

*Take Action! Pinpoint What Drains You**What's Draining You?**Relationships*

- ___ There are people in my life who continuously drain my energy.
- ___ I have unreturned phone calls, e-mails, or letters that need to be handled.
- ___ I have an unresolved conflict with a family member.
- ___ I lack quality friendships in my life.
- ___ I feel a void in my life created by the lack of a romantic partner.
- ___ There is someone I need to forgive.
- ___ There is a relationship I need to end.
- ___ There is a phone call I dread making, and it causes me stress and anxiety.
- ___ I'm currently involved in a relationship that compromises my values.
- ___ I miss being a part of a loving and supportive community.

Environment

- ___ My car is in need of cleaning and/or repair.
- ___ My wardrobe needs updating and/or alterations.
- ___ I'd like to live in a different geographic location.
- ___ I have appliances that need repair or upgrading.
- ___ My home is not decorated in a way that nurtures me.
- ___ My closets and/or basement are cluttered and need to be cleaned.
- ___ Repairs need to be done around my home or apartment.
- ___ My home is cluttered and disorganized.
- ___ I miss having more beauty reflected in my environment.
- ___ I watch too much television.

Body, Mind, and Spirit

- ___ I eat food that's not good for me.
- ___ Something about my physical appearance bothers me.
- ___ It's been too long since I've been to the dentist.
- ___ I do not get the sleep I need to feel fully rested.
- ___ I'd like to exercise regularly but never seem to find the time.
- ___ I have a health concern for which I've avoided getting help.
- ___ I have emotional needs that consistently go unmet.
- ___ There are books that I'd love to read but never seem to find the time for.
- ___ I lack personal interests that are intellectually stimulating.
- ___ I lack a spiritual or religious practice in my life.

Work

- _____ I no longer enjoy my job and have a hard time showing up each day.
- _____ My work is stressful and leaves me exhausted at the end of the day.
- _____ My office is disorganized, my desk is a mess, and I have trouble finding what I need.
- _____ I'm avoiding a confrontation or conflict at work.
- _____ I tolerate bad behavior from a boss or coworker.
- _____ I am not computer literate, and it gets in the way of my productivity.
- _____ I lack the proper office equipment that I need to do my job well.
- _____ My work does not allow me to express my creativity.
- _____ I know I need to delegate specific tasks but am unable to let go of control.
- _____ I feel overwhelmed with the amount of information that enters my life in the form of mail, books, magazines, and e-mail.

Money

- _____ I have tax returns that are not filed or taxes that are not paid.
- _____ I pay my bills late.
- _____ I spend more than I earn.
- _____ I don't have a plan for my financial future.
- _____ My credit rating is not what I'd like it to be.
- _____ I do not have a regular savings plan.
- _____ I do not have adequate insurance coverage.
- _____ My mortgage rate is too high, and I need to refinance.
- _____ I have debt that needs to be paid off.
- _____ My will is not up to date.

Self-Exploration – Healing in Progress

Where will you be in five years?

A helpful way to assess your perception of the future is to imagine in some detail where your life will be in five years? The following exercise will help you consider your goals and your belief in your ability to obtain them. Describe as much as you can about how you see your life five years from now in each of the following categories.

Note: The time needed to heal varies from person to person. You can repeat this exercise in one month, two months or even six months if it suits your personal pace of healing.

Job or Career

Intimate Relationship

Family Life

Friendships

Physical Appearance

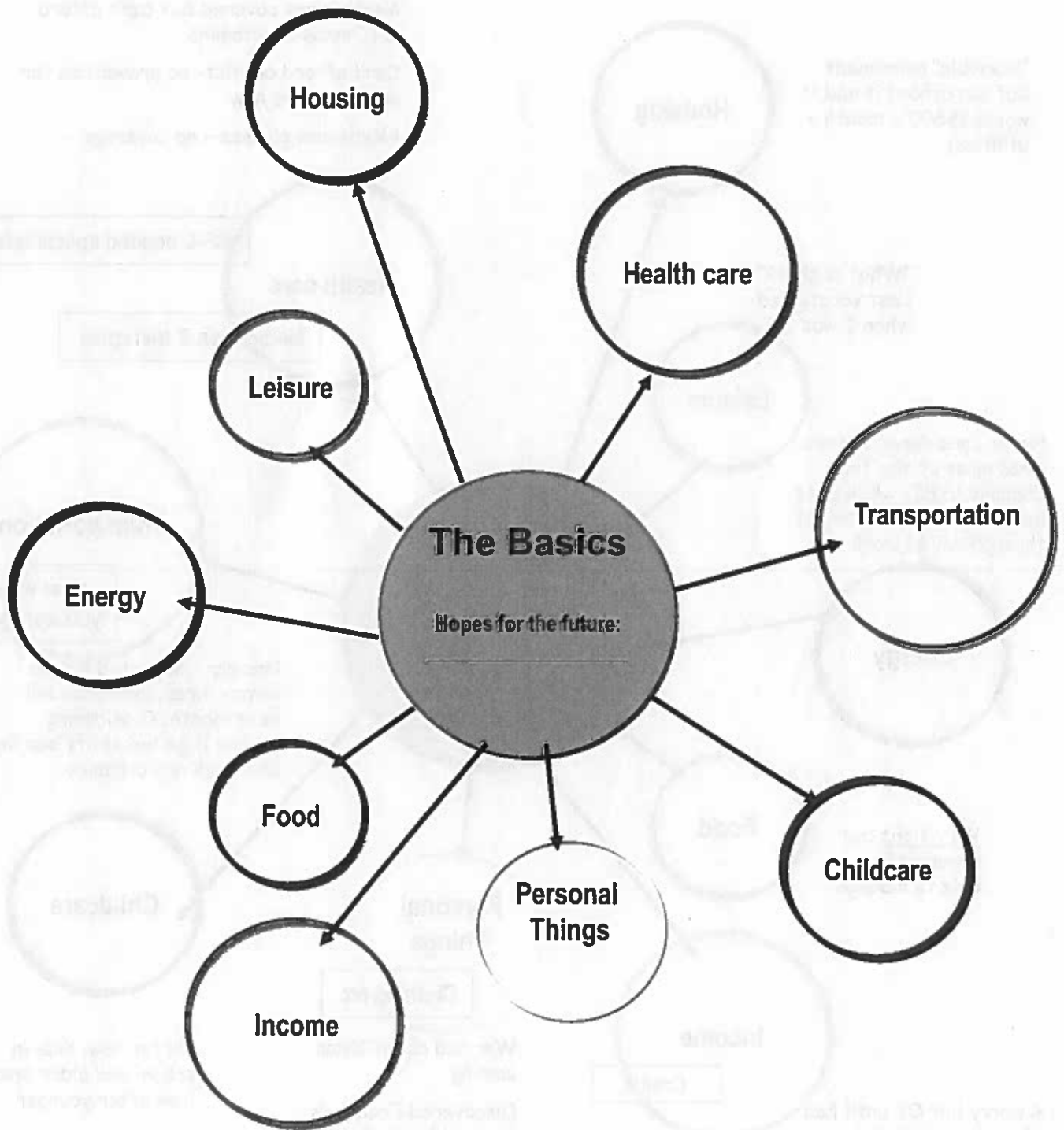
Other issues that apply to you personally

Now that you have finished describing your perceived future, spend some time reviewing it. How does it make you feel? Do you feel happy and enthusiastic about the future you envision? If you do, that's great! You are on the right track. On the other hand, if you feel discouraged by your view of where your life is going, you need to work on starting over and healing from the abuse. We recommend that you repeat this exercise periodically throughout the healing process. Comparing your answers over time will allow you to see changes and progress in your views about yourself, your life and your healing. We wish you all the best on your journey to your new life.

Adapted from "It's My Life Now – Starting Over After an Abusive Relationship or Domestic Violence" by M.K. Dugan and R.R. Hock (2006)

Liberty Lane Outreach Program

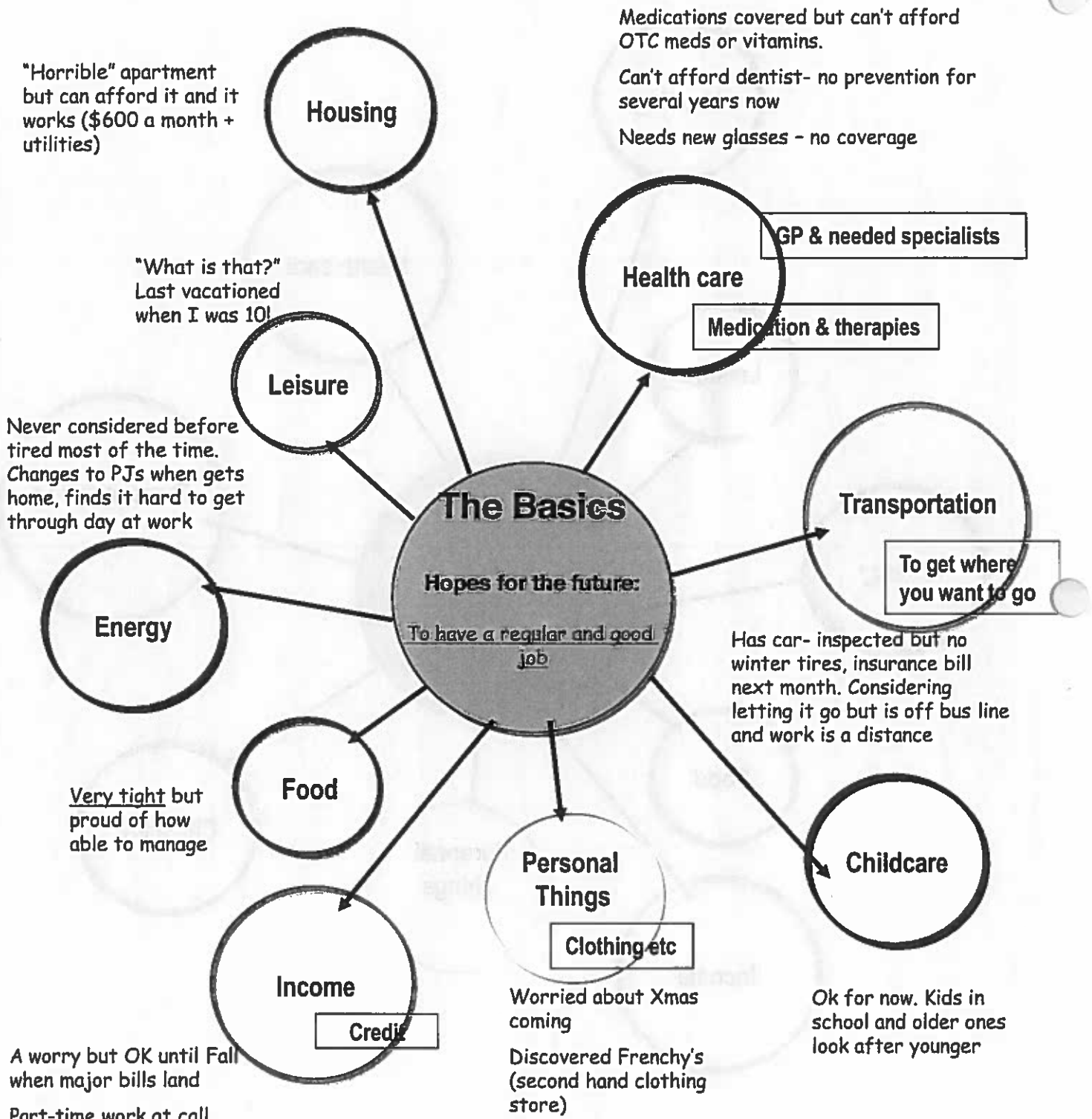
THE BASICS ASSESSMENT TOOL



Major Issues:

Current Primary Goal:

THE BASICS ASSESSMENT TOOL



Major Issues:

Worried about fall and winter coming with increased costs (car and Xmas) and decreased energy

Current Primary Goal:

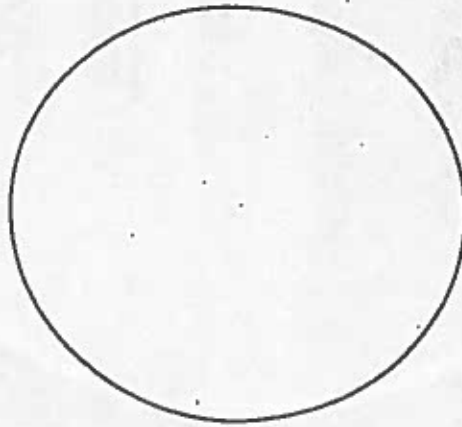
To have an occasional treat for herself and family

Circle of Control

All of the events, situations, people, worries or fears that you have in your life can basically be divided into 2 categories: (a) things you can control and (b) things you can't control.

Please write down everything that you are worrying about right now.

Now, put into this circle the things that you can control and put outside the things that you cannot control.



Here's the problem, worrying is only useful if it allows you either make "what-if" plans to deal with a situation or helps you take steps right now to deal with things that are bothering you. You can only make plans or take actions to deal with things you can control (inside the circle). The things outside the circle can't be changed, at least not by you. Which means you will have to either accept them or change how you respond to them. If you can't control a situation you can control your reaction. Losing sleep over things outside the circle only makes you feel bad.

THINGS OUTSIDE MY CONTROL

OTHER PEOPLE'S
ACTIONS

OTHER PEOPLE'S
OPINIONS

THINGS I CAN CONTROL

MY ATTITUDE

MY EFFORT

MY BEHAVIOR

MY ACTIONS

OTHER PEOPLE'S
FEELINGS

OTHER PEOPLE'S
MISTAKES

ADVERSITY