# **Exodus Ministries Resident Application**

Thank you for your interest. Before you complete the application, please read the following information carefully.

#### What is Exodus Ministries?

Exodus Ministries is a non-denominational Christian Ministry established for the purpose of empowering formerly incarcerated mothers and their children to achieve a productive and fulfilling life through Jesus Christ. We are here to help rebuild and restore families. We offer assistance in job placement, budgeting, biblical studies, and life skills. Women selected for the program are given rent-free housing in our facility located at 4630 Munger Avenue in East Dallas. However, during their stay at Exodus, residents are required to find and maintain a job, attend budgeting classes, parenting/relationship classes, and a 12-step program weekly. Upon employment, the resident will be required to pay \$20.00 a week for utilities and save money in order to be self-sufficient at the end of their residency. Each resident is given personalized treatment in regards to other needs such as family counseling, and drug aftercare. Our Program is 12 months long.

Exodus is governed by a Board of Directors and employs a full time staff. Christian volunteers are involved as mentors, budgeting partners and childcare workers. Exodus strives to give a Christian perspective on all areas of life, with direction and principles based on biblical teachings and understanding.

#### Where will I live?

The apartments are one or two bedroom with a living room, a kitchen, a breakfast room, and one bathroom. Each apartment is fully furnished.

## What are the requirements for me to be involved with Exodus Ministries?

- 1. You must have a desire to change. This is not a free housing program with no-strings attached. If you are not willing to abide by our rules, volunteer your time to the ministry, and work on changing your life, you will not be a good fit for Exodus.
- 2. You must be capable of working a full-time job. Before you are employed you will give your time helping at Exodus. You must have children who will be living with you.
- 3. You must be drug and alcohol free during your stay at Exodus.
- 4. Residents will attend all classes in Budgeting, Parenting/Relationship, 12-step program, Bible Studies, and all other scheduled classes.
- 5. Children must have constant parental supervision.
- 6. Each resident is expected to follow the rules & conditions (attached) and to respect other neighbors and residents.
- 7. Each resident is expected to be diligent in saving money.
- 8. Each resident is expected to secure a place to live by the end of her stay.
- 9. Each resident family will help with apartment and property up-keep.
- 10. You will be required to attend individual and group counseling.

## How do I apply?

Anyone interested in Exodus Ministries must submit a written application. If you do not have an application, write to the Executive Director at Exodus Ministries at the address below to request an application. Applications are <a href="Very Important: Please submit two">Very Important: Please submit two (2) written referrals from religious volunteers/chaplains and/or someone who knows you well on a separate sheet of paper and have the referrals forwarded to: Exodus Ministries, 4630 Munger Avenue #110, Dallas, Texas 75204 or fax to 214-827-0072.</a>

We welcome your application and look forward to getting to know you!

### Instructions for completing application:

Complete this application entirely and return to Exodus Ministries, 4630 Munger Ave., #110, Dallas, Texas, 75204. Answer each question completely and if a question does not apply, mark the space N/A. If your application is incomplete, you may lose your chance to be considered. Any false or untruthful information will immediately disqualify you. We pay special attention to your religious background and goals.

Any information you provide or we discover will be held in strict confidence. \*UNFORTUNATELY. WE CAN NOT ACCEPT COLLECT CALLS FROM INMATES





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Please complete only the top section of this page, and then the rest of the Application.

Name of Unit:	Housing	J:	
Date of Release:	Parole o	r Probation?	
TDCJ Number:			
MINAL BACKGROU	JND (List all convictions with the mo	est current first)	
DATE	CHARGE	SENTENCE	Time Served
	THE SECTION FOR		
	THIS SECTION FOR	STAFF USE ONLY	
Date of Interview:			
Results of Interview:			
Move in Date:			
Comments:			



The following rules of conduct shall be in effect during the participation of any resident in the Exodus Ministries at 4630 Munger Avenue, Dallas, Texas 75204. Violation of any rule, at the sole discretion of the Board or Executive Director, may be cause for immediate dismissal from the building and the immediate termination from the program. \*Please initial each rule signifying that you have read and fully understand it.

1.	You and your family are residents of Exodus Ministries during the program.
2.	Residents and their families are not tenants or leasees and have no rights of residential tenancy created by a landlord/tenant relationship
	under the law. You have no property rights whatsoever to the resident unit given to you during the course of the program.
3.	The Board or staff may enter or inspect the resident's apartment at any time during the course of the program.
4.	Residents and their child(ren) are expected to respect and follow directives of staff. All concerns should be directed to the Case Manager or Executive Director.
5.	Information from your application will be shared with a selected professional counselor
6.	In consideration of receiving a resident unit of Exodus Ministries with no obligation to pay rent, all residents agree and understand that they are considered to be residents of Exodus Ministries and that violation of any of the rules and conditions will result in termination of the relationship between Exodus Ministries and the resident. Upon request by the Board or Staff of Exodus Ministries, the resident will immediately leave the premises of Exodus Ministries and the failure of the resident to do so will constitute criminal trespassing as that term is defined in Penal Code s30.05. The refusal of the resident /trespasser to vacate the premises will subject her to arrest.
7.	Alcohol, drugs, and/or firearms are strictly prohibited. You may not be on the premises with drugs or alcohol in your system even though they were consumed elsewhere. Resident also agrees to random drug and alcohol testing at the discretion of the Exodus staff. Any visitor will be expected to abide by the same rules
8.	Residents or their visitors are not allowed to smoke cigarettes in the apartments. Smoking is only allowed in designated smoking areas
9.	Resident may not take any form of medication that will show up positive on a drug or alcohol test.
10.	Any and all prescription medications must be approved by Executive Director or Case Manager. If unapproved medications are found in a resident's apartment, it could result in termination from the program.
11.	No illegal activity of any kind will be permitted; this includes activities off the Exodus Ministries property.
	Exodus is a program designed to help you re-establish and rebuild your relationship with your children. Therefore, Sunday- Thursday
	curfew is 9:00 pm and Friday and Saturday 10:00 pm. After your probationary forty-five (45) days, weekend passes may be issued by approval of the Executive Director/Case Manager. You must return to Exodus from pass by 8:00pm Sunday. A pass is required for
	overnight female guests at Exodus and to visit family overnight off-campus
13	During your probationary forty-five (45) days period, you are to return to the property by 3:00 pm on Sunday
	Female visitors are allowed only between the hours of 5:00 pm and 9:00 pm on weeknights and from 1:00 p.m. to 9:00 p.m. on Saturday
	and Sunday with written permission from the Case Manager or Executive Director. Overnight guests can be female, immediate family members only. No visitors allowed on class nights. Residents are not allowed non-family male guests over age 12. All male
	visitors over the age of 12, including family members, must schedule their visits to coordinate with staff monitoring.
15.	Absolutely <b>NO DATING, NO BOYFRIEND, OR LEAVING AND MEETING UP WITH MEN</b> is allowed while a resident at Exodus Ministries. Violation of this rule will result in immediate termination from the program.
16.	Resident must supervise her children at all times. Residents are financially responsible for any damage caused by their child(ren).
17.	Should a resident become pregnant during her stay at Exodus Ministries, it will result in a termination of the relationship between Exodus Ministries and the resident. Failure to disclose the resident's pregnancy upon entering the program at Exodus will also be grounds for termination of the relationship between Exodus Ministries and the resident.
18.	Residents with a valid driver's license are not permitted to have vehicles until the last 45 days prior to graduation. The vehicle MUST be fully registered, insured and inspected and the driver must have a valid driver's license and a minimum of \$2,000 in savings
19.	Residents with cars cannot drive other residents without cars without the Executive Director's approval. Failure to comply will result in the owner of the car losing their rights to drive and have the car on Exodus property.
20	Parking of vehicles is allowed only in designated areas
	Any maintenance or repair, damage, or hazard to any Exodus property will be reported at once to Exodus staff. No structural changes
	may be made to any Exodus property, inside or outside
	All passageways and common areas will be kept free and clear of personal belongings
23.	All furnishings and other property on the premises that belong to Exodus will not be damaged or removed.

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24.	The resident's apartment will be kept neat and clean according to the attached apartment upkeep rules
25.	Upon graduation, residents must clean the apartment before moving out with all of the appliances left intact
26.	If resident is terminated or leaves on their own free will, they must clean the apartment before moving out with all of the furniture, appliances and apartment accessories left intact
27.	Fighting, violence or threats of violence of any kind is grounds for termination.
28.	No cellphones, i-Pads, or Laptops for the first 45 days. If a family member is willing to pay for phone service for you after the first 45 days that would be allowed upon communication with Exodus Case Manager or Executive Director
29.	No pets of any kind are allowed
30.	No phone calls from the office except for job-related business or emergencies. Personal calls may be made after 4:00 p.m. with staff approval
	Residents must search for and maintain full-time employment and must obtain a job that enables them to be back on the premises by 4:00 pm. Examples of acceptable work hours are 8:00 a.m. – 4:00 p.m. or 9:00 a.m. – 3:00 p.m., Monday-Friday, No weekends. Class attendance is mandatory and absences from class will not be excused, except in EXTREME emergencies. When you are not working you will be expected, when necessary, to volunteer your services to Exodus in any way the staff feels appropriate.
32.	Cashing of checks is a direct violation of Exodus rules and could lead to termination from the program. All paychecks and/or other income will be deposited into each resident's individual savings account. Residents will then be issued a check from Exodus to cover all expenses as budgeted for the coming week. All monies (including paychecks, child-support checks, and any other monetary gifts from outside sources) will be deposited into a savings account and cannot be withdrawn from the account unless budgeted for and/or the resident leaves the program. Upon leaving the program, money cannot be withdrawn fully until keys are turned into the office and the apartment is cleaned and inspected. A staff member will inspect the apartment prior to the issuing of a final check.
33.	All residents agree to attend church (of the residents' choosing) and turn in a completed church questionnaire into the case manager on the Monday following. This and other forms should be turned in weekly.
	Residents and their children must treat all Exodus staff, board members and volunteers with respect. An uncooperative or disrespectful attitude is grounds for termination from program
35.	Residents must secure and prepare for relocation no less than one month prior to move-out date
	The program is for 12 months. No resident will be allowed to stay beyond the course of the program unless agreed upon by the Executive Director
	Any time the resident is outside her apartment, she MUST be dressed appropriately. Sleepwear, slippers, and/or any revealing cloths are not acceptable forms of clothing outside of the resident's apartment.
	A fee will be assessed anytime a resident is not present for a scheduled counseling session. Must be notified 24 hours in advance of cancellation to avoid fees
39.	The resident must maintain \$350 in their account at all times to cover the security deposit, \$100 of which is non-refundable. There will be additional charges if damage to the apartment has occurred. After a job is obtained, residents agree to pay \$20 per week for utilities. In consideration of accepting this application, the resident understands and agrees that a minimum of \$350 held in the resident's name or account at Exodus constitute a security deposit against resident's proper use and treatment of the Exodus facilities and acknowledges that such a security deposit may, on reasonable notice, be applied to reimburse Exodus or third parties for losses caused by resident or resident's invitees, at the sole reasonable discretion of the Executive Director. The security deposit shall not apply to reasonable and ordinary wear and tear. Upon termination, a check will be drawn within 2 business days from the resident's account after the result of a negative drug test.
	The resident must provide complete and current medical history documentation during intake into Exodus Ministries In consideration of the services provided at no cost by Exodus Ministries, all residents must and do promise and agree, as a condition of their participation in the program, not to file a claim, complaint, or suit of any kind against Exodus Ministries, Board of Directors, staff, or volunteers for negligence or any other reason, arising from or during the resident's use of any unit at 4630 Munger Avenue, Dallas, Texas, and hereby releases, by signing this application, Exodus Ministries, Board of Directors, staff, volunteers, and hosts, from any such claim, complaint, or suit
42.	Any jobs taken must be pre-approved by Staff prior to taking the job. Verification must be made regarding legitimacy of job, and ALL payment, cash or check, must be turned in to be placed in resident's account.



I understand the above rules, conditions and release. I hereby state that the information contained in this application is true and accurate to the best of my knowledge. I further authorize any reference or ministry/church listed in this application to furnish Exodus Ministries any information (including opinions) that they may have regarding my acceptance. I authorize Exodus Ministries to investigate all statements contained in this application for accuracy and completeness, and to obtain any transcripts, records, credit reports or other documents pertaining to my background as required by Exodus Ministries. I hereby authorize Exodus Ministries to conduct a criminal background inquiry. I understand that Exodus Ministries requires such an inquiry before allowing any person to live at Exodus among other families with children. In consideration of this receipt and evaluation of this application by Exodus Ministries (4630 Munger Ave. #110, Dallas, Texas 75204), I hereby release any reference, including individual, church, youth organization, charity, employer, both collectively and individually, from any and all liability for damages occurring as a result of Exodus Ministries' processing of this application.

Should my application be accepted, I agree to be bound by the rules and requirements of Exodus Ministries.

NAME (PRINT)	APPLIC	CANT'S SIGNATURE		_	DATE	
	Ap All questions must be full	oplication for Resider y completed to be co		our Program	n.	
Date of Application:						
Name of Applicant:				TDC#:		
Date of Birth:	Social Security Number:		Legal U.S.	Resident?	Yes	_ No
Marital Status: Married	Single					
Divorced/Separated	Race: African American	Caucasian	Hispanic	Other		
Name of Present Institut	ion or where most recently incarc	erated:				_
Current Address: Stre	et:					
City		State:		Zip:		
Pho	ne #:					
Children who will be livir	g with you:					
	NAME	D.O.B.		soc	CIAL SECURIT	Y NUMBER

Emergency Contact:		
Name:		_Relationship:
Address:		
City:		
Education History		
Highest grade level achieved: School Name:		
Did you graduate from High School? Yes	NoYear:	
If you did not graduate, did you receive a GED? Yes	No	_Year:
Did you attend college or a trade school? Yes	No What did	d you study?
Favorite subjects in school?		
Habbian		
Hobbies:		
Family lafa marking		
Family Information  At what ago did you may from your parents' home?	Daranta' Addraga	
At what age did you move from your parents' home?		
State: Zip: Phone:	•	
With Whom and where were your children while you were		
Address:  Do you have legal custody of your children? Yes		_Phone:
	·	asi iive wilii yuu? Dales
Is there an open CPS case regarding your child(ren)? You	ರು INU	
Transportation Information	Voor/Melie/Meelil	
Do you own a car? Yes No		
Tag Number: State	of Registration:	
Are Tags Current? Yes No	<b>.</b>	
Driver's License #:	State:	
Is License Current? Yes No		
State ID#:		ty insurance? Yes No
Insurance Carrier:		

Have you smoked cigarettes No	in the last 10 years? Yes	No Do you currently s	moke? Yes
Present alcohol use? Yes _	No Present	drug use? Yes No	
Drug(s) of choice?			<u></u>
List past drug use (including	alcohol):		
SUBSTANCE	LENGTH OF USE	TIME PERIOD	QUANTITY
	302	TEMOS	
Have you ever attended a dr	I ug rehabilitation center? Include pr	ograms while incarcerated. Yes	No
If yes, when:	W	/here?	
	ou (check all that apply):		
In the past 10 years, have yo		alcohol or drugs?	
In the past 10 years, have yo	I advice or treatment for the use of	-	ioinn O
In the past 10 years, have you	I advice or treatment for the use of pin, or any other narcotic drug exce	pt as legally prescribed by a phys	
In the past 10 years, have you Sought or received Used cocaine, here Been treated for psy	I advice or treatment for the use of pin, or any other narcotic drug exce	ept as legally prescribed by a physwith or without medication? Where	and when?
In the past 10 years, have you Sought or received Used cocaine, here Been treated for psy	I advice or treatment for the use of pin, or any other narcotic drug exce	ept as legally prescribed by a physwith or without medication? Where	and when?
In the past 10 years, have youSought or receivedUsed cocaine, hereBeen treated for psy What is the current status of	I advice or treatment for the use of pin, or any other narcotic drug exce	ept as legally prescribed by a physwith or without medication? Where	and when?
In the past 10 years, have you Sought or received Used cocaine, here Been treated for psy What is the current status of  Medical History	I advice or treatment for the use of pin, or any other narcotic drug exce	ept as legally prescribed by a physwith or without medication? Where	and when?
In the past 10 years, have you Sought or received Used cocaine, here Been treated for psy What is the current status of  Medical History  What is the state of your phy Declining	I advice or treatment for the use of pin, or any other narcotic drug excended ychological or emotional problems veryour condition?	ept as legally prescribed by a physwith or without medication? Where	and when?

In the past 5 years:
Has any physician, psychiatrist, or other medical practitioner examined, advised, or treated you?
Yes No If yes, what were the circumstances?
Have you been a patient in a hospital, clinic, medical or mental health facility/program? Yes No
If yes, please explain:
Have you ever been committed to a psychiatric hospital? Yes No When? Where?
Have you had an EKG, X-Ray, MRI, Blood Work or other tests?  Yes No
If yes, what were the results?
Have you been advised to have any test or surgery which was not completed? Yes No
If yes, please explain:
Have you ever requested or received benefits, payment, or pension because of any injury, sickness, or disability?  Yes No
If so, what is the status?
Do you have a family history of diabetes, cancer, lung disease, heart disease, kidney disease, mental illness or suicide? Yes No (If yes, please circle all that apply)
In the past ten years, have you had any medical diagnosis or received medical treatment for Acquired Immune Deficiency Syndrom (AIDS) or any AIDS related complex (ARC), HIV or any disorder of the immune system? Yes No
If yes, please explain:
Other History
Do you have any addictions other than drugs/alcohol, for example, pornography, sexual addiction, co-dependency, etc.? Yes No
If yes, please explain
Current Situation
What is the reason for your current situation?

Employment Background					
Most current place of employm	ent:				
Phone:					
Address:	City:		S	state:	
Zip:					
Job Title:			Pay Rate:		
Duties:					
Special Skills:					
Dates of employment:	to	Pay Schedule:	Weekly	Bi-weekly	Monthly
Reason for leaving:					
What vocational training have y	ou received?				

Employment information for the last five years including prison jobs:

	DATES	NAME OF COMPANY	JOB TITLE & DUTIES
From	То		

## **Financial Information**

ITEM		AMOUNT	DAY RECEIVED		CASE NUMBER
List all debts.					
ITEM			LENDER		AMOUNT
					OWED
Criminal Background					
List all convictions with	the most current first			CENTENOS	
Criminal Background List all convictions with DATE	the most current first	: CHARGE		SENTENCE	E TIME SERVED
List all convictions with	the most current first			SENTENCE	
List all convictions with	the most current first			SENTENCE	
List all convictions with	the most current first			SENTENCE	
List all convictions with	the most current first			SENTENCE	
List all convictions with	the most current first			SENTENCE	
List all convictions with DATE	the most current first	CHARGE			SERVED
List all convictions with DATE  When is your projected	the most current first	CHARGE			SERVED
List all convictions with DATE  When is your projected	the most current first	CHARGE			SERVED
List all convictions with DATE  When is your projected	the most current first	CHARGE			SERVED
List all convictions with DATE  When is your projected of you will be on parole	d/mandatory release d	charge late?plan?_			SERVED
List all convictions with DATE  When is your projected of you will be on parole	d/mandatory release d	charge late?plan?_			SERVED
When is your projected  If you will be on parole  If on probation, what a	I/mandatory release de, what is your parole pare the conditions?	charge  ate? plan?			SERVED
When is your projected  If you will be on parole  If on probation, what a	d/mandatory release de, what is your parole pare the conditions?	charge  ate? plan?			SERVED

Probation/Parole Officer:	Phone:
Religious Background	
Please explain your religious upbringing:	
Are you currently or have you ever been a church member	r? Yes No When/Where?
If yes, what denomination?	Do you consider yourself a Christian? Yes No
How does your faith show in the life you lead?	
What religious activities/programs have you participated in	while incarcerated?
Chaplain's name:	Phone:
If you do not have a relationship with a monter already, we	auld you like one? You have life you already have a manter
	ould you like one? Yes No If you already have a mentor,Phone:
*Please attach or have mentor forward written recommend	
Goals and Referrals	ialion.
Describe your goals for the next six months (Please be sp	ecific):
Describe your goals for the flext six filoritis (i lease be sp	
Pease share brief testimony about your life with us. What	was your eye opening experience? When and where did it happen?
	_

Referred to Exodus by:	Contact phone:
Applicant Signature:	Date:

## Children's Information

Name of child	Sex:	Nickname:	DOB:	Grade:	School:
Favorite Toy:	Favorite fun a	ctivity:	Special needs: (Glasses, asthr		:: (Glasses, asthma, dental, etc.)
List dates of last immunizations:	DPT:	HIB:	MMR:	Polio:	Tuberculin:
Name of Pediatrician:			Allergies: Yes	No	_ If Yes, please list:
Name of child	Sex:	Nickname:	DOB:	Grade:	School:
Favorite Toy:	Favorite fun a	activity:		Special needs	s: (Glasses, asthma, dental,
List dates of last immunizations:	DPT:	HIB:	MMR:	Polio:	Tuberculin:
Name of Pediatrician:			Allergies: Yes	No	_ If Yes, please list:
Name of child	Sex:	Nickname:	DOB:	Grade:	School:
Favorite Toy:	Favorite fun a	activity:		Special need etc.)	ls: (Glasses, asthma, dental,
List dates of last immunizations:	DPT:	HIB:	MMR:	Polio:	Tuberculin:
Name of Pediatrician:			Allergies: Yes	No	_ If Yes, please list:

### University of Rhode Island

Client ID#	
Change Assessment Scale (URICA):	Date://
Drug Version	Assessment Point:

EACH STATEMENT BELOW DESCRIBES A HOW A PERSON MIGHT FEEL WHEN STARTING THERAPY OR APPROACHING PROBLEMS IN THEIR LIVES. PLEASE INDICATE THE EXTENT TO WHICH YOU TEND TO AGREE OR DISAGREE WITH EACH STATEMENT. IN EACH CASE, MAKE YOUR CHOICE IN TERMS OF HOW YOU FEEL RIGHT NOW, NOT WHAT YOU HAVE FELT IN THE PAST OR WOULD LIKE TO FEEL. FOR ALL STATEMENTS THAT REFER TO YOUR "PROBLEM", ANSWER IN TERMS OF PROBLEMS RELATED TO YOUR ILLEGAL DRUG USE. THE WORDS "HERE" AND "THIS PLACE" REFER TO YOUR TREATMENT CENTER.

### THERE ARE FIVE POSSIBLE RESPONSES TO EACH OF THE ITEMS IN THE QUESTIONNAIRE:

1=Strongly Disagree 2=Disagree 3=Undecided 4=Agree 5=Strongly Agree

### CIRCLE THE NUMBER THAT BEST DESCRIBES HOW MUCH YOU AGREE OR DISAGREE WITH EACH STATEMENT.

		Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Data Entry
1)	As far as I'm concerned, I don't have any problems that need changing.	1	2	3	4	5	
2)	I think I might be ready for some self-improvement.	1	2	3	4	5	
3)	I am doing something about the problems that had been bothering me.	1	2	3	4	5	
4)	It might be worthwhile to work on my problem.	1	2	3	4	5	
5)	I'm not the problem one. It doesn't make much sense for me to consider changing.	1	2	3	4	5	
6)	It worries me that I might slip back on a problem I have already changed, so I am looking for help.	1	2	3	4	5	
7)	I am finally doing some work on my problem.	1	2	3	4	5	
8)	I've been thinking that I might want to change something about myself.	1	2	3	4	5	
9)	I have been successful in working on my problem but I'm not sure I can keep up the effort on my own.	1	2	3	4	5	

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Data Entry
10) At times my problem is difficult, but I'm working on it.	1	2	3	4	5	
11) Trying to change is pretty much a waste of time for me because the problem doesn't have to do with me.	1	2	3	4	5	
12) I'm hoping that I will be able to understand myself better.	1	2	3	4	5	
13) I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5	
14) I am really working hard to change.	1	2	3	4	5	
15) I have a problem and I really think I should work on it.	1	2	3	4	5	
16) I'm not following through with what I had already changed as well as I had hoped, and I want to prevent a relapse of the problem.	1	2	3	4	5	
17) Even though I'm not always successful in changing, I am at least working on my problem.	1	2	3	4	5	
18) I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5	
19) I wish I had more ideas on how to solve my problem.	1	2	3	4	5	
20) I have started working on my problem but I would like help.	1	2	3	4	5	
21) Maybe someone or something will be able to help me.	1	2	3	4	5	
22) I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5	
23) I may be part of the problem, but I don't really think I am.	1	2	3	4	5	
24) I hope that someone will have some good advice for me.	1	2	3	4	5	

	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Data Entry
25) Anyone can talk about changing; I'm actually doing something about it.	1	2	3	4	5	
26) All this talk about psychology is boring. Why can't people just forget about their problems?	1	2	3	4	5	
27) I'm struggling to prevent myself from having a relapse of my problem.	1	2	3	4	5	
28) It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	1	2	3	4	5	
29) I have worries but so does the next guy. Why spend time thinking about them?	1	2	3	4	5	
30) I am actively working on my problem.	1	2	3	4	5	
31) I would rather cope with my faults than try to change them.	1	2	3	4	5	
32) After all I had done to try and change my problem, every now and then it comes back to haunt me.	1	2	3	4	5	