 **Making a Connection Sheet**

1. **Once you have identified the offense. What will be your next step?**
2. **Did you find your emotions constantly got in the way of you making a sound decision?**
3. **If so, you must recognize, and identify unproductive and productive feelings, (emotions) that tend to flood your thoughts.**
4. **What do I feel, or think should be my next step?**
5. **Stop: and pray, take your time.**

**Please be patience with yourself as you process the information.**

**There is power in forgiveness.**

 **Daily Maintenance Notes Date \_\_\_\_**

**Sheet/Name: Spirituality-Higher Powers**

**Person Writing the Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sheet Objective: Person will identify a “higher power” in their life, regardless of whether or not they ascribe to any particular faith base.**

**“The higher power” for any individual must be positive thought out statements, as negative statements do not correspond with overall goals to be reached.**

**Primary Goals: Person will identify their “higher power” –entity Must be positive.**

**Example: God, Jesus**

**Example: Could be, “I can do all things thru Christ who strengthens me” (Philippians 4:13).**

**What Skills Learned? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Daily Maintenance Notes Date \_\_\_\_**

**Sheet/Name: Spiritual Support**

**Person Writing the Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sheet Objective: Person will openly discuss spiritual beliefs and values that they hold dear to them, that they have found to be helpful and encouraging to them with someone; because they have provided support during difficult times.**

**Primary Goals: Person may/will identify with their values and spiritual beliefs, and share if they choose, writing all.**

**Person will also identify how their spiritual values and beliefs can help provide support and comfort in difficult times**

**You can also write down your spiritual beliefs and views without bias.**

**What Skills Were Learned?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Daily Maintenance Notes Date \_\_\_\_**

**Sheet/Name: Anger Management--- Dealing with your own anger.**

**Person Writing Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sheet Objective: Person will learn how to deal with anger in more effective ways. They will also understand that anger has to go, because it can and will cause health problems.**

**Primary Goals: Person will write down, sharing what makes them angry; and the ways they express/and have expressed their anger.**

**Person will also write down the typical ways they handle moderate and extreme anger.**

**Learning and understanding how to deal with anger can be a good lesson learned. Because you understand the positive and negative behavior that anger produces, and how it can influence you and your life.**

**Example: “I statements”, and maybe a scenario, can be used in your writings.**

**Material Needed: An Anger Log/Journal.**

**What Skills Learned? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Daily Maintenance Notes Date \_\_\_\_**

**Sheet/Name: Dealing with Unforgiveness.**

**Person Writing Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sheet Objective: Person will identify personal struggles they have, and are dealing with, making a decision to forgive or not to forgive.**

**Primary Goals: To gain insight regarding the discrepancy between how one feels who’s right or who’s the one wrong.**

**To help identify, impulsive actions vs. thoughtful decision making, looking at the consequences of individual’s actions, and choosing to take the high road. (To 4giveness).**

**Learning and Understanding, the coping skills they have incorporated are there to use, and help manage the reality of their struggles.**

**What Skills Learned?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Daily Maintenance Notes Date \_\_\_\_**

**Sheet/Name: Making A Connection; Patterns of Conflict.**

**Person Writing Action: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sheet Objective: Person will identify the patterns of conflict going on inside of them. Also identify constructive ways relating and dealing with those patterns.**

**What actions, attitudes, and behaviors may get in the way of you forming or maintaining a healthy body, and healthy relationships?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Primary Goals: To gain insight on how quickly these symptoms can creep up on you so fast, and you being unaware.**

**To help identify, impulsive actions vs. thoughtful decision making, looking at the consequences of individual’s actions, and choosing to make positive changes in your life.**

**Learning and Understanding the coping skills you have incorporated, are there to use and help manage the reality of their conflict.**

**Conflict Log, that represent a focus on how valuable identifying constructive ways of dealing, with internal conflict can be.**

**What Skills Learned? Log your Response’s.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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 **Daily Maintenance Notes Date \_\_\_\_**

 **ANGER LOG/JOURNAL**

**Primary Goals: Person will write down, sharing what makes them angry; and the ways they express/and have expressed their anger.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Person will also write down the typical ways they handle moderate and extreme anger.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**