | ☐ When gets nosy or pries into my personal business |
| ☐ When I lose a game or miss a shot (cards, basketball) | ☐ When I get stuck trying to do something frustrating (a math problem, fixing or assembling something) |
| ☐ When someone puts me down or insults me | ☐ Other _____ |
| ☐ When my wife/girlfriend cheats on me | _____ |
| ☐ When someone cuts in front of me in line | ☐ Other _____ |
| ☐ When someone tells lies about me | _____ |

Strategies for Controlling Anger

Acting on your anger will result in serious consequences to you. You cannot afford to be out of control. The stakes are too high. Here are four anger control strategies below and on the following page that will help you stay in control.

Keep Your Options Open

Keeping your options open is appropriate in dealing with yourself and others in angry situations. Try to keep yourself and the other person **out of a corner** where one of you needs to either back down or attack. Harsh demands, all-or-nothing thinking and statements and blaming attacks may sound powerful, but they lead to more anger, aggression, and violence. Allow the other person space to back away with grace and give yourself a way out.

Describe how this strategy will work for you:

Examine your Thinking

You can become your own anger advisor by getting into the habit of examining your own thinking. When you find yourself in a dangerous situation, practice using **calming self-talk** that allows you both time and good judgment.

Describe how this strategy will work for you:

Strategies for Controlling Anger

Seek Compromise

When conflict happens, **look at both sides of the issue**. Try to understand the views and attitudes of the other person. Let that person know you understand his or her position. Say it out loud. **Be open to compromise**. Be willing to give in on some points so you may “win” on others.

Describe how this strategy will work for you:

Take Some Time Out Before You Respond

When you feel anger turning to rage, **give yourself a time out**. When you take some time off before you respond, you are less likely to engage in physical aggression. You allow yourself to rethink the situation and correct thinking errors and you allow yourself time to choose a different, more consecutive behavioral response.

Describe how this strategy will work for you:

My Anger Plan

Review your checklist of hot spots on page 34. Then list two situations that may trigger intense or prolonged feelings of anger. Describe how you have handled these situations in the past. Consider how you

will use the anger control strategies to help you better both situations. Next, write what you hope the outcome of your anger plan will be.

Hot spot situation #1 _____

How I have handled my anger about this situation in the past:

This is the anger control strategy I plan to use in this situation:

What I hope the outcome will be: _____

Hot spot situation #2 _____

How I have handled my anger about this situation in the past:

This is the anger control strategy I plan to use in this situation:

What I hope the outcome will be: _____

Building Your Safety Net

Creating a safety net starts with carefully selecting those individuals who you will rely upon to **support** your new lifestyle. Those people are the anchor points of your safety net.

The members of your safety net should be **informed** of your desire to have them be a part of your transition goals. They will need to

know what kinds of challenging situations you may encounter and how they can be of help to you.

Consider the following four anchor points to secure your safety net: mentors, and role models, healthy peers, supportive family members, and skilled help.

Mentors and Role Models:

These are individuals who demonstrate by example a healthy, crime-free lifestyle. This anchor point may include those individuals who have overcome significant challenges in their lives and now wish to help others. They may also be people who display the characteristics you are working to develop, like displaying a positive attitude.

Healthy Peers:

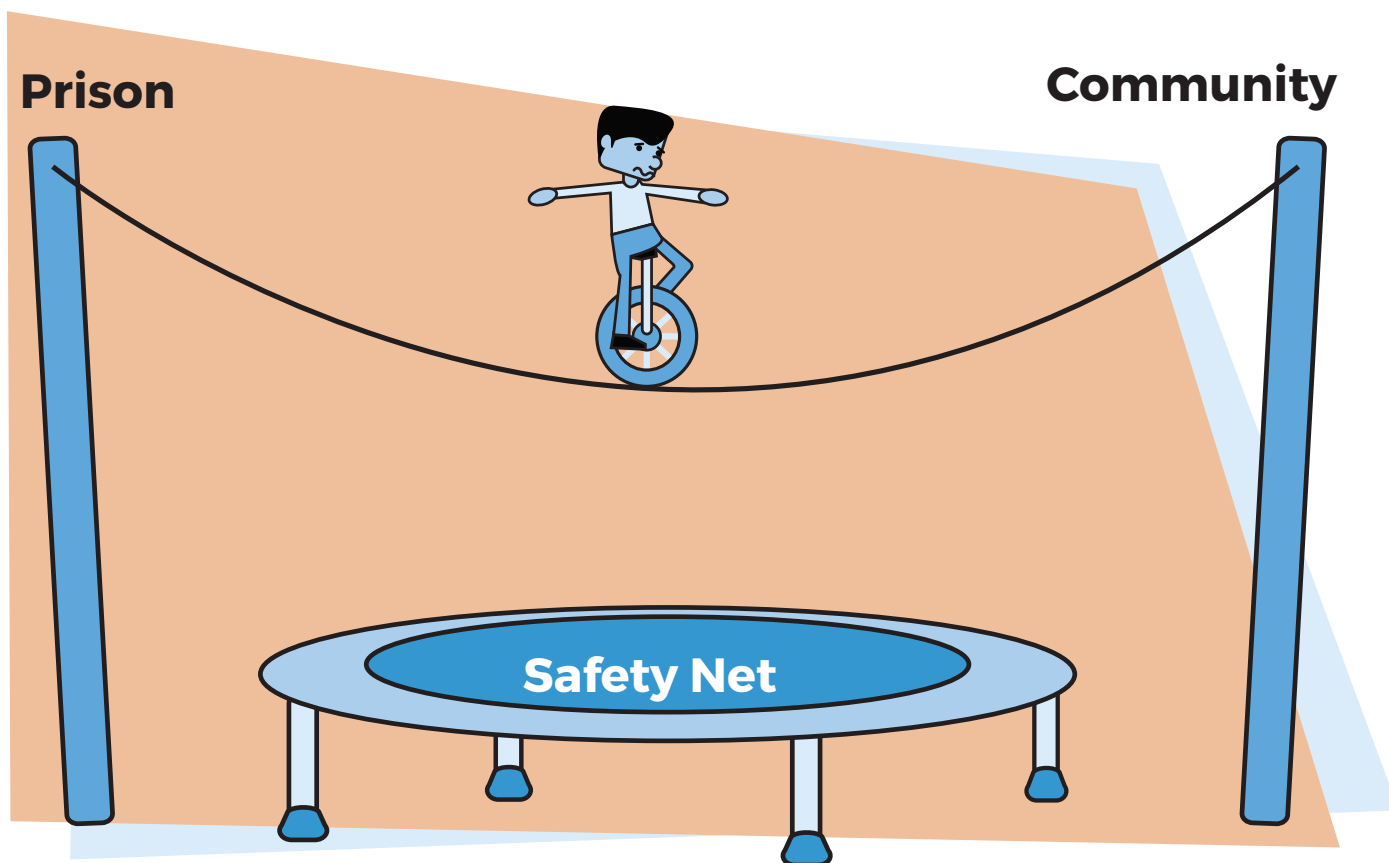
these are individuals who do not engage in criminal behavior. They may be old friends you have let go of due to your criminal activity and behavior or people with whom you didn't make an effort to build a relationship.

Supportive Family Members:

This anchor includes members of your family who will support you in your transformative efforts by holding you accountable for your behavior. Family members who supported your negative behaviors should not be included in this anchor.

Skilled Help:

This anchor includes those individuals who have special skills and knowledge that will support your efforts to change your criminal lifestyle such as a probation officer, counselor, or transitional housing staff member.



Consider those people you currently interact with regularly who support your efforts to transition to the community. List those people (by name or by title) in the appropriate category.

Mentors and Role Models (example: Pastor)	Healthy Peers (example: Neighbor)	Supportive Family Members (example: Sister)	Skilled Help (example: Treatment counselor)
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Strengthening Your Safety Net

Look over the safety net you created on the previous page. Consider ways of strengthening your safety net. Which of the four anchor points need to be strengthened?

☐ Mentors/role models

☐ Supportive family members

☐ Healthy peers

☐ Skilled help

How could you strengthen your safety net?

Name some people you would like to add to your safety net:

What specific steps will you need to take to add those people to your safety net (start attending support groups, etc)?

1.

2.

3.

4.

5.

Repairing Damaged Relationships

As you transition into the community, you may find some of your most important relationships have been damaged by your incarceration.

Consider the important relationships in your life. Which of these relationships is most in need of repair?

What specific steps will you take to start repairing this relationship?

1.

2.

3.

4.

5.

Harmful Relationships

Keeping negative influences out of your safety net is critically important. Negative influences are people who are likely to draw you back to negative behavior.

Consider the relationships that are most likely to harm you in your transition. List by name or initials those people who pose the greatest risk to you in your transition.

What steps will you take to minimize your contact with those people?

1.

2.

3.

4.

5.

You're Off to a Good Start

You have completed your Transition Skills Program. The work you have done in this program will help you master the challenge facing you during your transition to freedom.

You now understand the stumbling blocks in transition and have learned skills to help you overcome those obstacles.

Your work in this journal demonstrates your commitment to achieving a successful transition to the community. It is recommended that you keep this journal for future reference. Periodically reviewing your journal will reinforce the key concepts and skills that you learned.

Keep in mind:

If you're faced with a difficult situation, take out your journal and review the relevant sections to help get back on track.

Take a few moments and answer the following questions:

Name three sections you found most helpful.

1. _____
2. _____
3. _____

Name three concepts or skills you learned in this journal.

1. _____
2. _____
3. _____

Give an example of a difficult situation when you used a concept or skill from this journal.

How did your new skills help you master that difficult situation?

Review of Transition Skills

This is what I gained from the Transition Skills Journal:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Contact Information

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Need help finding reentry services/resources in your county? **Visit relink.org**
