

Student Manual



39 \ SOMETIMES I FEEL LIKE LEAVING

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OBJECTIVES FOR THIS PROJECT

By completing this project you will:

1. Identify how much you are experiencing feelings of loneliness, worry, and depression.
2. Evaluate how much you have been tempted to leave this place.
3. Study the difference between your fear of failure and your desire to be successful.
4. Evaluate your concern for dealing with the family issues/problems that are still present while you are here.
5. Compare your past ways of dealing with problems to the way you are now dealing with them.
6. Evaluate your thoughts and feelings regarding the statement, "I belong here."
7. List the big issues/problems you are facing today.



Introduction

Now that you have been here for a little while, you probably have a better idea of what this place is all about. Congratulations on sticking with it!

We think you are doing the right thing by continuing to stay and participating in the different activities here.

Many new students go through a lot of different feelings and attitudes when they first come here. In this project we want you to explore some of the things you have been feeling and thinking about since you arrived.

Many times new students begin to think about all the good times they had before coming here, and they begin to feel like leaving. We want you to take a look at these feelings and think things through, and in the process, we hope you will get some new ideas on how you can be successful here.

To help identify how you are currently feeling, please read each of the following sentences. Check the box on the right side which best describes how you think or feel. Base your answers on how you have been feeling about these things since you came into this program.

For example, the first one, "I miss my family." Check the box which tells how much you miss your family since you have come here—a lot, some, very little, none.

	A LOT	SOME	VERY LITTLE	NONE
1. I miss my family.	_____	_____	_____	_____
2. I would really like to be back with my old friends.	_____	_____	_____	_____
3. I have been thinking about all the things I used to do.	_____	_____	_____	_____
4. Part of me says I would really like to leave this place.	_____	_____	_____	_____
5. I have been feeling depressed since coming here.	_____	_____	_____	_____

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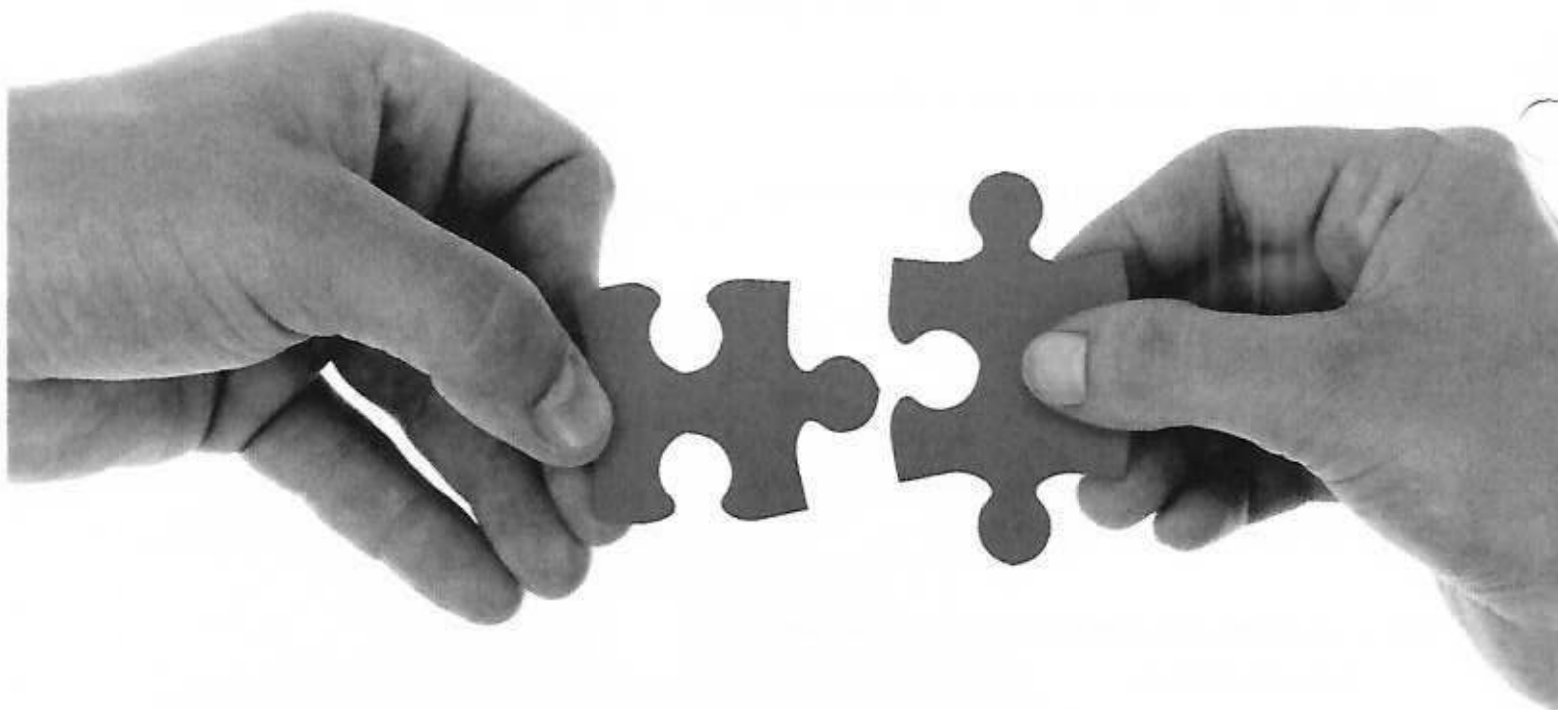
	A LOT	SOME	VERY LITTLE	NONE
6. I think the other students here accept me like I am.	_____	_____	_____	_____
7. I have been thinking that this program is too hard for me to complete.	_____	_____	_____	_____
8. I worry about how my family is doing back home.	_____	_____	_____	_____
9. I have been feeling lonely since coming here.	_____	_____	_____	_____
10. I've been having a hard time getting along with the staff here.	_____	_____	_____	_____
11. Before I came here, I used to run from my problems.	_____	_____	_____	_____
12. I have been thinking about leaving this place.	_____	_____	_____	_____
13. I've been having a hard time making new friends.	_____	_____	_____	_____
14. I feel close to God here.	_____	_____	_____	_____
15. I feel like I really belong here.	_____	_____	_____	_____
16. How interested is your family in having you stay here to get help?	_____	_____	_____	_____
17. I have been going through hassles and problems since coming here.	_____	_____	_____	_____
18. I feel others really care about me here.	_____	_____	_____	_____
19. I feel uneasy (uncomfortable) with all this talk about God, Jesus, and the Holy Spirit.	_____	_____	_____	_____

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Let's take a closer look at some of the different subjects you just finished evaluating. Some of them may be big problems for you. We hope you will discover some new ideas on how to deal with these problems.

When you evaluated these subjects, did you check the "None" box for some of them? If you did, you may be saying to yourself — "That is not a problem to me." You are probably right.

But we hope you will still take a closer look at these areas too, because other students here may be having real problems in these areas. Maybe you can help some of them better understand the problem and how they can solve it.





Chapter 1

MY FEELINGS ABOUT STAYING HERE OR LEAVING THIS PLACE

Look back at how you rated questions 4, 5, 7, 12, 13 (on pages 2-3). How you rated these statements may give you an idea of how much you have been thinking about leaving here.

If you have been thinking about leaving, you probably have several reasons why you would like to leave. Take a few minutes and think back over the past few days. Make a list of the main reasons why you have wanted to leave this place.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Take a minute and think back to what you were doing just before you came here.

- Were your parents pressuring you to come here?
- Were the police on your back (legal troubles)?
- Were you in jail?
- Were your friends turning their backs on you—rejecting you?
- Were some of your habits destroying you?

Now that you are here, all that may seem different. It's easy to forget the reality of these stressors when we've stepped out of those situations. Everything out there may seem more attractive now. The devil surely wants you to think that. Read 1 Peter 5:8-9.

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1 Peter 5:8-9 (TLB)

Be careful--watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart. (9) Stand firm when he attacks. Trust the Lord; and remember that other Christians all around the world are going through these sufferings too.

1. What do these verses say the devil is trying to do to you?

2. What do these verses say you can do if you want to be successful in resisting the devil?

Stop and think for a minute. The world has not changed in the last few days since you came here. The same old problems are still out there. It's important to remind yourself of these facts and to not make any hasty decisions.



Discuss what you have read/written with your teacher and have your teacher sign here before doing further work on this project.

Teacher's Signature: _____



Chapter 2

MY DESIRE TO BE SUCCESSFUL

You want to be successful—right? You want your life to be more than just a long series of failures—right? Let's take a closer look at how you rated these statements on pages 2 & 3 of this project. Look again at how you rated #7, 10, 11, 12, 13, & 17.

You want to be successful—but why does it have to be so hard? And then the fear of failure is always in the back of your mind. "Maybe the program isn't for me. It's just too hard." Remember how you dealt with your problems before you came here? Did you try to run away from them? Now is the time to change. Now is the time to look for help.

Complete these sentences to express how you genuinely feel.

- 1.** I really want to succeed here because...

- 2.** The thing I fear the most about failing is...



Chapter 3

MY FAMILY

Another major area of your life that can cause you to want to leave involves your family. For many who come here it's hard to simply leave all their family behind and come here. Let's take a look at some of the feelings and thoughts you have about your family.

First, take a minute and answer these questions about your family background.

1. My parents are...
 - A. living together
 - B. divorced
 - C. my father is no longer alive
 - D. my mother is no longer alive
 - E. both my parents are no longer alive

2. My marital status is...
 - A. I'm single
 - B. married
 - C. divorced
 - D. separated
 - E. common law marriage

3. I have brothers and sisters.
How many of them are older than you?
How many of them are younger than you?

4. I have children.

5. Does your family know you are here? yes no

6. Which members of your family don't know you are here?

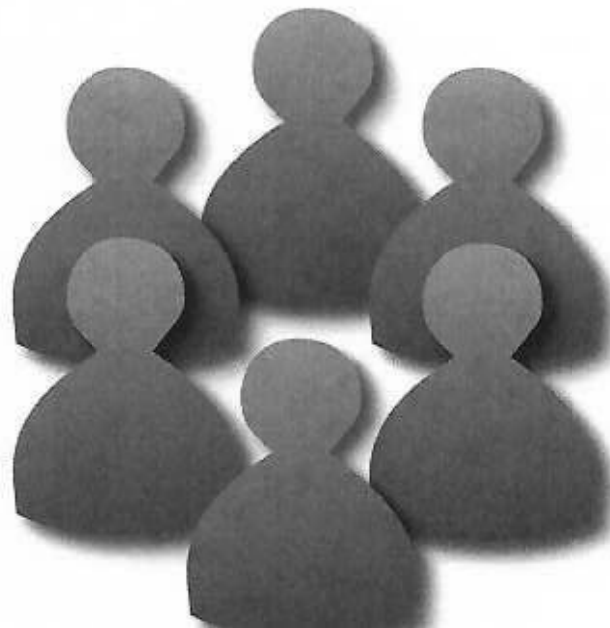
7. Is your family interested in having you stay here to get help?
_____yes _____no _____I don't know what they think.

Now look back to pages 2 & 3 of this project. Check how you answered questions 1, 5, 8, 9, 13, 15, & 16. These questions should give you some ideas about how your family situation is affecting you while you're here.

One student recently came to an Adult & Teen Challenge center and left after his first day there. He was concerned about his wife. He was afraid that she couldn't make it by herself out there.

The sad thing about this person is that for the past several years he had rarely been at home to be the husband and the father that his family needed. He was hanging out with his friends and drinking all the liquor he could get his hands on. He left the program, but still not in any better condition to cope with the problems back home.

Stop and think for a minute about the different problems your family is facing while you are here.



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Read the following three statements and circle the number of the one that best tells the way you feel right now.

1. I feel that I can do something right now to solve some of my family problems.
2. I know what the main problems are in my family, but I can't do anything to solve them right now.
3. I don't know what the main problems are in my family, but I am concerned about helping my family.

Now briefly explain why you chose this answer.

We're very concerned about your family relationships. Your family will have a major influence in how much you grow while you're here.

We hope that you'll be able to restore the relationships with your family if they are now in pretty bad shape. You need to discover practical ways of showing each member of your family that you love them.

It is very important for you to discover ways of dealing with some of the family problems you left behind when you came here. Take a minute now and list some of the family problems that are still an issue

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Does your family know you are here? If not, how about taking time to write them a letter and tell them where you are and what you are doing.

How much does your family trust you? Many times students are concerned that their family doesn't trust them. How easy will it be for you to convince your family that you are really going to change while you are here? How many times have you made that same promise to change in the past, and then let them down?

It may take some time to rebuild your family relationships. But think for a minute. What can you do to make your family proud of you? List a few ideas.

1. _____
2. _____
3. _____
4. _____

Probably one thing you could do to make your family proud of you is to stay here until you have successfully completed the program. They want you to succeed.



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Teacher's Signature: _____

Chapter 4

MY FEELINGS ABOUT... "I BELONG HERE"

Look back on pages 2 & 3. Check your answers for questions 2, 4, 6, 9, 10, 12, 13, 14, 15, & 18. Do you feel like you belong here? Do you feel like this is a good place for you to be now? Are you beginning to feel "at home" here?

Are you beginning to make new friends here? Do you feel that others here really care about you?

Take a few minutes and describe how you feel about being here. Look at the questions listed above if you need some ideas on what to write about.



Sometimes new students have an easy time being accepted by other students. Others find that it's not so easy for them. When you first came here, did you feel like you were accepted by the other students here? _____

Briefly explain why.

In the next few days there will probably be some new students coming here. What is one thing you could do for them to make them feel like you accept them?

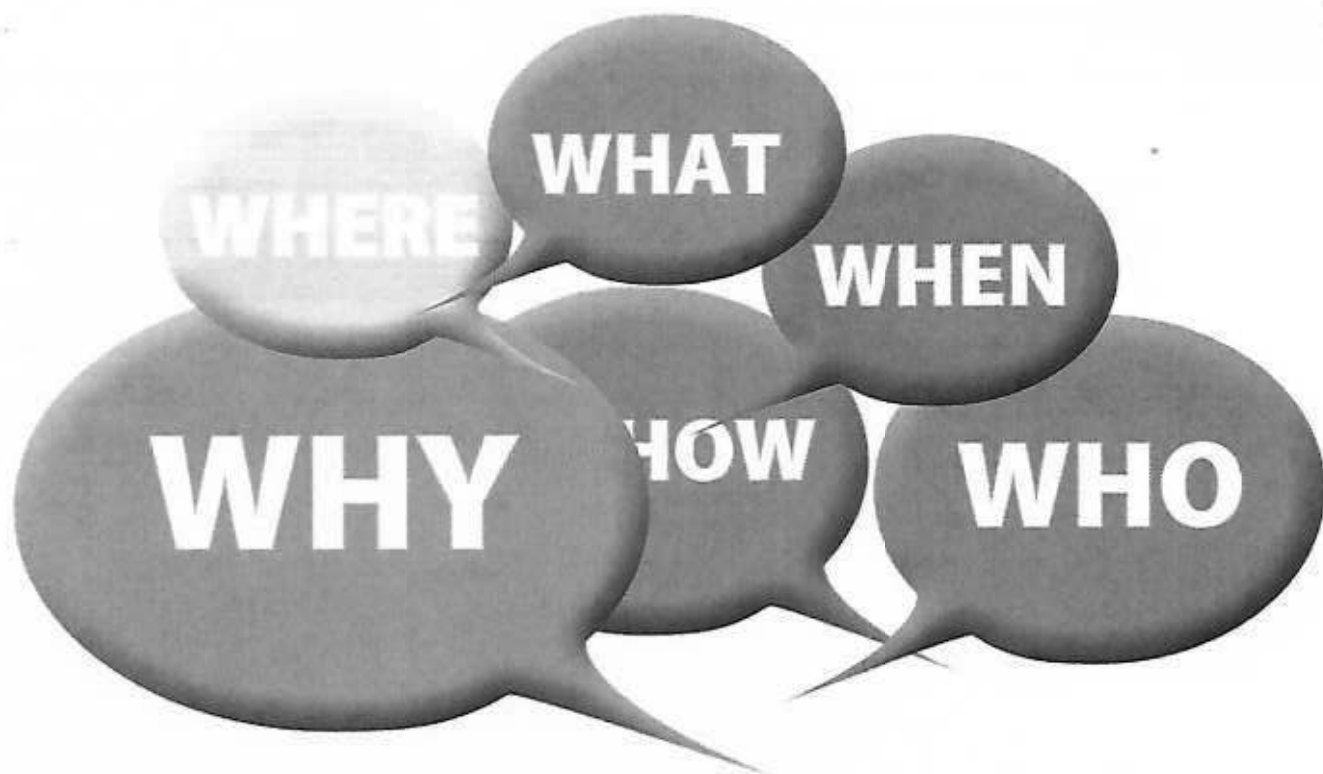
➔ Chapter 5

I'M FACING SOME BIG PROBLEMS

Since coming here, you have probably heard a lot of new things. You may wonder if all the things you have heard are true. Did you come from a background where you are went to church a lot? Or did you hardly ever go to church?

You have probably heard by now that this is a Christian ministry. Maybe you feel uncomfortable with all this talk about God, Jesus, and the Holy Spirit. Maybe you are asking the question, "Do I have to become a Christian?"

No one is going to force you to become a Christian. We don't do things like that around here. We want you to make your own decisions about your beliefs and your relationship with God. We hope that you are open to hear what God is doing in the lives of others here. We believe that God can help you solve the "impossible" problems you may be facing in your life today.



We want what is best for you. Many have found that Jesus is the best way to find new life—real peace.

Look up in your Bible and read Matthew 11:28-30.

Write down what God is saying to you through these verses.

There is hope for you!

Your life is not so messed up that God can't help. He can help you. He wants to help you.

We believe in miracles here. We have seen God take some "impossible" situations and solve them. He wants to do the same for you.

Why not take a few minutes and make a list of the problems you are facing that have been too big for you to handle by yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

This ministry is designed to help people who have problems—big problems—problems that have been controlling your life.

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Let's Read: Philippians 1:6 (NLT)

"I am sure that God who began the good work in you will keep on working in you until the day Jesus Christ comes again."

What does this verse say to you about the problems you are facing in your life?

Today we will not find the answers to all the problems you have listed, but you can begin to find the answers to some of them.

Take a few minutes and write a prayer or a letter to God. Talk to Him about the problems you have just written down. Ask for His help.

Talk to your counselors and teacher about some of the issues you're facing. They might be able to give you some ideas on what you can begin doing today to overcome some of these problems.



Discuss what you have read/written with your teacher and have your teacher sign here before doing further work on this project.

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