

Worksheets

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EFFECTIVE PARENTING WORKSHEET (Appendix)

NAME:				
LESSON		Topic	Why this is challenging for me	PRI
1--Watch Your Mouth	A	Freedom in forgiveness		
	B	The power of words		
	C	Power in how they're said		
2--Watch Your Life	A	Parenting by example		
	B	Overcoming shortcomings		
	C	Building family strengths		
3--Watch Your Priorities	A	Spend time wisely		
	B	Build memories		
	C	Single/blended families		
	D	Decide to discipline		
4--Watch Your Attitude	A	Life is unfair; God is fair		
	B	Favoritism		
	C	Rejection		
	D	View of discipline		

PRACTICAL PARENTING

EFFECTIVE PARENTING WORKSHEET (Appendix)

5--Watch How Your Child Is Doing	A	Outside influences		
	B	Influences at home		
	C	Individual needs		
	D	Stages of development		
6--Identify the Behavior-Yours and the Child's	A	Roles and responsibilities		
	B	Discipline types & amount		
	C	Is spanking illegal?		
	D	The rod of correction		
7--Discipline Effectively	A	Definitions		
	B	Your style of discipline		
	C	Boundaries & relationships		
	D	Handling power struggles		
8--Eliminate Abuse	A	Abuse: what the law says		
	B	Physical abuse		
	C	Emotional abuse		
	D	The effects of violence		

You will turn in this worksheet and your individualized Plan at the end of Session 9.

PRACTICAL PARENTING

INSTRUCTIONS FOR MY PARENTING PLAN (Appendix)

(please refer to the instructions and figure below)

Effective Parenting Worksheet

1. Begin by identifying the seven topics that are your highest priorities by inserting the number in the PRI column.
2. Think about the challenges these topics present to you in becoming a more effective parent. You probably have a better understanding of some of the topics since you first made your notes.

Effective Parenting Plan

1. Using your Group Member Guide, your Worksheet and the Example below, jot down three steps you can take to meet the challenges of your top priority.
2. Discuss your steps with your classroom partner. Are they SMART steps to take?
3. Once you both feel you understand how to write steps toward your goals, complete the Plan and discuss it with your partner. Call on your facilitator if you have questions.

EXAMPLE

LESSON	Topic		Why this is challenging for me	PRI
1--Watch Your Mouth	A	Freedom in forgiveness	My father was abusive and he walked out on the family.	1

This person chose Forgiveness as her most challenging topic. She'll be most effective if she takes SMART steps in her Plan.

- **Specific**— “what is to be done?”
- **Measurable**— “will progress be observable?”
- **Achievable**— “can it be done?”
- **Relevant**—“should it be done?”
- **Time Oriented**—“when will it be done?”

Not every question will apply to every topic, but these are questions we need to ask of our tentative steps. Here's an example for what her steps might look like.

MY PLAN FOR BECOMING A MORE EFFECTIVE PARENT

NAME:		
PRI	Topic	Steps
1	1A	1) Begin praying today for Dad and my attitude towards him. 2) Write him a letter within two weeks, telling him I forgive him. 3) Share my Plan with an accountability partner at our next meeting.

PRACTICAL PARENTING

MY PLAN FOR BECOMING A MORE EFFECTIVE PARENT (Appendix)

NAME:		
PRI	Topic	Steps
1		
2		
3		
4		
5		
6		
7		

STARTING OVER

STARTING OVER WORKSHEET (Appendix)

Week	Steps on My Path	Guideposts
1	Trust/Faith: finding a guide	<ul style="list-style-type: none"> • I've found that I need power beyond my human capabilities [please cross out if not true] • Concerning faithfulness, what I need to work on most is • What I most fear of losing in life is
2	Knowledge: surveying our paths	<ul style="list-style-type: none"> • I've found that I need power beyond my human capabilities [please cross out if not true] • Concerning faithfulness, what I need to work on most is • What I most fear of losing in life is
3	Moral Excellence: choosing ethically A Good Name: leaving a legacy	<ul style="list-style-type: none"> • I want _____ to see me as a person of integrity. • One problem I will apply the Problem-Solving steps to is
4	Self-control: getting focused	<p>The Triggers that I need to deal with will be the</p> <ul style="list-style-type: none"> • People I will avoid: • Places I will avoid:

STARTING OVER

STARTING OVER WORKSHEET

Week	Steps on My Path	Guideposts
5	Patient Endurance: staying focused	<ul style="list-style-type: none"> • My go-to excuses are • The person I am/will be accountable to is • One replacement habit I will develop is
6	Coping with Losses: dropping the baggage	<ul style="list-style-type: none"> • My go-to excuses are • The person I am/will be accountable to is • One replacement habit I will develop is
7	Forgiving Myself: dropping the charges	<p>There are people I need to forgive and people I need to ask forgiveness from. Then, I need to forgive myself for some things.</p> <ul style="list-style-type: none"> • I'd like to share all that with
8	A Good Neighbor: living <i>with</i> others	<ul style="list-style-type: none"> • The character trait for living with others is I need to work on most is • and it applies most to
9	A Sacrificial Life: living <i>for</i> others	

STARTING OVER

PROBLEM SOLVING STEPS (Appendix)

1. State the problem accurately and simply.

2. List everyone who is impacted by the problem (the “stakeholders”).

3. Identify possible solutions below.

4. List the major PRO and CON of each.

__ Solution	PROs	CONs
_____	_____	_____
_____	_____	_____
_____	_____	_____

__ Solution	PROs	CONs
_____	_____	_____
_____	_____	_____
_____	_____	_____

__ Solution	PROs	CONs
_____	_____	_____
_____	_____	_____
_____	_____	_____

5. NUMBER THE SOLUTIONS above in order of preference.

6. Apply the initial solution

7. If it isn't working, select the next option.

STARTING OVER

OVERCOMING NEGATIVE EMOTIONS HANDOUT (Appendix)

1. Insignificant

- > What might be the cost to you of
 - o being a guide for someone else needing to start over?
 - o making them feel significant—helping them to see purpose in their life?
 - o modeling trust for them in your own life?
 - o if you are a Christian, pointing them to the infallible Guide?
- > Is there someone already in your life needing your guidance?

2. Confused

- > What might be the cost to you of
 - o sharing some things that you used to accept as true but proved to be false?
 - o sharing with them the power we have to evaluate what's true?
 - o describe how we can form new habits?
 - o if you are a Christian, pointing them to the infallible Scriptures?
- > Is there **someone already in your life needing to hear the truth?**

3. Despised

- > What might be the cost to you of
 - o assuring someone that they can begin on a path to a good name in their community?
 - o providing help in making decisions and considering the needs of others (If they ask?)
 - o sincerely giving them honor and respect?
 - o if you are a Christian, assuring them they are created in the image of God and deeply loved by Him?
- > Is there someone already in your life needing your acceptance and experiences?

4. Enslaved

- > What might be the cost to you of
 - o sharing with them the phases of life-controlling problems?
 - o helping them to recognize where they are in the cycle?
 - o helping them learn the cues and triggers leading to entrapment in their own lives?
 - o if you are a Christian, presenting Christ as able to free them from the Trap?
- > Is there someone already in your life needing to be set free?

STARTING OVER

OVERCOMING NEGATIVE EMOTIONS HANDOUT

5. Chaotic

- > What might be the cost to you of
 - o revealing to them excuses you hear them using?
 - o helping them to share feelings they have been tried to hide?
 - o offering support for them in developing a new, wholesome habit?
 - o if you are a Christian, offering assurance that the Holy Spirit is more powerful than any obstacle?
- > Is there someone already in your life needing to be set free?

6. Hopeless

- > What might be the cost to you of
 - o sharing with someone your losses and the grief it's caused?
 - o describing your struggles in climbing out of the pit?
 - o offering to lend your support in their own grieving?
 - o if you are a Christian, assuring them that Jesus Christ knows all about sorrow
- He was despised and rejected—
a man of sorrows, acquainted with deepest grief.
We turned our backs on him and looked the other way.
He was despised, and we did not care. Isaiah 53:3
- > Is there someone already in your life needing your compassion?

7. Anxious

- > What might be the cost to you of
 - o modeling forgiveness in your own life?
 - o helping them to recognize the torment that unforgiveness is causing them?
 - o if you are a Christian, pointing them to Jesus who died that we might live; gave up his identity that we might receive one; was rejected that we might become accepted?
- But he was pierced for our rebellion,
crushed for our sins.
He was beaten so we could be whole.
He was whipped so we could be healed. Isaiah 53:5
- > Is there someone already in your life needing to drop the charges?

STARTING OVER

OVERCOMING NEGATIVE EMOTIONS HANDOUT

8. Isolated

- > What might be the cost to you of
 - o being honest about your attitudes toward others and how you're trying to change them?
 - o helping them to recognize that giving friendship is the only way to gain friends?
 - o if you are a Christian, pointing them to Jesus who offers his friendship without any possibility of receiving anything in return?
- > Is there someone already in your life needing to be freed from self-imposed isolation?

9. Alienated

- > What might be the cost to you of
 - o helping someone else see that there is a path that leads to a place of love and acceptance if they are willing to walk it with you?
 - o that since we never "arrive" having travelled it perfectly, finishing first (self-attainment) isn't the goal?
 - o if you are a Christian, pointing them to Jesus who is calling them to become a new person, not just make a new start, and to a destination really worth living for?
- > Is there someone already in your life needing to be freed from feeling alienated from others because of their own self-absorption (only interested in ME)?

STARTING OVER

Name _____

SETTING PRIORITIES WORKSHEET (Appendix)

From your *Starting Over Worksheet*, select the three *Steps on my new path* most important for your progress and briefly write your responses to the *Guideposts* for each.

Week	Name of Step	Guideposts

From your *Overcoming Negative Emotions Handout* (page 8), select the two *obstacles* most important for you to overcome and select the risks you're willing to take. If it applies, state for whom.

No.	Name of Obstacle	Risks I'm willing to take

CHANGE OF HEART

CHANGE OF HEART WORKSHEET (Appendix)

The chart below shows positive ways of dealing with reconciliation as described in Lessons 7, 8, and 9. Lesson 7 deals with making things right with those you have wronged, lesson 8 with your role in the home environment, and lesson 9 with your role in the community. After completing each of these lessons, fill in a Rating and Priority for each role from that lesson that applies to you.

In the **Rating column**, write the letter that most closely applies to you.

Use A=Never; B=Rarely; C=About half the time; D=Most of the time; E=Every time

In the **Priority column**, write the number of your priority for a need for change.

Use 1=highest; 2=next highest; 3=third highest *for each applicable Role.*

Role	Traits	Description	Rating	Priority
Lesson 7—A New Heart in Making Restitution				
One Who Owes	Truthful	Offering to make good on a debt even when it is not required by law		
	Respectful	Honoring the rights of those I've wronged		
	Perseverant	Keeping at it until the debt is paid even when it's hard		
Lesson 8—A New Heart in My Home				
Wife	Respectful	Showing your husband that you respect who he is and what he does		
	Trusting	Having a firm belief in your husband's integrity and provision		
	Content	To be satisfied with what your husband provides		
Husband	Self-sacrificing	Giving up your own interests for the well-being of your wife		
	Humble	Considering yourself as having no special importance over your wife		
	Protective	Protective of your wife's emotional, physical and spiritual needs		
Child	Respectful	Willingly respecting, honoring and obeying your parents		
	Honest	Being completely honest all the time, even when it hurts		
	Content	Being satisfied with what you have, not always wanting more		
Parent	Protective	Diligently protecting your child from every form of harm		
	Perseverant	Consistently instructing, training and disciplining for his/her good		
	Peaceful	Providing a loving and dependable home environment, free of stress		
Lesson 9—A New Heart in My Community				
Employee	Content	Being satisfied with your job and wages		
	Modest	Not climbing over others to seek personal advancement		
	Truthful	Putting forth your best effort when no one is watching		
Employer	Protective	Providing a safe, secure work environment and fair wages		
	Respectful	Treating employees as valued and honorable		
	Truthful	Demonstrating integrity in all dealings with workers and clients		
Citizen	Law-Abiding	Knowing and submitting to federal, state and local laws		
	Respectful	Showing respect for the rights, beliefs and opinions of others		
	Involved	Participating in the democratic process and community affairs		
Neighbor	Self-Sacrificing	Willing to share time, home and finances to meet needs		
	Kind	Reaching out with compassion and respect for others		
	Peaceful	Living as peace-maker, overcoming evil with good		

CHANGE OF HEART

FACILITATOR TALLY SHEET (Appendix)

In the Rating column of the table below, write the number that most closely describes your typical response for the traits that apply to your Roles discussed in the current Lesson. *“In my Role as ____, I think and act just as described in the Definition.”* Then, enter the priority of the need for change. Use 1=highest; 2=next highest; 3=third highest for each applicable Role.

A. Never; B. Rarely; C. About half the time; D. Most of the time; E. Every time

Role	Traits	Rating Totals					Priority Totals		
		A	B	C	D	E	1	2	3
One Who Owes	Truthful								
	Respectful								
	Perseverant								
Wife	Respectful								
	Trusting								
	Content								
Husband	Self-sacrificing								
	Humble								
	Protective								
Child	Respectful								
	Honest								
	Content								
Parent	Protective								
	Perseverant								
	Peaceful								
Employee	Content								
	Modest								
	Truthful								
Employer	Protective								
	Respectful								
	Truthful								
Citizen	Law-abiding								
	Respectful								
	Involved								
Neighbor	Self-sacrificing								
	Kind								
	Peaceful								

CHANGE OF HEART

CONDITION OF MY HEART SELF ASSESSMENT (Appendix)

In the last column of the table below, write the number that most closely describes your typical response. “When I’m in a situation that calls for this character trait, I think/act just as described in the Definition”:

A. Never; B. Rarely; C. About half the time; D. Most of the time; E. Every time

Table 3-4 Symptoms of the condition of my heart

Trait	Definition	My typical response
1. Patient, 2. Perseverant	<ul style="list-style-type: none"> • Able to calmly wait, enduring annoyance or difficulty • To keep trying until the task is finished even when it’s hard 	1. ____ 2. ____
3. Humble, 4. Modest	<ul style="list-style-type: none"> • To consider yourself as having no special importance over others • Tending not to talk about your own abilities and achievements 	3. ____ 4. ____
5. Kind, 6. Respectful	<ul style="list-style-type: none"> • Generous, helpful and caring toward others • Behaving in ways that show regard for someone 	5. ____ 6. ____
7. Content, 8. Self-sacrificing	<ul style="list-style-type: none"> • To be satisfied with your life circumstances • Giving up your own interests for the well-being of others 	7. ____ 8. ____
9. Hopeful, 10. Trusting	<ul style="list-style-type: none"> • Optimistic that things will turn out well • Firm belief in the integrity of someone or something; to take at face value 	9. ____ 10. ____
11. Truthful, 12. Forgiving	<ul style="list-style-type: none"> • Being completely honest even when it appears not to be in your best interest • Granting pardon of a debt or offense of another 	11. ____ 12. ____
13. Peaceful, 14. Protective	<ul style="list-style-type: none"> • Free from strife, non-violent, steady • To be safe-guarding, shielding, watchful towards another 	13. ____ 14. ____

CHANGE OF HEART

LESSON 3 WORKSHEETS

Fill in the left column.

Table 3-1. Rating Nicole's traits

	• Angry and cussing; stressed out
	• She feels that her status as a single Mom comes with special treatment
	• Rude toward the officer
	• Disrespectful toward the officer
	• Her self-talk reveals her discontent (remind them)
	• She has little hope that things will get better
	• She judges the officer to lack integrity
	• No forgiveness here
	• Full of strife from many directions

Fill in both columns

Table 3-2. Rating Joe's traits

Trait No	Corrective Action Needed

Table 3-3. Identifying corrective actions for Joe

Trait No	Corrective Action Needed

CHANGE OF HEART

LESSON 7 WORKSHEETS

GABBY'S SCENARIO

Gabriella (Gabby) is a sales clerk who lives at home, providing much of the support for her mother. Her 2001 car had been running rough, so she took it to a local repair shop. Rick, the owner, quickly diagnosed a simple problem. Recognizing Gabby's lack of mechanical understanding, he told her it would take a couple of days to repair and would be expensive. Several of the parts he replaced actually had not failed. Moreover, he installed used parts from a junk yard, charged her for new ones, and gave her as "evidence" the failed parts from other jobs.

Gabby's Restitution Priorities

	Restitution Steps	Trait #(s)
1		
2		
3		
4		

STEVE'S SCENARIO

Steve is on conditional release from a state prison, having served five years. Sarah, his ex-wife, is a single Mom. They have three children and he has visitation rights. He has fines, court costs and past due child support that he must pay monthly on condition for his early release, in addition to the ongoing child support payments. Steve makes the court-ordered payments, but Sarah is struggling to make ends meet. Steve is a licensed electrician, making a good salary in the same town as his estranged family.

Steve's Restitution Priorities

	Restitution Steps	Trait #(s)
1		
2		
3		
4		

COPING WITH THE LOSSES OF LIFE

TYPES OF PERSONAL LOSS (lesson 1)

INSTRUCTIONS: On the left is a list of the losses of life which are discussed in your course book. On the right there is a response line for each item. Write in a personal example for each kind of loss on the response lines.

Death of a Person _____

Loss of Property (Tangible Loss) _____

Loss of Earning Power (Intangible Loss) _____

Loss of Health (Personal Loss) _____

Emotional Loss _____

Vocational Loss _____

Relational Loss _____

Educational Loss _____

Loss of Culture (Have to give up familiar customs) _____

Loss of Roots due to Moving (Rootedness Loss) _____

COPING WITH THE LOSSES OF LIFE

MY PERSONAL LOSSES (lesson 2)

INSTRUCTIONS: Think about the greatest losses you have had in life. On the lines below, write what the loss was, how it affected you, and what you learned from it. Fill the whole page. We all have many losses. Then share. You will find that you are not alone. Look at the examples to help you get started.

MY LOSS	HOW IT AFFECTED ME	WHAT I LEARNED FROM IT
Ex. loss of mother before age 2	felt abandoned	explains why I have felt unusually insecure throughout my entire life, can deal with it now that I know where it is coming from.
Ex. didn't finish school because of a pregnancy	gave up dream of a career	had a beautiful child who is my pride and joy.

COPING WITH THE LOSSES OF LIFE

THE CHANGE SCALE (Lesson 3)

INSTRUCTIONS: The list below shows many life changes that can add to our stress. The events are listed on the left and the number of points that each has is in the middle. Write in the number of points on the line on the right for each of the events that you have experienced in the past year. When finished, add up all the points and write your answer at the bottom. Then wait for the group to finish. We will then be discussing what the numbers mean.

Life Event	Mean Value	Points
Death of spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of close family member	63	_____
Personal injury or illness	53	_____
Marriage	50	_____
Fired at work	47	_____
Marital reconciliation	45	_____
Retirement	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Gain of new family member	39	_____
Business readjustment	39	_____
Change in financial state	38	_____
Death of close friend	37	_____
Change to different line of work	36	_____

Page 1 Total _____

enter total here and on page 2
(continue on to the next page)

Change in number of arguments with spouse	35	_____
Mortgage over \$10,000	31	_____
Foreclosure of mortgage or loan	30	_____
Change in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Wife begins or stops work	26	_____
Begin or end school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan less than \$10,000	17	_____
Change in sleeping habits	16	_____
Change in number of family get-togethers	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
	Total this page	_____
	Total from previous page	_____
	Grand Total	_____

COPING WITH THE LOSSES OF LIFE

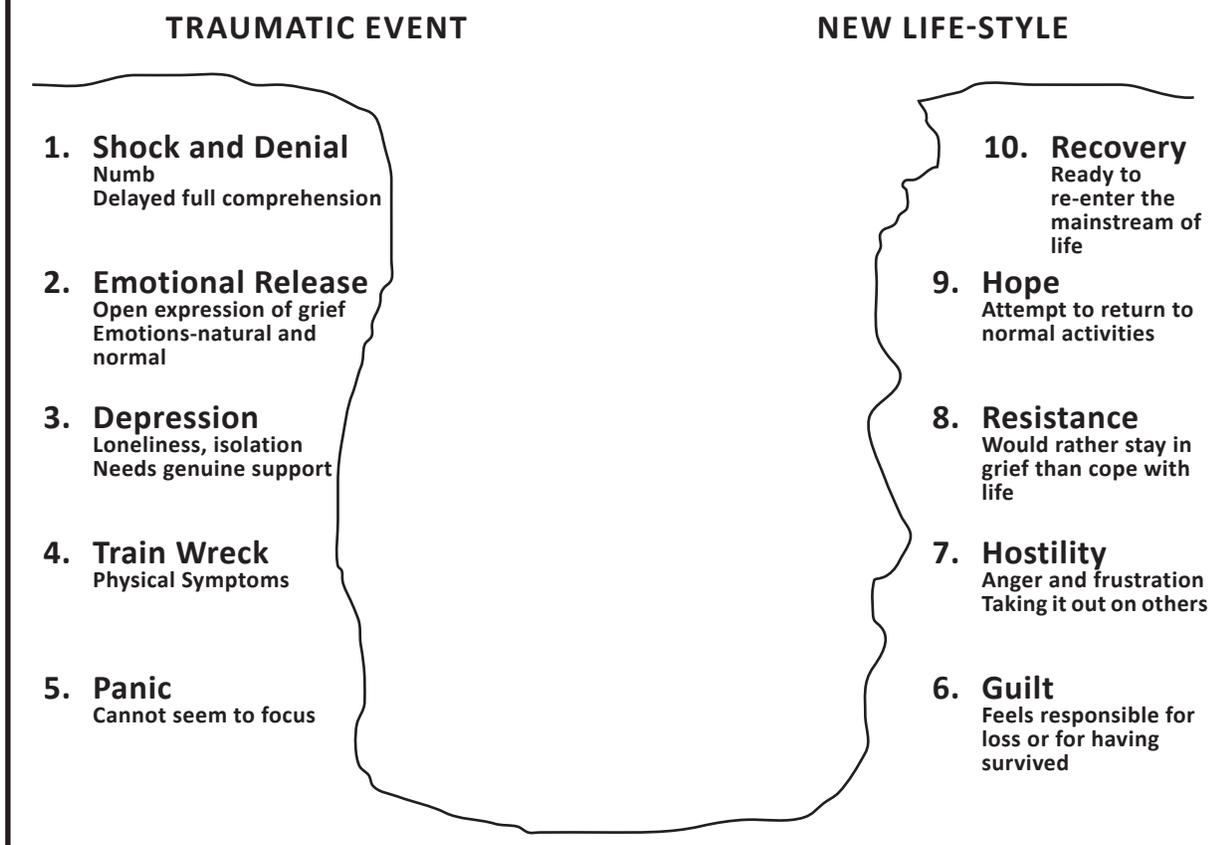
THE PROS AND CONS OF ADVICE GIVEN (Lesson 4)

INSTRUCTIONS: Concentrate first on any advice you have been given about the earliest losses of your life. List at least three such events by first indicating whether the advice or action was positive or negative. Then give a brief description. If it was a negative event, explain how you have adjusted and learned from the situation. After this, complete the rest of the page with any other similar issues which have occurred during any period of your life. Include the advice you gave to yourself. Use the examples as suggestions.

TYPE	DESCRIPTION	WHAT I LEARNED FROM IT
Ex. Positive	Support from mother after being molested by her boyfriend	There are people who care.
Ex. Negative	Mother not believing that her daughter had been molested	Mother was overwhelmed and did not know what to do. Came to realize it was mother's problem, not mine.
Ex. Negative	Stepson told he is no good and never will be any good	I am good, it was my family that was dysfunctional.

COPING WITH THE LOSSES OF LIFE

THE PIT - THE GRIEVING PROCESS (Lesson 6)



Describe your greatest loss: _____

Describe each step that you have gone through from the chart above and indicate the step or steps where you may have gotten stuck.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DATING AND MARRIAGE

COMPATIBILITY WORKSHEET (Lesson 9)

Name _____ Date _____

Look at the list of compatibility items below and rank them in order of priority to you would give a potential date interested in a friendship.

- | | |
|-------------------------------------|--|
| 1. ___ enjoys the out of doors | 7. ___ likes the same kind of toothpaste |
| 2. ___ likes to take trips | 8. ___ likes long walks |
| 3. ___ likes the same kind of music | 9. ___ is free of drug and alcohol addiction |
| 4. ___ is a dedicated Christian | 10. ___ is honest |
| 5. ___ is kind | 11. ___ is consistent |
| 6. ___ is respectful | 12. ___ is physically attractive |

Why did you make the choices that you did?

Rank/Choice	Reason
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____

DATING AND MARRIAGE

PLEDGES OF INTEGRITY IN DATING AND MARRIAGE (Appendix)

Personal Pledge in Dating

I, _____, pledge myself to God to conduct myself with honor and respect before God and to honor and respect the persons I will date. I will save sexual intercourse for after marriage and will not marry anyone who does not share the faith that God has given me.

Signature Date

Personal Pledge in Marriage

Husband

I, _____, pledge myself to God to conduct myself with honor and respect before God and to honor and respect _____.

I will keep myself pure from outside influences and do my best to live my life for God.

Signature Date

Wife

I, _____, pledge myself to God to conduct myself with honor and respect before God and to honor and respect _____.

I will keep myself pure from outside influences and do my best to live my life for God.

Signature Date

