

These sheets are designed to be inserted into the front cover of the *Daddy's Working Away* book.

When printing, please choose the 'Actual Size' option.

Please use the lines on the corners as a guide to cutting the sheet to the correct size.

DADDY'S WORKING AWAY

Introduction

Welcome to these sessions based on the *"Daddy's Working Away" – A Guide to Being a Dad in Prison*. You will need your own copy of the book and a notebook to write your answers to the questions at the end of each chapter. You can also use it to help you reflect on what you are reading.

As you read the book you might find it helpful to copy out or underline anything that stands out to you – perhaps something that seems to sum up how you feel, or something that is particularly good advice for your current situation.

Working through the questions should help you to:

- Reflect on the topics you're reading about
- Organise your own thoughts and feelings that arise as you read the book
- Improve your ability to express yourself
- Set and achieve new goals as a result of what you've learnt

Reflective journaling

Reflection is a vital part of our learning, so as well as completing

the questions in the notes you may also want to keep a journal in a separate notebook. Keeping a journal could help you to understand yourself better. Not everyone enjoys writing, but you might like drawing or poetry, which are also great ways of keeping a journal.

Reflective journaling is a place where you can:

- 'Brain dump' all your thoughts and feelings without fear of someone judging you
- Be honest with yourself
- Express both your positive and negative thoughts and emotions
- Get to know yourself better
- Let go of things that are bothering you
- See places in your life where you could make some positive changes
- Set personal goals for things you'd like to change

"Life may have taken things from you that you never thought you would lose, but one thing remains which it cannot take ... your choice as to how you will live tomorrow."

Rob Parsons

As you read through the book and reflect on the questions you may find it raises difficult memories and feelings. Sometimes it's helpful to talk to someone who can help us make sense of our past and make positive choices for the future.

If you need further help and support, why not speak to the person who gave you these notes or to your prison chaplain.



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