**Soul Journal Curriculum for CIP (Challenge Incarceration Program) or Boot Camp programs toward early release**

The Challenge Incarceration Program (CIP) is an intensive, rigorous, highly structured and disciplined program for carefully selected, non-violent drug and property offenders. This program has a high level of offender control and accountability. CIP Phase 1 is a highly-structured and intensive boot camp. Components include chemical dependency treatment; education; cognitive skills; restorative justice; physical training; military bearing, drill, and ceremony; work crew; and transition preparation.

The Soul Journal program is part of the CIP (boot camp) program and addresses restorative justice and transition preparation. In the Soul Journal program women use words, images and art materials to create a journal focusing on themes including: Fear, Forgiveness, Women’s Empowerment, Living Affirmative Life Habits, Review of Life Journey and Creating Positive Relationships.

Creating the journal enables the women to prepare for the transition to their life outside of prison with a new sense of self and direction in life. Soul Journal provides the time and skills for self-reflection and supports the rehabilitation so central to reducing recidivism.

The class is five sessions and runs about two hours and 15 min. per session, meeting once per week. The ideal group size is 8 – 10 women.

Basic supplies needed to conduct the program:

- Envelopes (large to be glued into the journal as a pocket)
- Journals (the prison would only allow journals with staples, it is very important to use mixed media journals that can hold up to water color, I use use Kunst & Papier Soft Cover Sketchbook 8.3x11.7- which I order through a local art store.)
- Art Pens (Pitt pens by Faber-Castell size F or M, used for all writing)
- Watercolors
- Brushes
- Washable Markers (Crayola)
- Glue sticks (UHU stics are the best for this work)
- Pencils (#2 for drawing)
- Craypas
- Colored copies of images
Colored card stock paper

Scrap paper at least one sheet per student per class

Handouts

Scissors (if your prison will let you use them, sometimes they can be signed out)

CD player and CD’s with quiet instrumental background music (it is best to have no talking during writing times).

Each student keeps their journal and art pen and brings it to class each week (the prison gave permission for the women to have the journals and the pens.) The intention is that the journals remain private and the women share it with those they choose.

It is important to do the class where there are tables for people to spread out and also necessary to have water available to use watercolors.

**Day one Prison CIP program**

0:00 gather – intro me and program
  Ask participants to introduce themselves and say where they are from.
  The Soul Journal is: Opportunity to explore your self - using words and images, it is a fusion of images and words and your soul/spirit
  This journal will focus on you, your thoughts/feelings as you prepare to be released from the CIP program

0:10  Set – up Journal
  On front of the journal – name plates (use colorful card stock tags or packing tags for this)
  On first page blank page of the journal: write your name and the date
  In the back of the journal glue the large envelope so that the opening is facing you, this becomes a pocket for you to store images that you might want to save and use on future pages.

0:20  Do river wash in the middle of the journal . . .

Find the middle of your journal, where the staples hold it together.

Paint a river (with water color) across the two open pages in the middle, this should be a very quick watercolor river, does not need to be precise (example can be seen below). We will write on the sides of the river (while it dries).
Creating the River of My Life page:

Choose one end of the river to be your represent your birth. Write your birth date and place there.

Ask: why is a river a good metaphor for our lives? Discuss their answers.

Quote: “My soul has grown deep like the rivers.” From Langston Hughes

What might the quote mean?

Give the participants this graphic to glue on their page:
Guided imagery and writing . . .

Explain the guided imagery process: we will divide your life into sections of years. For each section there will be some questions. While I read the reflection, I will ask you to close your eyes (this helps us visualize our life). When I am done with the reading for each section of your life, you will be asked to open your eyes, pick up your pen and write along the river about the questions from the reflection.

**Guided imagery:** (adapted from “The River of Your Life” exercise by G. Lynn Nelson from the book *Writing and Being*, 2004)

Turn on some soft instrumental music in the background, read slowly with pauses.

*Begin by just sitting and breathing gently for awhile . . .*

*Look back over the “river” of your life.* Now in your mind’s eye, fly over the river of your life. Follow it back to its source, to your birth. Look at that time.

Wonder about it, where you came from, about your parents, about your conception, about the miracle of your birth.

Where were you born – in a hospital, at home? What town, or in the country? What was the season of the year?

Who was there - your grandparents, siblings? What must your mother have been feeling? Was your father there? What would your father have been feeling?

What was it like to come from that nine-month meditation in your mother’s womb and into the world? Can you feel any distant memories, any whispers?

Now open your eyes, pick up your pen and let the words flow from you, dreaming about how it must have been, write freely about your birth.
(Some women have difficulty with this part of the exercise – they say they don’t know anything about their birth. I have them write questions about their birth – the things they wish they knew. Some of the women will then ask their mother or other relatives about their birth.

After about 2 min. begin the guided reflection again:

Please put your pens down now and close your eyes again and just breathe . . .

Now follow further the river of your life. Follow it from its source, from your birth, along its course over the first seven years or so of your life.

Where did it flow smoothly? Where were there rapids and rough water?

What was going on outwardly – were did you live, did you move, were there changes, losses?

Who was caring for you? Who were your most important relationships? Relatives? Friends? Animals?

And what was going on inwardly? What were your fears, your struggles your joys in these childhood years?

Now open your eyes, pick up your pen and write about the first seven years of your life. Put down bits and pieces as they come to you - memories, feelings, images, and fragments of scenes from the flow of your life in those first seven years.

After about 4 min. begin the guided reflection again:
Please put your pens down now and close your eyes again and just breathe . . .

**Follow further the river of your life further in your mind.** See the river from its source and through those first seven years and flowing on to the next seven years. See your river from ages eight to fourteen. Watch for places it flowed smoothly. Watch for rough water.

What was going on outwardly – were did you live, did you move, were there changes, losses?

Who were your most important relationships during these years?

Family? Animals? Friends? Did you have a best friend or group of friends?

Did you like or dislike school? Why?

What did you most like to do? (ride bikes, sports, music, be outside . . .)

And what was going on inwardly? What were your fears, your struggles your joys in these early years?

Now open your eyes, pick up your pen and write about the years between eight and fourteen. Remember that whatever comes up is all right. Do not judge it; just put it down. Do not worry about proper chronology or facts; just gather moments and feelings and insight until the flow slows.

After about 4 min. begin the guided reflection again:

Please put your pens down now and close your eyes again and just breathe . . .
Follow further the river of your life further in your mind. See the river from its source and through those first fourteen years and flowing on to the next seven years. See your river from ages fifteen to twenty one. Watch for places it flowed smoothly. Watch for rough water.

What was going on in your life? What were you most excited about?

Who were your most important relationships during these years?

Who were your friends? Were they supportive and good for you, or did your river meander away into a swamp or bog?

Did you start to explore boyfriend/girlfriend relationships?

What was going on in school? Did you have a favorite subject or teacher? Did you leave school – if so why? Did you try college?

How did you spend your time outside of school? Did you work?

What were your fears, your struggles?

What were your dreams in these years from fifteen to twenty one?

Now open your eyes, pick up your pen and write about the years between fifteen and twenty one. Remember that whatever comes up is all right. Do not judge it; just put it down. Do not worry about proper chronology or facts; just gather moments and feelings and insight until the flow slows.

After about 5 min. begin the guided reflection again:
Please put your pens down now and close your eyes again and just breathe . . .

The river of your life is flowing onward. See your river from ages to twenty-two to thirty. Watch again for places it flowed smoothly. Watch for rough water.

What was going on in your life? Were you working? What kind of work did you do? Where did you live?

Who were your most important relationships during these years?

Did you have partners? Were your relationships positive and supportive?

Were you in contact with your parents, siblings? How would you describe those relationships?

Did you have children? What was being a parent like for you?

What were your fears, your struggles? Did you struggle with addiction?

What were your greatest joys?

What was most important to you during these years from twenty-two to thirty?

Was your river flowing smoothly or did it overflow into a flood plain?

Is this when you came to prison? What did that mean in your life?

Now open your eyes, pick up your pen and write about the years between twenty-two and 30.

After about 4 min. begin the guided reflection again:
Please put your pens down now and close your eyes again and just breathe . . .

*Let the river of your life flow further in your mind.* Follow the river from its source and through the years and flowing on to the next ten years. See your river from ages thirty-one to forty. Watch for places it flowed smoothly. Watch for rough water.

*In these years what were your passions?*

*Why did you get up in the morning?*

*What relationships were central to your life? Partners, children, friends, family?*

*Did you feel supported in life, or did you feel alone?*

*How had your life goals or vision changed?*

*Now open your eyes, pick up your pen and write about the years between thirty-one and forty.*

After about 4 min. end the guided reflection. Usually people need to take a break here because of the intensity of the exercise. You may need to end the exercise after the age of thirty depending on the age of the participants. If there are women older than forty, have them finish the next years on their own, outside of class time.

1:25 *Creating the Affirmation page:*
Use water colors to color wash one page (the right side) use gold, yellow, orange, red – to go with graphic below (woman in circle).

1:30 Read through and discuss the 22 ideas on affirmation sheet (next page)
Ask participants to choose one or two that seem most important for them today, they can circle those on the sheet.
The affirmations below were adapted from Dr. Carmen Harra
1. I am the architect of my life; I build its foundation and choose its contents.
2. My body is healthy; my mind is brilliant; my soul is tranquil.
3. I am superior to negative thoughts and low actions.
4. I have been given endless talents, which I begin to utilize today.
5. I forgive those who have harmed me in my past and peacefully detach from them.
6. A river of compassion washes away my anger and replaces it with empathy.
7. Creative energy surges through me and leads me to new and brilliant ideas.
8. Happiness is a choice. I base my happiness on my own accomplishments and the blessings I’ve been given.
9. My ability to conquer my challenges is limitless; my potential to succeed is infinite.
10. (For those who are unemployed) I deserve to be employed and paid well for my time, efforts, and ideas. Each day, I am closer to finding the perfect job for me.
11. I am courageous; I stand up for myself and respect others.
12. Today, I abandon my old habits and take up new, more positive ones.
13. I am blessed with an incredible family and wonderful friends.
14. I acknowledge my own self-worth; my confidence is soaring.
15. Everything that is happening now is happening for my ultimate good.
16. I am a powerhouse; I am indestructible.
17. Though these times are difficult, they are only a short phase of life.
18. The universe is supporting my efforts; my dreams manifest into reality before my eyes.
19. My obstacles are moving out of my way; my path is carved towards greatness.
20. I wake up today with strength in my heart and clarity in my mind.
21. My fears of tomorrow are simply melting away.
22. I am at peace with all that has happened, is happening, and will happen.
1:55 Give each participant a piece of parchment paper (or gold paper). Ask them to choose one or two of the affirmations that they need to work. Write those on the piece of parchment paper and include why those affirmations are important right now. Ask what difference could working with those affirmations make in their lives?

When page is dry, glue the graphic and parchment paper on facing pages in the journal.

2:05 Clean-up. Ask for one or two volunteers to share which affirmations they chose and why? Tell them we will discuss the River of Life and the affirmations more at the next class.

2:15 End of class
Day two Prison CIP program

0:00 Gather – have participants do a color wash on two pages (that looks like a map – see the home page design below) Set the journal aside to dry.

0:10 Discuss from last week: What did you learn about yourself from doing the River of Your Life exercise? Were there things that you remembered that you haven’t thought about? Were some parts of the river difficult? What joys and sorrows came up for you? Why is it important to do the exercise?

0:20 Discuss from last week: What affirmations did you choose to work with? How might they make a difference in your life?

0:25 Creating the “Triggers” page:
Hand out the “Habit Change Cheat Sheet” (below) .
Read through and discuss each of the 28 items, ask the women to circle the points that they feel will help them the most.

The Habit Change Cheat-sheet:  BY LEO BABAUTA

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”
Aristotle

Our daily lives are often a series of habits played out through the day, but habits can be changed, as difficult as that may seem sometimes. It’s possible.

Keep it simple
Habit change is not that complicated. While the tips below will seem overwhelming, there are really only a few things you need to know.

The simple steps of habit change:

1. Write down your plan. (Your journal is a great place)

2. Identify your triggers and replacement habits.

3. Focus on doing the replacement habits every single time the triggers happen, for about 30 days. That’s it.

The Habit Change Cheat-sheet
The following is a compilation of tips to help you change a habit. Don’t be
overwhelmed — always remember the simple steps above. The rest are different ways to help you become more successful in your habit change.

1. **Do just one habit at a time.** Extremely important. Habit change is difficult, even with just one habit. If you do more than one habit at a time, you’re setting yourself up for failure. Keep it simple, allow yourself to focus, and give yourself the best chance for success. Btw, this is why New Year’s resolutions often fail — people try to tackle more than one change at a time.

2. **Start small.** The smaller the better, because habit change is difficult, and trying to take on too much is a recipe for disaster. Want to exercise? Start with just 5-10 minutes. Want to wake up earlier? Try just 10 minutes earlier for now.

3. **Do a 30-day Challenge.** In my experience, it takes about 30 days to change a habit, if you’re focused and consistent. This is a round number and will vary from person to person and habit to habit. But 30 days is a good number to get you started. Your challenge: stick with a habit every day for 30 days, and post your daily progress updates to a chart/journal.

4. **Write it down.** Just saying you’re going to change the habit is not enough of a commitment. You need to actually write it down, on paper. Write what habit you’re going to change. (Your Journal is a great place to write.)

5. **Make a plan.** While you’re writing, also write down a plan. This will ensure you’re really prepared. The plan should include your reasons (motivations) for changing, obstacles, triggers, support buddies, and other ways you’re going to make this a success.

6. **Know your motivations, and be sure they’re strong.** Write them down in your plan. You have to be very clear why you’re doing this, and the benefits of doing it need to be clear in your head. If you’re just doing it for vanity, while that can be a good motivator, it’s not usually enough. We need something stronger. For me, I quit smoking for my wife and kids. I made a promise to them. I knew if I kept smoking, not only would they be without a husband and father, but also they’d be more likely to smoke themselves (my wife was a smoker and quit with me).

7. **Don’t start right away.** In your plan, write down a start date. Maybe a week or two from the date you start writing out the plan. When you start right away (like today), you are not giving the plan the seriousness it deserves. When you have a “Quit Date” or “Start Date”, it gives that date an air of significance. Tell everyone about your quit date (or start date). Put it up on your wall or computer
desktop. Make this a Big Day. It builds up anticipation and excitement, and helps you to prepare.

8. **Write down all your obstacles.** If you’ve tried this habit change before (odds are you have), you’ve likely failed. Reflect on those failures, and figure out what stopped you from succeeding. Write down every obstacle that’s happened to you, and others that are likely to happen. Then write down how you plan to overcome them. That’s the key: write down your solution **before** the obstacles arrive, so you’re prepared.

9. **Identify your triggers.** What situations trigger your current habit? For the smoking habit, for example, triggers might include waking in the morning, having coffee, drinking alcohol, stressful meetings, going out with friends, driving, etc. Most habits have multiple triggers. Identify all of them and write them in your plan.

10. **For every single trigger, identify a positive habit you’re going to do instead.** When you first wake in the morning, instead of smoking, what will you do? What about when you get stressed? When you go out with friends? Some positive habits could include: exercise, meditation, deep breathing, organizing, de-cluttering, and more.

11. **Plan a support system.** Who will you turn to when you have a strong urge? Write these people into your plan. Support forums online are a great tool as well — I used a smoking cessation forum on about.com when I quit smoking, and it really helped. Don’t underestimate the power of support — it’s really important.

12. **Ask for help.** Get your family and friends and co-workers to support you. Ask them for their help, and let them know how important this is. Find an AA group in your area. Join online forums where people are trying to quit. When you have really strong urges or a really difficult time, call on your support network for help. Don’t smoke a cigarette, for example, without posting to your online quit forum. Don’t have a drop of alcohol before calling your AA buddy.

13. **Become aware of self-talk.** You talk to yourself, in your head, all the time — but often we’re not aware of these thoughts. Start listening. These thoughts can derail any habit change, any goal. Often they’re negative: “I can’t do this. This is too difficult. Why am I putting myself through this? How bad is this for me anyway? I’m not strong enough. I don’t have enough discipline. I suck.” It’s important to know you’re doing this.
14. **Stay positive.** You will have negative thoughts — the important thing is to realize when you’re having them, and push them out of your head. Then replace them with a positive thought.

15. **Have strategies to defeat the urge.** Urges are going to come — they’re inevitable, and they’re strong. But they’re also temporary, and beatable. Urges usually last about a minute or two, and they come in waves of varying strength. You just need to ride out the wave, and the urge will go away. Some strategies for making it through the urge: deep breathing, self-massage, eat some frozen grapes, take a walk, exercise, drink a glass of water, call a support buddy, post on a support forum.

16. **Prepare for the sabotagers.** There will always be people who are negative, who try to get you to do your old habit. Be ready for them. Confront them, and be direct: you don’t need them to try to sabotage you, you need their support, and if they can’t support you then you don’t want to be around them. (I will sometimes role-play scenes with the participants for example, meeting an old friend who invites them to a party and pressures them to attend. I take the role of the old friend and the woman shows how she would react to the pressure to drink, use drugs, break parole.)

17. **Talk to yourself.** Be your own cheerleader, give yourself pep talks, repeat your mantra (below), and don’t be afraid to seem crazy to others. We’ll see who’s crazy when you’ve changed your habit!

18. **Have a mantra.** For quitting smoking, mine was “Not One Puff Ever” (I didn’t make this up, but it worked — more on this below). When I wanted to quit my day job, it was “Liberate Yourself”. This is just a way to remind yourself of what you’re trying to do.

19. **Use visualization.** This is powerful. Vividly picture, in your head, successfully changing your habit. Visualize doing your new habit after each trigger, overcoming urges, and what it will look like when you’re done.

20. **Have rewards.** Regular ones. You might see these as bribes, but actually they’re just positive feedback. Put these into your plan, along with the milestones at which you’ll receive them.

21. **Take it one urge at a time.** Often we’re told to take it one day at a time — which is good advice — but really it’s one urge at a time. Just make it through this urge.
22. **Not One Puff Ever** (in other words, no exceptions). This seems harsh, but it’s a necessity: when you’re trying to break the bonds between an old habit and a trigger, and form a new bond between the trigger and a new habit, you need to be really consistent. Each time a trigger happens, you need to do the new habit and not the old one. No exceptions, or you will backslide. If you do mess up, regroup, learn from your mistake, plan for your success, and try again (see the last item on this list).

23. **Get rest.** Being tired leaves us vulnerable to relapse. Get a lot of rest so you can have the energy to overcome urges.

24. **Drink lots of water.** Similar to the item above, being dehydrated leaves us open to failure. Stay hydrated!

25. **Renew your commitment often.** Remind yourself of your commitment hourly, and at the beginning and end of each day. Read your plan. Celebrate your success. Prepare yourself for obstacles and urges.

26. **Set up public accountability.** Blog about it, post on a forum, email your commitment and daily progress to friend and family, post a chart in your home. When we make it public — not just the commitment but also the progress updates — we don’t want to fail.

27. **Avoid some situations where you normally do your old habit,** at least for awhile, to make it a bit easier on yourself. If you normally drink when you go out with friends, consider not going out for a little while. This applies to any bad habit — whether it is eating junk food or doing drugs, there are some situations you can avoid that are especially difficult for someone trying to change a bad habit. Realize, though, that when you go back to those situations, you will still get the old urges, and when that happens you should be prepared.

28. **If you fail, figure out what went wrong, plan for it, and try again.** Don’t let failure and guilt stop you. They’re just obstacles, but they can be overcome. In fact, if you learn from each failure, they become stepping-stones to your success. Regroup. Let go of guilt. Learn. Plan. And get back on that horse.

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0:55 In the large group use a white board or large paper to brainstorm what their triggers for past negative behavior might be. Then give each one a sheet of yellow paper printed with “Triggers and Distractions” to write out their triggers and how they can change/react positively to the triggers. Then after writing on the yellow sheet, have them glue it in the journal, if possible use “Caution Tape” (washi tape across the page – see example below).
Creating the “Home” page:
Returning to the page that we painted like a map start with some questions and reflections on “Home”.
What is home to me? Home is many different things. Is it a particular place – a landscape: mountains, desert, ocean, or prairie? Is it a particular address – maybe where I grew up? Is home more about people – where my family is, where my creatures are?
Copy and print some quotations about “Home”, like the ones here. Give the participants the opportunity to choose one quotation for their page. I also give them a compass rose to help create the “map” look.

We will create a map of what home means to each of us. The map should include movement across the page from the past to the present. Answer these questions as you draw and write on your map. (Show them how to draw simple buildings.) Questions:

**Past: What has home been?**
Where and what was home to me as a child? Did I move to different places? Did I experience home at a grandparent’s house or a friend’s house or at school? What/where was home as a teenager? Describe. What was home before I came to prison? Did I have positive or negative experiences of home?

**Present: What is home to me now?**
Describe: is it difficult, a time for growth/reflection? When I visualize home today, what do I see? Do I have positive or negative experiences of home today? (I offer them a photo of the front of the prison, if they want to use that image to explore prison as their current home.)
Future: What will home be? When I think of five or ten years from now what is the home I want to create? Where will it be: city, suburbs, country or near the ocean? What kind of dwelling: apartment, modern house, old home, camper? Who will be there? Will it be quiet or bustling with kids, relatives? Will there be animals? This is about describing your dream home.

Let them choose “Home” graphics.
Create maps

Example of Home Map:
2:00 Discuss what we did today . . .
   What are some of their triggers, what will they do to address those triggers?
   Why did we do the home map? What do we learn from looking at home past –
   present - future? What does home mean for us today?

2:15 End of class

Day three Prison CIP program
0:00  gather, check in any thoughts about “triggers” and “home” from last week?

0:10 Creating the “Relationships” page:
   Have participants do a color wash two pages for background (suggest reds and
   light purples) set the journal aside to dry.

0:20 Give out the handout on “relationship needs” (below) go through it, discuss and
   give examples.
   Have participants circle what they feel they need in a relationship.

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Relationship Needs: (from Dr. Phil McGraw)

Allow yourself to feel that it is natural, it is OK, to have needs in general, and to
   have your specific needs in particular. Don't think you have to justify or explain
   the why behind any of your needs. If you feel the need, that is enough. Your
   needs are not right or wrong, good or bad — they just are.

There are five categories of needs: Emotional, Physical, Spiritual, Social, and
Security. Keep in mind that you cannot share with or teach your partner what you
don't know yourself. Get real with yourself understand and know your own needs
in order for the relationship to succeed.

The following list is intended to stimulate your thoughts about the particular
needs that are specific to you. Please remember that, because they are general,
the listed needs should be considered as simply a place to start. As you come to
an item that you think reflects a need within you, circle that item. At this point,
don't worry about how you expect your partner to respond to these needs. Just
identify them so that you can communicate them.

**EMOTIONAL NEEDS**

1. The need to feel, and be told, that you are loved
2. The need to feel, and be told, that you are a valued, vital part of your partner's life
3. The need to feel a sense of belonging to and with your partner
4. The need to feel respected as an individual
5. The need to feel needed for other than the tasks you perform (providing money,
cooking, etc.)
6. The need to feel that you are a priority in your partner's life
7. The need to feel special, above everyone else in your partner's life
8. The need to feel that your partner is proud to call you his or her own
9. The need to feel that you are trusted as a responsible partner
10. The need to feel that your partner would choose you again
11. The need to feel that you have and can be forgiven for transgressions and flaws
12. The need to feel accepted, flaws, problems and all
13. The need to feel that you and your partner are, above all else, close and trusted
friends
14. The need to feel desired
15. The need to feel appreciated for who and what you are and do
16. The need to feel passion between you and your relationship partner

**PHYSICAL NEEDS**

1. The need to be touched and caressed
2. The need to be kissed, even if casually
3. The need to be hugged or held
4. The need to feel that you are welcome in your partner's personal space
5. The need to be physically welcomed when encountering your partner
6. The need to feel that you are part of a couple when interacting with the world
7. The need to feel encouraged and welcomed by nonverbal communications
8. The need for tenderness
9. The need for a satisfying and rewarding sexual life
SPIRITUAL NEEDS

1. The need to feel that your personal spiritual values are supported without judgment
2. The need to feel that your partner respects your spiritual needs
3. The need to share a spiritual life, even if that spiritual life is experienced differently by you and your partner
4. The need to know and feel that your individual beliefs and differences are respected, if not shared

SOCIAL NEEDS

1. The need to be remembered with calls and acknowledgments when apart
2. The need to feel that your partner will plan and structure his or her activities to include you
3. The need to feel that social activities are shared rather than experienced individually
4. The need for appropriate tenderness and support when in public
5. The need to be encouraged and supported physically and emotionally when in public
6. The need to hear sweet things in a social environment
7. The need to be encouraged and supported in social situations
8. The need to be treated with politeness and regard in social situations
9. The need to share fun and joy in social situations
10. The need to share a connection expressed through awareness and sensitivity from your partner
11. The need to share joy and laughter
12. The need to feel that you are the most important person in your partner's life and awareness when in a crowded, busy social environment

SECURITY NEEDS

1. The need to know that your partner will stand by you in times of distress or conflict
2. The need to feel that your partner will rally to your aid if needed
3. The need to feel input and control with regard to the emotional aspects of the relationship
4. The need to be supported by your partner
5. The need to know that your partner is loyal and committed
6. The need to know that your relationship will not be put at risk and hang in the balance because of any disagreements and confrontations
7. The need to know that your partner is there for you in times of third-party conflicts and problems
8. The need to know that your partner is committed permanently

“We accept the Love we think we deserve”

– Stephen Chbosky, The Perks of Being a Wallflower
0:50 The question for creating the “Relationships” journal page is: “What do I want in a relationship?” Their answers and writing can be based on ideas from the handout.

Invite them to choose some graphics to glue on the pages they had color washed at the beginning of the class (see below) and then write on the page “what I want in a relationship …” adding their ideas.
I usually give them a large size silhouette of a woman for the relationship page. They can cut the hair the way that they want it (shorter) or you can give them several silhouettes to choose from.

1:15 After completing the “Relationships” page ask if anyone would share “what they want in a relationship.”

After some of the women have shared their ideas ask them how their lives would have been different if they had understood these needs at a younger age. Now that they do understand these needs, how will that influence the choices they make about relationships?
Creating the Seasonal Reflection page

This is an opportunity to reflect on the seasons on a deeper level and explore what wisdom each of the seasons might offer for our lives. Choose the season that corresponds to your class time. Find poetry and images that will engage the women.

Here is an example for a class in November:

Ask the participants what memories they have of Thanksgiving. Are the memories positive or negative? Centered on family, food, or football?

Discuss the themes of Thanksgiving—celebrating harvest, being grateful. Please include Native American perspectives on this holiday and why many experience Thanksgiving as a day of mourning. You can find information on the Native perspective on the Internet. This is a good resource: https://www.nativehope.org/

Focusing on the idea of Gratitude (rather than the specific holiday of Thanksgiving) read the poem (below) and discuss what it might mean to them, what words and phrases stand out?

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A Closer Look at Thanksgiving

“If you sit on the bank of a river, you see only a small part of its surface. And yet, the water before your eyes is proof of unknowable depths.”

Anita Diamant, The Red Tent

If you look at a sunset, you might see only the disappearance of daylight.

If you look beneath, you may see darkness opening the splendor of stars.

If you look at illness and disease, you might see only physical diminishment.

If you look beneath, you may see it as a teacher bringing you vital wisdom.

If you look at a broken relationship, you might see only a harsh ending.

If you look beneath, you may see the courageous seeds of new growth.

If you look at lost dreams, you might see only disappointment and doubt.

If you look beneath, you may see the stuff that new dreams contain.
If you look at the death of a loved one, you might see only pervasive sorrow.

If you look beneath, you may see that love lives on forever in the heart.

If you look at the planet's pain and creatures' woe, you might see only despair.

If you look beneath, you may see hope woven in the compassionate care of many.

If you look at yourself, you might see only tarnished unfinishedness.

If you look beneath, you may see your basic goodness shining there.

If you look for the divine being, you might see mostly unresolved questions.

If you look beneath, you may be astounded at the availability of divine love.

Thanksgiving is a time to look beneath our external lives for the unwavering love, the ceaseless peace, and the enduring strength that lie in the deep waters of our soul. The more we trust the "unknowable depths" of our existence, the more the power of gratitude becomes a song we daily sing. With what do you struggle today? What might lie beneath that struggle for which you can "give thanks"?

1:35 Give participants some fall colored paper (gold, orange, cream) to glue into their journal as a background for creating these Gratitude pages. Ask them to journal about the following questions and use graphics (below) to compose their page.

With what do you struggle today?

What might lie beneath that struggle for which you can "give thanks"? How might you celebrate “Gratitude” with your family and friends this year?
This graphic can be made into a card to be sent to family/friends:
2:00 Clean up and discussion of the gratitude page

How would being grateful every day change their lives? Make the suggestion of writing down one thing they are grateful for every day. They can start a gratitude page in their journal.

2:15 End of class

Day four Prison CIP program

0:00 gather, check in any thoughts about “relationships” and “gratitude” from last week?

0:10 Creating the “Fear” page:

a) Color wash two pages for a background (use gray) let it dry and set aside
b) Brainstorm: what do kids fear???? Write on the board, or large paper
c) Writing prompt: (give a copy of the graphic below, on 8.5 x 11 paper - I use gray paper) This will get glued into the journal on a white page later.
   Have participants finish the sentence: “When I was a child I was scared . . .”
   (Describe a time/s from your childhood when you were scared...)

Childhood

Fears . . .
0:35 Ask participants to choose a **quotation** (see examples below and copy enough of these so that the women have a choice) . . . glue on to the gray journal page . . . write near the quotation what the quote means to them.

**F-E-A-R: has two meanings:**
1. Forget Everything And Run
   or
2. Face Everything And Rise

*The Choice is Yours!*

We often fear the thing we want the most...

**HATE IS NOT THE FIRST ENEMY OF LOVE**

**FEAR IS**

**IT DESTROYS YOUR ABILITY TO TRUST**
The Greatest Prison That People Live In Is The FEAR Of What Other People Think.

If you live in fear of the future because of what happened in your past, you'll end up losing what you have in the present.
0:50 Discuss the quotes that they chose – is anyone willing to share what they chose and what it means to them?

0:55 Brainstorm: **what do we fear today?** Write on the board or large piece of paper. Give them all this graphic to glue on the gray page:

Then do the following journal writing on the gray painted page:

This is a two-part **writing prompt**:

For part one, complete this sentence (write it on the board) "What I'm afraid of..." time this writing for five minutes. Just write whatever comes to you, and keep writing for the five minutes.

For part two, complete this sentence (write it on the board) "What I'm not afraid of..." time this writing for five minutes. Just write whatever comes to you, and keep writing for the five minutes.

The results can be very powerful. After the 10 min of writing invite those who want to speak to share their ideas...

1:15 **Creating the “Freedom from Fear” page**

Discuss “What can free us from our fears”... ask them.

Give some suggestions: Being connected to our true self, spirituality

To what extent is fear a useful emotion? To what extent is it not? Does it have a role in the practice that puts an end to fear?

Think of a deer at night suddenly caught in a hunter's headlights. It's confused. Angry. It senses danger, and that it's weak in the face of the danger. It wants to escape. These five elements — **confusion, aversion, a sense of danger, a sense of weakness, and a desire to escape** — are present, to a greater or lesser extent, in every fear. The confusion and
aversion are the unskillful elements. Even if the deer has many openings to escape from the hunter, its confusion and aversion might cause it to miss them. The same holds true for human beings. The mistakes and wrongs we commit when finding ourselves weak in the face of danger come from confusion and aversion.

Give graphics (like the two below)
Choose a white page in the journal and create a “Freedom from Fear” page.

Glue on the graphics and write on the page, what will free them from their fears.

1:30 Creating the “Forgiveness” page

Copy and go through the handout below:

How to Forgive — and Why You Should by Mark Matousek, July 6, 2011 from AARP

Most everyone — from medical doctors and psychologists to spiritual teachers — agrees that forgiveness is a virtue with wide-ranging benefits. But how do we forgive, exactly?

We begin by acknowledging — right off the bat — how difficult it can be to forgive someone who has wounded us deeply.

"We talk about forgiveness as if it were one thing, but we should really talk about different types of forgiveness," says Helen Whitney, a filmmaker whose most recent documentary is Forgiveness: A Time to Love and a Time to Hate. "There are as many ways to forgive as there are people needing to be forgiven."

Still, here are seven things to remember when you really do want to let bygones be bygones.

**Take your time.** Forgiveness does not require a stopwatch. The part of us that requires amends generally refuses to be rushed. Healing has its own timetable, which sometimes can require a lifetime. There are times when forgiveness can be bad for your health, particularly if you force the process, Whitney says. This serves to lay an insincere foundation in relationships, undermining future trust.

**Tell the truth.** Authenticity is everything when it comes to forgiveness. Nothing but whole truth is potent enough to unlock serious grudges. This usually requires a leap of faith (we so rarely tell the whole truth), and the willingness to lose the relationship if the truth is too much for your unforgiven party to hear. You can't be dishonest and move forward emotionally at the same time.

**Own your part.** Telling the truth means taking responsibility for your part in the bad way things went down. It's all too tempting for the injured party to play the victim (how else could we manage to be so self righteous?). But the truth cuts both ways and you need to get real about your behavior. Are you guilty of miscommunication? Did you misrepresent your needs or desires? Are you wearing your offense like a crown of thorns, acting high or mighty?

**Open your heart.** As Daniel Goleman writes in *Social Intelligence*, "Empathy is the prime inhibitor to human cruelty." Only when we see our enemies as individuals deserving empathy can "the war between Us and Them ever stop." We tend to demonize those who hurt us. But when we work at understanding our foes to be struggling, imperfect people — just like us — capable of making mistakes, we make room for empathy to be stirred in our shut down hearts.
And open your eyes. Trust is a delicate creature, however. We're smart to remain vigilant, savvy and history-smart in re-establishing trust with someone who has hurt us. Remember, forgiveness contains a degree of wisdom (otherwise, it's not forgiveness).

Turn it over. Wisdom, by definition, means relinquishing control over final outcomes. Would-be forgivers are often blocked by the fine print of their own expectations ("I will forgive only if this happens..."). But that is not how forgiveness works. Surrendering a measure of personal will (in the sense of Thy will be done, whether the Doer is a divine entity or fate itself) allows both parties to regroup and begin anew.

Stay strong. Just as we cannot move forward and be dishonest at the same time, we cannot remain petty and hope to expand beyond the level of personal grievance. Mired down by the letter of the law, we may lose the spirit of forgiveness. This spirit derives from a desire for justice but also from a pull toward personal happiness. Held hostage to rigid ideas about right and wrong, or should and shouldn't, we cannot hope to resolve our conflicts with an open mind. As a survivor of the Holocaust wrote, "You must be strong to forgive. Forgiveness is not about condoning or excusing. Forgiveness has nothing to do with justice. Forgiving is a selfish act to free yourself from being controlled by your past."

Ask participants what their reaction is to the ideas about forgiveness in the article. What makes Forgiveness so hard for us to do?

Give Graphic here: “I am not what I have done . . .” and a printed sheet of paper with a rainbow or sky or nature background. Glue the graphic on the top of the sheet.

I’m not what I have done –
I’m what I have overcome.
On the sheet with the graphic, start by writing the words, "I forgive you." You can write to yourself, another person, a group (family or community) or God. As in the other exercise, go with whatever comes to mind as soon as you write those words. Don't worry if your thoughts shift mid-sentence. Let stream of consciousness guide you. Make a list, write a paragraph, do whatever feels right.

2:00 Clean up

2:05 What did we do today (discuss) and why did we do it? What did they discover about their fears and forgiveness?

2:15 End

Day five Prison CIP program

0:00 gather and check in

0:10 Creating the “Empowerment” page: (part 1 - beginning the back ground)

a. Have a copy of the woman’s face profile image for each participant, cut out the image on the white paper (see image below)
b. trace the cut out image onto a colored piece of cardstock paper and cut out the card stock image
c. use the white profile cut out (not the card stock) – as mask, put the cut out on a journal page and paint around the mask and the facing page. Color the wash two pages for a background (use colors to compliment your colored paper profile)
d. set this all aside and let it dry
0:30  *Creating the “Connecting with self” page:*

Give handout #1 (on next page)

Go through and read and discuss the top of the handout. Why is it important to “connect” with yourself? What does the “true Self” mean?

Read through the values on the bottom of the handout. Ask the women to choose about three to five values that are important to them (they can add values that are not on the sheet) and write about why the values are important to them and how they will live those values in their lives. Write on the Life’s Values sheet (below).
Handout #1

Connecting with Self:

How to connect
1. Spend time in silence
2. Spend time in nature
3. Become aware of your breath
4. Healing:
   Clearing the clutter that stands between you and your truest Self.
5. Release your feelings
   
   Question: In what situations do you feel most peaceful and connected?
   
   Reflection. What is the most appropriate way for you to connect to your true Self on a regular basis?
   
   Action: What will you do today to connect to your true Self?

Write about your values and beliefs (what are they and why are they important to you?) Here are some values to consider

<table>
<thead>
<tr>
<th>respect</th>
<th>forgiveness</th>
<th>freedom</th>
<th>healthy living</th>
</tr>
</thead>
<tbody>
<tr>
<td>humility</td>
<td>happiness</td>
<td>loyalty</td>
<td>awareness of doing wrong</td>
</tr>
<tr>
<td>fairness</td>
<td>understanding</td>
<td>friendship</td>
<td>faith/spirituality</td>
</tr>
<tr>
<td>honesty</td>
<td>compassion</td>
<td>thinking</td>
<td>believing in yourself</td>
</tr>
<tr>
<td>learning</td>
<td>peacefuless</td>
<td>courage</td>
<td>caring for creation</td>
</tr>
</tbody>
</table>

Choose five to seven of the above values and write about how they are present in your life today (Use the Life’s Values paper)
0:50 *Creating the “Empowerment” page* (part 2)

Assemble the page by taking the woman’s head on card stock, folding back the flap and gluing the flap as a hinge over the white masked area on the journal page. The head should be able to open off the page, revealing the white area underneath.

Give each woman a copy of the handout “Empowered Women” and read number one from the handout - then brainstorm (on a white board or large paper)

**I used to be a person who . . .**

**and “Lies I have told myself.”**

Examples:  “I used to be a person who manipulated others.”
“ I used to tell my self I was worthless and couldn’t change.”

After brainstorming ask them to write underneath the colored card stock all those lies, negativities they have been holding on to and telling themselves.

1:10 Return to Empowered Women Handout

Read through handout, discussing ideas as you go through. Ask the women to choose one or two empowerment traits that they want to work on in their lives. After going through the handout have them write about the traits they chose on the page facing the card stock women’s head in the journal.

Ask them to write about “Why these empowerment traits are important to me?”
Empowerment is a moment-to-moment journey that rests on each decision we make. If we as women can make more decisions from a place of inner strength, we can create a better life, and ultimately, contribute to a more empowered gender.

Top 10 Traits Of A Fully Empowered Woman

#1 She Takes Responsibility For Her Life
An empowered woman knows that to own your power, you have to own your negative stuff. She is continually healing, learning and growing at all times. She uncovers and heals the fears, wounds, sabotaging patterns, and limiting beliefs and that have held her back. She heals her past wounds because she knows that if she doesn’t, she will continue recreating them. She releases unhealthy patterns from her lineage.

She questions the subconscious societal narratives that have limited the role of ‘Woman’ in the world.

Embodiment: Notice when you are acting from a place of fear, a limiting belief, or from someone else’s desires. Challenge yourself to make new choices. Find the support and the healing that you need. This can sound overwhelming, but with the right resources to support you, it is well worth it.

#2 She Makes Her Own Rules
Empowered women know that they are the authors of their own experience. When you heal and clear old beliefs, programs and patterns that are not your highest truth, you make room for what is.

Embodiment: Decide who you want to be and what you want to create in the world. Know that you are worthy of having all your needs met. Know that it is your birthright to be safe, live in vibrant health and be surrounded by love.

It is your birthright to live in a free, peaceful and thriving world. Women know how to create this; we just need to believe it first. Don’t forget that we are Creatrixes, Life Givers, and that we have the power of Creation. Use it.
#3 She Honors Herself
Empowered women love and honor themselves. They appreciate their bodies and their cycle.

**Embodyment:** You are precious. Your body is a miracle. Your cycle is a gift. You are a beautiful being! Admire your physical beauty. Appreciate the fact that your body is in tune with nature’s cycles. Be proud to be a woman and enjoy these gifts.

You can honor yourself and your body through making positive choices that increase your nourishment and vitality.

Eat foods that make you feel light, energized and powerful. Exercise. Spend time in nature. Rest when you are tired or when you are on your cycle. Have fun in your body through dance or touch. Compliment yourself in the mirror, or create a self-love ritual or letter.

#4 She Lives By Her Inner Compass
An empowered woman listens to, speaks on, and acts from her inner knowing. She trusts her intuition and isn’t afraid to own it.

_She doesn’t say I don’t know, because she does._

She is in constant communication with her heart, her mind, and her body. She has learned what it feels like when something feels right, and when something doesn’t. Sometimes her inner knowing comes in the form of words and other times a feeling. She knows that, however subtle the whispers may be, her inner voice always knows what’s up.

**Embodyment:** Use your inner compass to tell you where to put your time and energy, and when to speak up. Trust your body’s intuition and inspirations.

If it makes you feel open, inspired and excited, go for it. If what you are doing makes you feel contracted or closed off, it’s a clear sign something needs to shift.

#5 She Values Her Passions
Empowered women value their own passion so much, that they structure their lives around it.
They know that they are worthy of living an inspired and juicy life, and it is up to them to create it.

**Embodyment**: Act on what you love, and not what you don't. All the time. No excuses. This goes for relationships, work, hobbies, etc. Your schedule and life should reflect your passions, values and goals. Be patient because this is a continual and evolving process. Trust that your highest purpose is always sprouted from your greatest passions, and don’t let anyone convince you otherwise.

Know that the Universe supports you to pursue your greatest joy, and you that are so worthy of that support! Share your passions with the world; they are your greatest gifts and contributions to the planet.

**#6 She Chooses Empowering Relationships**

Empowered women surround themselves with high-quality people who really see them, and support their greatest good.

**Embodyment**: We teach others how to treat us, and to what degree we allow people into our lives. Choose relationships that reflect your joy, freedom and empowerment. Choose friends, partners and business connections that allow you to feel seen and appreciated. Choose people who believe in you, bring out your best qualities, and support your dreams.

*You deserve to be met. If you aren’t being met in your relationships, do what you need to do to change it.*

Find like-minded people that can honor you for who you are and what you bring to the world. You may need to expand beyond your comfort zone by ending a relationship, leaving a job, meeting new people, or moving to a new place. If so, refer to #8

**#7 She Takes a Stand For What She Believes In**
An empowered woman knows what she stands for, and so does everyone else. She takes a stand for what she believes in. She embodies her message, and her life is a living testament to her cause.

**Embodiment:** We are not victims to our circumstance, so take a stand for what is important to you. Speak your truth and set boundaries to protect what you value. This can look like setting boundaries in your schedule, in your relationship, or at your job. It can be fighting for a cause or even starting a business. *We create our own rules - remember?*

**#8 She Develops A Relationship With Fear**

Empowered women are courageous, but not necessarily fearless. A fan once asked India Arie how she made it, and her response was, "I was scared every time, but I did it anyway."

**Embodiment:** It takes courage to meet your growth edges, and to keep expanding your upper limits. It takes courage to meet your shadow, to take risks, to do things alone, or even to ask for help.

Have compassion for the part of you that is afraid. Ask yourself, what is the worst thing that could happen if I did this (usually it's not even that bad). Acknowledge that you can totally handle that outcome. The more you lovingly accept, yet challenge your fear, the less fear you will have. You can do it!

**#9 She Empowers Other Women**

We are most empowered when we come together and support one another. One of the most common societal illusions is that other women are our competition, or that another woman’s beauty and success threatens ours in some way.

NOT TRUE. Jealousy comes from a sense of lack, which is an illusion. There is more than enough time and space for all of us to shine. *We are unique in every way, and no one else’s brilliance could possibly compete with our individual gifts and beauty.*
**Embodiment:** If you become aware of some jealousy about another woman, know that you are only seeing a mirror of your own positive qualities. If it is something you haven't developed yet, thank her internally for showing you what is possible for you too.

*The more our sisters shine and succeed, the more we can as well. Lift other women and up and help them to discover their fullest potential.*

Supporting and nurturing one another is what women do best. Meet new women, create a gathering, start a meet-up group, have accountability meetings, or whatever calls to you. When we join together in the support of sisterhood, anything is possible.

**#10 She Owns Her Pleasure**

Empowered women know that they are worthy of receiving massive amounts of pleasure. In it's many forms. They allow themselves to enjoy their food, their sensuality, their bodies, a good book, art materials, amazing music, beautiful clothing, a sunset, or a bouquet of flowers.

*They choose relationships that are honoring, nourishing and bring more pleasure to their lives.*

**Embodiment:** Notice how much you are willing to receive from life, and find delightful ways to increase your capacity for experiencing pleasure. What are your favorite things? What brings you joy?

Some graphics to use on the page:
1:50 (Clean up)

1:55 Discuss women’s empowerment – what traits did they choose as being most important for them?

2:00 Evaluations: Fill out evaluation form  (form on the next page)

Before they turn in the forms, discuss the forms and bring the class to closure. Recommend that they continue visual journaling as a helpful process in their life.

2:15 End of group
Evaluation Soul Journal for CIP (boot camp programs)

1) Please look back through your journal – which themes or activities did you find the most meaningful?

____ day 1: river of my life, affirmations       ____ day 4: fear, forgiveness
____ day 2: home, triggers and distractions,   ____ day 5: Connecting with self, “I
____ day 3: relationships,                      used to be . . .”, Empowered Women

seasonal page

Comments: (particular activities that you liked?)

2) Did creating the Soul Journal give you a new way to reflect on your life and express your concerns, hopes and paths of transformation?

_____ yes       _____ no

(explain)

3) Did the Soul Journal program have an impact on your understanding of yourself and/or others?

_____ yes       _____ no

(explain)

4) How has the Soul Journal experience impacted your life?

5) What suggestions do you have to improve the Soul Journal Program? Are there topics you would like to see covered? Any feedback you would like to give?