

Life Skills Series for Inmates and Parolees

From the Inside Out

Taking Personal Responsibility for the Relationships in Your Life

Worksheets

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This course helps you:

- take personal responsibility for your life
- recognize that relationships are a giving-takeing & taking & giving, then 50%
- realize that acceptance of taking responsibility for becoming someone other can make relationships work
- understand that if we don't take personal responsibility, it's nobody's fault but our own



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