

FINDING STRENGTHS/FINDING AFFIRMATIONS

Exercise: Read the following scenarios. Identify strengths that the individuals in the scenarios have. Use the strengths that you have identified to develop affirmations.

Scenario #1

Anna is a 27-year-old mother of two. She received a 6 month supervision period for passing bad checks. She was in trouble with the law once before. One year ago, the neighbors at her apartment complex called the police to report a domestic disturbance. When the police arrived, they found a small amount of methamphetamines. Anna's boyfriend brandished a weapon at police officers and was subsequently sentenced to 6 months in the county jail. As conditions of her supervision, Anna is required to submit to weekly urinalysis testing. Several of Anna's urinalysis results have come back positive for methamphetamines. She is also attending parenting and NA classes, although her attendance is only occasional. Anna currently has a job stocking the shelves at her local grocery store. She is currently facing a possible revocation of her Probation.

Scenario #2

Bill is a 43-year-old man with a substantial history of alcohol, drug use, and violence. He was released from prison 6 months ago and is currently on parole. Bill has 18 months of parole supervision left. Bill has a history of assault and domestic violence. 3 years ago, the police were called to Bill's residence on a report of domestic violence. While Bill was being taken into custody he assaulted the police officers. Bill was convicted and given a 5 year sentence for assault. As conditions of his supervision, Bill is required to submit to random urinalysis testing twice each week and attend anger management classes. He attended one AA class since he began his supervision. He is still looking for a job, and has had several job interviews. Bill has no family support, and his living situation is somewhat unstable at the moment. His urinalysis results have been clean, but he reports that life would be easier if he just gave up his job search and went back to prison to finish his sentence. He's feeling stressed and is likely to resort to drinking and drug use.

Scenario #3

Kyle is a 27-year-old man currently serving a prison sentence for robbery and assault. Kyle has been write up free for the past year. Prior to that, he had a history of assault. Kyle also has a history of gang association before his incarceration as well as while he has been in prison. He has voiced desire to get out of the gang, but is unsure about how to do so. Kyle is up for parole in the upcoming months, and is likely to be released. He wants to get out and be successful. He has a daughter that he wants to get back to. He is afraid of being back in the community, not having a job, and getting back into the gang life that he was used to. He has talked about going to anger management meetings once he gets out. He knows that if he is around the gang he will likely commit another crime and end up back in prison. He has a lot of friends in the gang that he is excited about seeing again, and says that he thinks he can manage to limit his time around them. He wants to start his own tattoo business so that he doesn't have to search for a job and he can be his own boss. He figures that he can get a loan from the bank when he gets out and hire some of his friends to help him get started.

Scenario #1

Strengths:

Affirmations:

Scenario #2

Strengths:

Affirmations:

Scenario #3

Strengths:

Affirmations:
