



The Courage to Change the Things I Can

Many recovering offenders believe they can't change. Other people may have told them that, too: friends, family, and people in the criminal justice system, for example. After you repeatedly hear this, you may begin to believe it, too. If you think you can't change, then you likely won't be able to make changes, or even try.

Don't believe everything you hear. You can change if you decide to try. Make an effort. If you don't like your situation, you can do something about it. To make change happen, you first have to identify the problems, then determine what you can and cannot control.

1. What is going on in your life right now that you would like to change?

2. What do you think is stopping you from making the changes?

THE COURAGE TO CHANGE THE THINGS I CAN | *continued*

Offenders in recovery are often overwhelmed with requirements from court, probation/parole, other social services, treatment, and employment. It helps to just take one small step that is manageable, then move to another small step. Soon you've climbed the stairs and overcome many obstacles just by taking the small steps.

List two things you can do something about right now:

- _____
- _____

Now that you've identified things you feel you can change, what steps could you take to make these changes?

There are also many resources to help you make these changes. Talk to people in your support systems, such as your case manager, therapist, and probation/parole officer: tell them what you're planning to change, and ask for a list of community resources. Don't be afraid to ask for help.

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