

MEN'S ISSUES		
Packet	Contents	Description of Contents
M2: Healthy relationships and healthy boundaries	Healthy relationships and healthy boundaries	Participants will identify: family-of-origin boundary issues, personal warning signs that boundaries need to be set; personal experiences and effects of physical, emotional, sexual and verbal abuse, and drug/alcohol use as a result of boundary violations. Additionally, client will identify areas where difficulties have recently been experienced in setting boundaries and develop an action plan to start setting boundaries for specific personal problem situations. Participants will practice assertion messages to be used in setting boundaries for current issues and use practice scenarios for setting boundaries.
M8: Avoiding your old family traps	Avoiding your old family traps	Family neglect, abandonment, abuse, or addiction often lead to the development of dysfunctional behaviors. In many cases, these even become family roles. This workbook identifies some of these old family roles and traps and provides options.