THE WISDOM HOUSE

INTRODUCTION

Welcome to these sessions based on *The Wisdom House* book by Rob Parsons. You will need your own copy of the book along with a set of notes that will help you to 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 for you – perhaps something that seems to sum up how you feel, or something that is particularly good advice for your current situation.

Why are the notes helpful?

The notes which go alongside the book have been developed to help you get the most out of what you are reading. There are questions for you to reflect on which will help you to think about how you can apply what you've read to your own life.

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, to set goals and begin to make positive changes. When you write things down it helps you 'capture' your own experiences, thoughts and feelings. This process should help you to think things through and explore what you're feeling, and why you're feeling the way you are. It can also give you a sense of relief, and allow you some space to think positively about other things.

Not everyone enjoys writing, but you might love drawing or writing poems, and this is also a great way of keeping a journal.

Reflective journaling is a place where you can:

- 'Brain dump' of 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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