

# MOVING ON

*A Program for At-Risk Women*

• REVISED AND EXPANDED •



## Participant Handouts for Module 5

### SUPPLEMENTAL SESSION 2

- Reflection Diary
- SS2-A: Monthly Expense Sheet (Revised)
- SS2-B: Maria's Community Challenge
- SS2-C: Lucy's Community Challenge
- How I Am Doing

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# Reflection Diary

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Part 1: What Happened?

1. Situation: Briefly describe what happened (who, what, where, when, why).

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What were the physical cues? Check all that apply or add your own.

- Increased heart rate       Flushed face       Lack of sleep
- Shaking and trembling       Sweaty palms       Other: \_\_\_\_\_
- Clenched fists       Stomach upset
- Loss of appetite

3. How did you feel at the time? Feeling: \_\_\_\_\_

Rate the intensity of the feeling on a scale of 1–10.

1	2	3	4	5	6	7	8	9	10
NOT VERY STRONG					VERY STRONG				

4. What were you thinking at the time? Write down everything that was going through your head.

\_\_\_\_\_  
\_\_\_\_\_

5. What is your belief about the situation?

\_\_\_\_\_  
\_\_\_\_\_

**Part 2: How Did You Respond?**

6. What strategy did you use to respond to the situation? What did you tell yourself and what did you do?

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7. How successful were you in dealing with the challenge or keeping the experience positive?

1	2	3	4	5	6	7	8	9	10
NOT AT ALL SUCCESSFUL			SOMEWHAT SUCCESSFUL				VERY SUCCESSFUL		

8. What other strategies (if any) could you try the next time? Evaluate the best choice.

Alternatives	Gains (+)    Costs (-)

9. How will you prepare?

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## Monthly Expense Sheet (Revised)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Write in your new available income. (This amount will be calculated based on the total you wrote down for essentials in handout *SS1-E: Monthly Expense Sheet* and your facilitator’s instructions.) Next, revise your budget to match your new available income.

**Available income:** \_\_\_\_\_

Item	Estimated Cost
<b>Personal Care</b>	
Clothing (self and family)	
Hygiene or grooming items (shampoo, toothpaste, makeup, razor, etc.)	
Gender-specific items (tampons, birth control pills, etc.)	
Paper goods (toilet paper, tissues, etc.)	
Household cleaning supplies	
Groceries	
Meals at work	
Medical care (dental, prescriptions, etc.)	
Entertainment/leisure	
Other:	
Other:	

Item	Estimated Cost
<b>Gifts</b>	
Holiday or birthday gifts	
Other:	
Other:	
<b>Loans and Credit Cards, Etc.</b>	
Fines	
Credit card debt	
School loan	
Car loan	
Bank loan	
Loan from family, friends, or associates	
Other:	
Other:	
<b>Household</b>	
Rent or mortgage payment	
Gas (heat and/or appliances)	
Electricity	
Water	
Telephone	
Television and cable	
Insurance	
Home repairs	
Furniture	

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Item	Estimated Cost
<b>Household</b> <i>(continued)</i>	
Other:	
Other:	
<b>Transportation</b>	
Bus	
Subway	
Taxi	
Car insurance	
Car repairs	
Gasoline	
Other:	
Other:	
<b>Savings</b>	
Personal savings account	
Other:	

**Total of all expenses (should match available income):** \_\_\_\_\_



## Maria's Community Challenge

My life is so busy all the time, taking care of my kids. I love them, trust me, I do, but I feel like there is always someone attached to me, and I don't get a second for myself. I know other moms must go through this too, but I just feel so alone with it all the time.

I know I need help with my children, so that I can have some time for myself. But if I had time for myself, what would I do? I also need to find something that I can do with my kids, so that I don't feel like we are sitting around and doing nothing all the time.

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### The Problem Statement

I need to find some activities that we can do as a family and that I can do on my own.  
Help me to

- find activities that my kids and I can do together.
- find something that I can enjoy in my free time.

### **Assignment 1:**

Complete the worksheet *What's Going On in My Community?* to find activities that Maria and her children can enjoy together. Use the information handed out by the facilitator.

### **Assignment 2:**

Read Maria's Leisure Inventory and then look through the information distributed by your facilitator to complete the Leisure Search Form (Special Events).

### **Assignment 3:**

Be prepared to role-play the following scenario:

Maria discovered that the YMCA offers a reduced rate on memberships for families on a fixed income. She has set up an interview to speak with a counselor so that she can get a reduced rate. Prepare a script for Maria. What will she say in the interview with the counselor at the YMCA?

Write the script on a separate piece of paper.

## What's Going On in My Community?

**Instructions:** Using the materials your facilitator gave you, find activities that Maria can enjoy with her children and fill in the sections below.

Description: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Description: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Description: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Description: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Description: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

## Maria's Leisure Inventory

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Maria has checked the things that interest her on this inventory. Please read through this list; it will help you determine what kinds of special events/activities Maria would like when you fill out the Leisure Search Form.

Activities	I Do	I Want to Do
<b>Food</b>		
Cooking or baking	√	√
Eating out		√
<b>Music</b>		
Playing music		
Listening to music on the radio	√	√
Going to concerts		
Singing		
Writing music/lyrics		
<b>Art/Cultural</b>		
Sculpting		
Photography		
Drawing or painting		
Sewing	√	√
Visiting museums		
Woodworking		
Writing letters, poems, or stories	√	√

Activities	I Do	I Want to Do
<b>Art/Cultural</b> <i>(continued)</i>		
Theater/drama group		
Reading newspapers, magazines, or books	√	√
<b>Sports/Exercise</b>		
Basketball		
Baseball		
Volleyball		
Soccer		
Swimming		√
Rugby		
Snowshoeing		
Hiking		√
Walking		√
Jogging		
Waterskiing		
Cross-country skiing		
Weight lifting		
Badminton		
Tennis		
Working out		
Bicycling		√
Camping		√

Activities	I Do	I Want to Do
<b>Outdoor Activities</b>		
Fishing		
Gardening		
Hunting		
Bird-watching		
Working on a car or bike		
<b>Movies/TV</b>		
Watching movies	✓	✓
Watching sports or other shows on TV		
Playing video games		
<b>Community/Group and Service Activities</b>		
Volunteering		
Coaching		
Playing with my kids	✓	✓
Playing cards, board games, or games such as ping-pong, billiards, or pool	✓	✓
Caring for pets		
Spending time with friends and family	✓	✓
Joining a club		✓
Taking courses		✓
<b>Other Activities</b>		

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## Leisure Search Form (Special Events)

**Instructions:** Using the information about Maria's interests provided in Maria's Leisure Inventory, find events or activities that Maria can go to or participate in, in her free time.

Special event: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Special event: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_

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Special event: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_



Special event: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_



Special event: \_\_\_\_\_

Location: \_\_\_\_\_

When: \_\_\_\_\_

Who can go: \_\_\_\_\_

Clothes or special equipment: \_\_\_\_\_

Cost: \_\_\_\_\_



## Lucy's Community Challenge

One of the most difficult realities that I had to face when I left Corey was that I had nothing left. He managed all of our finances, he rented the apartment we lived in, he bought all the groceries, he paid all the bills, and he even bought my clothes. I really didn't have a clue where we stood financially unless we were strapped, and then he would always blame it on me. Now that I am on my own, I need to learn how to do these things.

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### The Problem Statement

Help me to

- find a safe and affordable place to live.
- manage my food budget.

#### ***Assignment 1:***

Review the materials handed out by the facilitator and complete the How to Find Affordable Housing in My Community worksheet.

#### ***Assignment 2:***

Review the materials handed out by the facilitator and complete the Tasty Meals on a Budget worksheet.

#### ***Assignment 3:***

Be prepared to role-play the following scenario:

Lucy is meeting with a social service worker to apply for low-income housing and financial support while she goes back to college. Prepare a script for Lucy. What will she say to the counselor?

Write the script on a separate piece of paper.

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## How to Find Affordable Housing in My Community

**Instructions:** Using the materials from your facilitator, help Lucy find affordable housing options and fill in the spaces below.

Location: \_\_\_\_\_

Availability: \_\_\_\_\_

Cost per month for rent: \_\_\_\_\_

Cost per month for utilities: \_\_\_\_\_

Convenience: \_\_\_\_\_

Public transportation: \_\_\_\_\_

Safety: \_\_\_\_\_

Other: \_\_\_\_\_

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Location: \_\_\_\_\_

Availability: \_\_\_\_\_

Cost per month for rent: \_\_\_\_\_

Cost per month for utilities: \_\_\_\_\_

Convenience: \_\_\_\_\_

Public transportation: \_\_\_\_\_

Safety: \_\_\_\_\_

Other: \_\_\_\_\_

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Next, create a list of agencies/supports that can help Lucy find safe, affordable housing.

Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_

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Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_

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Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_

• • •

Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_

## Tasty Meals on a Budget

**Instructions:** Generate a list of strategies or suggestions to help Lucy prepare good meals on a very limited budget.

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Next, create a list of agencies/supports that can help Lucy when she does not have sufficient funds to buy food.

Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

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Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

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Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_



Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_



Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_



Name of agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role of agency: \_\_\_\_\_

\_\_\_\_\_

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# How I Am Doing

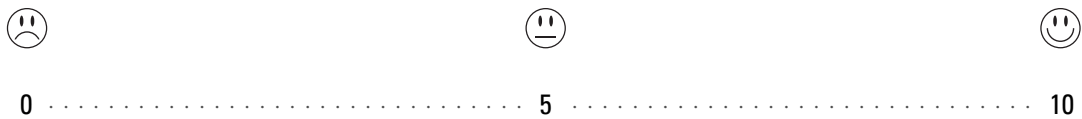
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Part 1:

How are you doing? How are things going in your life? Please make a mark on the scale to let your facilitator know. The closer to the smiley face 😊, the better things are. The closer to the frowny face ☹️, things are not so good. The middle is neutral 😐.

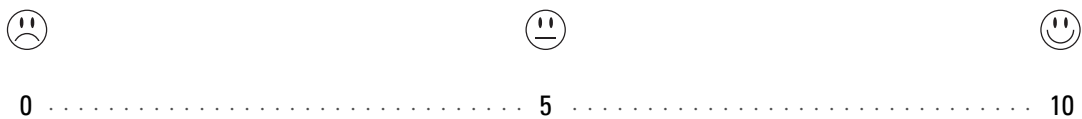
### Personal

*(How am I feeling or thinking about myself?)*



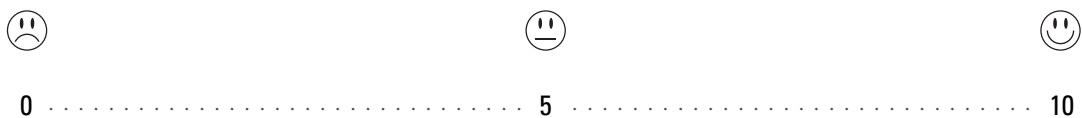
### Family

*(How are things in my family?)*



### Career/Vocational

*(How am I doing at school/work?)*



**Community/Peers**

*(How am I doing with friends/activities/support?)*



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5

.....

10

**Part 2:**

Reflect for a moment on the things that you heard and did in this session. What will you add to your portfolio? Take some time and do that now.

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