

| RELATIONSHIPS AND FRIENDSHIPS (WOMEN)                             |  |   |
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| Packet  | Contents                                     | Description of Contents   |
| <b>W2:</b><br><b>Healthy relationships and healthy boundaries</b> | Healthy relationships and healthy boundaries | Women will identify: family-of-origin boundary issues, personal warning signs that boundaries need to be set; personal experiences and effects of physical, emotional, sexual and verbal abuse, and drug/alcohol use as a result of boundary violations. Additionally, client will identify areas where difficulties have recently been experienced in setting boundaries and develop an action plan to start setting boundaries for specific personal problem situations. Clients will practice assertion messages to be used in setting boundaries for current issues and use practice scenarios for setting boundaries. Reference is made to boundary issues young women may experience while in custody situations. |
|   |  | FFT Aisha and the right call  |
| <b>W7:</b><br><b>Avoiding your old relationships traps</b>        | Avoiding your old relationships traps        | This workbook explores some of the issues and situations which caused trouble in past relationships. In many cases, problems in relationships are triggers to relapse. Clients are guided to explore and evaluate solutions for common situations or “traps” which affect women in their relationships.   |
|   |  | FFT Making sense of things<br>FFT Makayla   |
| <b>W8:</b><br><b>Avoiding your old family traps</b>               | Avoiding your old family traps               | Many young women are at risk to return to old dysfunctional family patterns. They may continue to experience the consequences of family neglect, abandonment, abuse, or addiction. This workbook identifies some of these old family “traps” and provides options. An important component is the identification of typical dysfunctional family roles.  |
|   |  | FFT I want to feel like I have a family<br>Worksheet: Family life scales  |
| <b>W10:</b><br><b>Relationships and Friendships</b>               | Relationships and Friendships                | Addresses typical thinking underlying codependent behavior and relationships, as well as other dysfunctional relationship behavior.   |
|   | Worksheets                                   | Worksheet: Changes in relationships<br>Relationships - Situational Confidence (SCQ)<br>Relationships scales<br>Relationships checklist  |
|   |  | On the Unit (OTU) Problems #6, 12, 13, 15, 16, 17<br>FFT Samantha’s pathway<br>FFT Madeline’s decision<br>FFT Mae<br>FFT Naomi  |